

# Working with Screenagers



WITH  
*Dr Kristy*  
GOODWIN

Dr Kristy Goodwin draws on the latest research from the neuroscience, technology and child development disciplines to inform health professionals and educators about how 'digitalised childhoods and adolescence are shaping kids' and teens' health, development and learning outcomes. Dr Kristy outlines how screen time is influencing kids' social, emotional and physical health, as well as their cognitive performance. She tackles issues such as healthy screen time limits, screens and sleep, self-regulation skills, physical activity levels, attention spans in the digital age, preventing and handling cyber-bullying, the demands and risks of social media, healthy digital habits and pornography exposure, amongst other current topics. Dr Kristy equips professionals with simple and effective strategies to help them work with screenagers and also arms them with vital information to help them confidently guide parents as they navigate the digital terrain. Kristy also addresses the professional and legal obligations of professionals working with today's children and adolescents in the digital space.

## PROFESSIONAL LEARNING SEMINAR

DURATION 1-2 hours

SUITABLE FOR Health professionals, educators (primary and secondary teachers)

BOOKINGS [enquiry@drkristygoodwin.com](mailto:enquiry@drkristygoodwin.com)

PACKAGES This seminar can be delivered as a stand-alone seminar, or part of a Package where a professional seminar is delivered in the afternoon and a Parent Seminar is delivered on the same evening.



Dr Kristy Goodwin is a leading digital wellness expert, researcher, author & former teacher (and mum who deals with her kids' 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.



Education

