

Lane Cove Council and headspace Chatswood present

Screens, Teens & Youth-

WITH

Dr Kristy
GOODWIN

Dr Kristy Goodwin, a digital wellness researcher, parenting educator and author helps parents and professionals raise thriving teens and young adults in a digital world. She equips worried parents with critical information about:

- the positive potential of technology and practical strategies for navigating the online world (that *don't* involve phone bans);
- how to prevent screens from adversely impacting teens' sleep, physical, social & emotional health;
- current cyber-safety risks, pornography, online gaming, social media and addiction concerns; and
- what parents can do to help their teen develop healthy technology habits.

PARENT SEMINAR DETAILS

DATE Thursday 31st May 2018

TIME 6:30-8:30pm (talks starts promptly at 6:30pm)

SUITABLE FOR Parents of 12-25 year olds

LOCATION Lane Cove Library, Library Walk, Lane Cove 2066

TICKETS \$10 via bit.ly/kristygoodwin

Light refreshments included

