

Raising Screenagers



WITH
Dr Kristy
GOODWIN

Dr Kristy Goodwin helps parents and professionals raise thriving teens in a digital world. She equips worried parents with critical information about the current cyber risks, the positive potential of technology and practical strategies for navigating the online world with adolescents (that *don't* involve phone bans). She provides parents with essential information about how technology is shaping teens' health, learning and wellbeing. In this parent seminar, Dr Kristy will share practical tips about how to prevent screens from adversely impacting teens' sleep, physical, social and emotional health. She'll talk about pornography, cyber-safety, online gaming, cyber-bullying, social media (and its impact on adolescent mental health), and addiction concerns and help parents understand what they can do to help their teen develop healthy technology habits. She'll also provide opportunities for parents to ask their 'digital dilemmas'.

SEMINAR DETAILS

DURATION 2 hours including question time

SUITABLE FOR Parents of 12-16 year olds

PACKAGES This can be delivered as a stand-alone seminar for parents or offered as part of a School's Package Kristy offers.

BOOKING enquiry@drkristygoodwin.com



Dr Kristy Goodwin is a leading digital wellness expert, researcher, author & former teacher (and mum who understands the digital dilemmas facing modern parents). 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 at and consulted with hundreds of public and private schools throughout Australia and Asia, she's regularly called on by the media for her expert opinion.

