

Healthy & Happy Online



Dr Kristy Goodwin is one of Australia's leading digital wellness experts, a researcher in the field and author who's written extensively about how technology is impacting on children and teen's health, learning and development. In this practical workshop, Dr Kristy translates the research into essential and practical information for students about how they can (and must) develop healthy digital habits. Dr Kristy explains how technology can adversely impact kids' and teens' sleep, physical activity levels, vision, hearing, posture, pedestrian and driver safety, social and emotional health and learning if used excessively or incorrectly. She shares a wealth of simple strategies that empower kids and teens to use devices in ways so that their health, learning and wellbeing isn't hampered (because digital amputation *isn't* a long-term solution).

STUDENT WORKSHOP DETAILS

- DURATION** Workshop 60 minutes
- SUITABLE FOR** Student workshop for kids aged 8-16 years
- PACKAGES** Stand-alone student workshop or part of a School's Package
- BOOKING** enquiry@drkristygoodwin.com



Dr Kristy Goodwin is a former teacher, digital wellness expert, speaker and researcher (and a mum who understands that digital abstinence *isn't* a solution). She helps students make informed choices about their digital habits, to ensure that their health and wellbeing aren't compromised. She delivers practical student workshops that explicitly detail how digital devices can be used in healthy & helpful ways...equipping kids with essential ideas and strategies to ensure that they develop lifelong, healthy technology habits.



ABBOTSLEIGH



SHORE

Sydney Church of England Grammar School

