



Raising Girls in a Digital World

ESSENTIAL INFORMATION FOR PARENTS OF GIRLS AGED 3-12 YEARS

Many parents feel confused and concerned about their daughters' digital habits: *Why is my daughter infatuated with text messaging and social media? Why do she take her phone everywhere? How is social media impacting my daughter? Is my daughter addicted to technology, or spending too much time online?*

In this engaging parent seminar, Dr Kristy draws on the latest neuroscience, developmental science and technology research to explain why technology infatuates our girls (there's science behind why your daughter wants to sleep with her mobile phone, or constantly pleads with you to use the iPad). She arms parents and professionals with research-based information about both the positive potential and the pitfalls associated with technology.

In this practical parent seminar Dr Kristy arms parents with:

// An explanation as to why girls enjoy using technology and how screens cater for their **psychological needs** (Kristy will explain the biological and psychological drivers that account for their technology infatuation);

// Important information about girls' **social media habits** (Kristy will explain the right age to introduce social media and will outline the potential pitfalls and explain the risks of girls using social media at night, as well as arming parents with practical advice about how to help their daughter safely navigate this terrain);

// Practical strategies to cope with your daughter's **techno-tantrums** (Kristy will explain the neurobiological reasons why girls have techno-tantrums when asked to turn off their devices and will arm you with easy-to-implement, mum-tested strategies to offset tantrums);

// Vital information and tips about when and why girls engage in **cyber-bullying** and what to do if your daughter is a victim of cyber-bullying;

// Information and advice about the adverse **impact of screens on girls' physical health** (sleep, vision, hearing, physical activity levels);

// Essential information about the **impact of pornography** on girls' sexual behaviour and emotional wellbeing and strategies to minimise your daughter's exposure; and

// Up-to-date information about the current **cyber-safety risks** facing girls.

*About
Dr Kristy*



Dr Kristy Goodwin is a leading children's technology and development expert (& mum who's endured her kids' techno-tantrums!). She takes the guesswork and guilt out of raising kids in the digital age by translating the latest research into practical and digestible information, tips, and tricks for parents so that they can feel confident and assured that they're raising healthy, happy and balanced girls in the digital age... without telling you to ban the iPad or unplug the TV.

Parent Seminar:

Suitable for: parents of girls aged 3-16 years (the content is adapted to suit the audience).

Duration: Two hours (including Q and A)

Maximum numbers: Schools are welcome to invite parents from other local schools. There are no maximum numbers for parent seminars.