



## *Testosterone & Technology*

### HOW SCREENS ARE IMPACTING OUR BOYS

Boys 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 boys' digital habits and are concerned about:

// boys' infatuation with video games;

// boys' intense techno-tantrums when they turn off technology (yes, even adolescent boys are still having tantrums;

// the addictive potential of screens;

// boys' attention spans being hijacked by screens; and

// the harm associated with exposure to pornography and violent content.

In this engaging seminar, Dr Kristy draws on the latest neuroscience, developmental science and technology research to explain *why* technology has the potential to captivate and harm our boys. She arms parents and professionals with research-based information about both the positive potential and the pitfalls associated with boys and screens.

Dr Kristy proposes that digital abstinence isn't the solution (no, she won't suggest that the iPad be banned, or the gaming console hidden)! Instead, Kristy explores how educators, health professionals and families need to teach our boys how to be masters of the media and not slaves to the screen. She empowers parents and professionals to teach boys how to develop healthy media habits (because technology is here to stay).

**Boys need to learn how to tame the technology beast!**

*In this keynote address, Dr Kristy explores:*

// the biological drivers that explain why boys find gaming so appealing;

// the neurobiological reasons why boys have techno-tantrums, engage in cyber-bullying and find it so difficult to turn off technology (the part of the brain that's responsible for logical decision making simply isn't online);

// the potential impact of screens on boys' physical health (sleep, vision, hearing, physical activity levels)

// the impact of boys' viewing pornography and violent content on their wellbeing; and

// cyber-safety considerations that families and schools must explore to help keep our boys healthy and safe.

*About  
Dr Kristy*



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

#### *Seminar Details:*

**Suitable for:** educators (pre-school to secondary), health professionals

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