

Technology & Testosterone:

How Screens are Impacting Our Boys

WITH

Dr Kristy
GOODWIN



In this engaging seminar, Dr Kristy draws on the latest research to explain why technology has the potential to captivate *and* harm our boys. She arms professionals with vital 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 and health professionals can teach our boys how to be masters of the media and not slaves to the screen.

Kristy outlines why boys' brains are vulnerable to addiction and explains the biological drivers that explain why boys find gaming so appealing. She explores the neurobiological reasons why boys have techno-tantrums, engage in cyber-bullying and find it so difficult to turn off technology (drawing on neuroscience to explain their behaviour). Kristy outlines the potential impact of screens on boys' physical health (sleep, vision, hearing, physical activity levels) and emotional wellbeing (addressing issues such as pornography and violent content exposure) and highlights the current cyber-safety concerns facing families and schools.

KEYNOTE OR PROFESSIONAL LEARNING SEMINAR

DURATION 1-2 hours

SUITABLE FOR Educators and health professionals working with boys aged 5-17 years

BOOKINGS enquiry@drkristygoodwin.com

PACKAGES This seminar can be delivered as a stand-alone keynote (up to 1 hour), or as a professional learning seminar (up to 2 hours), or part of School's Package where a professional learning seminar is delivered in the afternoon and a Parent Seminar is delivered on the same evening.



Dr Kristy Goodwin is a leading parenting and digital wellness expert, researcher, author & former teacher (and mum who deals with her sons' techno-tantrums). She translates the latest research into essential and digestible information and tips, for parents, educators and health professionals so that they can safely navigate the digital terrain... without suggesting that the iPad be banned! Kristy has spoken to parents and professionals throughout Australia and Asia and she's regularly called on by the media for her expert opinion.



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