

DIGITAL
Distraction
MASTERCLASS
SERIES



Digital Distraction Masterclass Follow Up Resources



DR KRISTY
GOODWIN

VIDEOS

DIGITAL DISTRACTION

(please note, watch the video before showing to primary-aged students as there are some simulated violence scenes and scenes not appropriate for young children)

THE SOCIAL DILEMMA

IT'S A BOOK

BOOKS

STOLEN FOCUS

INDISTRACTIBLE

PRESS HERE

UNPLUGGED

(children's picture book)

WEBSITES

DIGITAL WELLBEING

STOP DIGITAL DISTRACTIONS DIVERTING YOUR SCREENAGERS' FOCUS

WHY IT'S HARD FOR KIDS TO FOCUS ONLINE