



# Working With Screenagers

## HOW TECHNOLOGY IS IMPACTING TODAY'S CHILDREN AND TEENS

2017 research confirms that Australian primary school students are spending an average of 32 hours/week with screens outside of school and secondary students are spending a huge 44 hours/week with digital devices. This volume of time is having a significant impact on their health, wellbeing, learning and development. It's changing the ways they interact, develop language skills, play, move, sleep, focus and eat. And it's changing how health professionals need to work with and support children and adolescents!

In this 90-minute seminar Dr Kristy draws on the latest research from neuroscience, technology and child development disciplines to inform health professionals about how today's learners (the iGen) want and expect to learn and how their digitalized childhoods and adolescence are shaping their health, development and learning.

*In this practical address Dr Kristy arms health professionals with information and strategies about:*

// How much time children and teens are **spending online** and what they're actually doing online (as it shapes their learning preferences and the support services you offer) and what aspects of childhood are being displaced by screens (sleep, social skills, language development);

// The ways in which technology is **impacting children's and adolescents'** relationships, language skills, sleep, play, movement, nutrition and executive function skills (impulse control and working memory) and what we can do as health professionals to compensate for these changes;

// Why the iGen's **attention spans** are changing and simple ideas to maximise and maintain their attention when working 1:1 or in small group settings;

// Simple ways that we can leverage **educational and assistive technologies** to meet the iGen's preference for visual

information, need for instant gratification and desire to collaborate and connect;

// **Healthy media habits** (to protect students' sleep habits, vision, hearing, posture and attention spans).; and

// Solutions to your '**digital dilemmas**'. There will be opportunity to ask Dr Kristy your pressing questions and concerns about children's technology habits.



**Dr Kristy Goodwin** is a leading children's digital learning and wellness researcher, speaker, author and former early childhood and primary school teacher. She translates the latest research about how technology and digitalised childhoods are impacting on today's children's and adolescents' health, learning and wellbeing into practical and digestible information for health parents, educators and health professionals. Kristy arms professionals with research-based information about how they can best utilise technology to meet the needs of today's students...without compromising their health and learning.

### *Seminar Details:*

**Suitable for:** health professionals- GPs, pediatricians, speech pathologists, occupational therapists, counsellors

**Duration-** This seminar can be delivered as a 90-minute professional learning seminar in person, or via online training