



Screens, Selfies, Social Media & Sleep

RAISING GIRLS IN A DIGITAL WORLD

Girls are spending more and more time plugged into digital devices. Some spend more time with pixels than with people! If used excessively or inappropriately, technology can negatively impact their health, wellbeing and development.

There are not only gender differences in *what* technologies boys and girls use, but also in *how* they use technology and the *impact* on their physical health and emotional wellbeing.

Many parents, educators and health professionals feel confused about girls' digital habits and are concerned about:

- // girls' infatuation with text messaging and social media;
- // the impact of social media on girls' body image and mental health;
- // the addictive potential of social media and other screen activities;
- // girls' attention spans being hijacked by screens; and
- // the impact of screens on girls' sleep habits.

In this engaging 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). She arms parents and professionals with research-based information about both the positive potential and the pitfalls associated with technology.

Dr Kristy knows that digital amputation *isn't* the solution for our girls (no, she won't suggest that you ban phones)! Instead, Kristy explores how educators, health professionals and families need to help our girls use technology in healthy and helpful ways and also how to mitigate some of the potential pitfalls.

We need to teach girls not to be slaves to the screen!

In this keynote address, Dr Kristy explores:

- // the biological drivers that explain why girls want to be connected to their phones 24/7;
- // the neurobiological reasons why girls have techno-tantrums when asked to turn off their phone (Kristy translates the neuroscience into practical and digestible information)
- // when and why girls engage in cyber-bullying and what to do if a child is a victim of cyber-bullying;
- // the adverse impact of screens on girls' physical health (sleep, vision, hearing, physical activity levels)
- // the impact of pornography on teens' sexual behaviour; and
- // cyber-safety considerations that families and schools must explore to help keep our girls healthy and safe online.



Dr Kristy Goodwin is a leading digital wellness expert, researcher, author & former teacher (and mum of two). She translates the latest research into essential and digestible information and tips, for parents, educators and health professionals so that they can help young children and teens navigate the digital terrain safely and with confidence... without suggesting that they need to give up their phones or abstain from using social media.

Seminar Details:

Suitable for: educators (primary and secondary), health professionals

Duration- This keynote address can be delivered as a 60-90 minute presentation