

### Raising Screenagers

Realistic strategies to navigate the online world with your adolescent

This presentation will help confused and concerned parents navigate the digital world with their 'screenagers', without suggesting that they 'digitally amputate' them. Dr Kristy will arm parents with research-based yet realistic advice to help parents feel confident about how they can best support their adolescent's physical health, mental wellbeing and learning online.



#### Dr Kristy Goodwin

Tuesday 26<sup>th</sup> July 2022

7:00pm – 8:30pm (90 mins including 15-minute Q & A)

Woodend Campus

#### Session Overview:

Through this presentation Dr Kristy will explore:

- Why young people are susceptible to POTENTIAL PITFALLS ONLINE given their BRAIN DEVELOPMENT
- Why the online world is APPEALING to adolescents (there's science to explain your teen's digital infatuation)
- A simple (& realistic) formula to determine healthy SCREEN TIME limits for teens of various ages (based on their BASIC NEEDS)
- Why parents need to be the CO-PILOT of the DIGITAL PLANE and establish 5 BOUNDARIES to ensure their teen's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING
- How to support their teen's 'DIGITAL DNA' especially when using social media or playing multiplayer video games
- Why DIGITAL DISCONNECTION is critical for your teen's PHYSICAL HEALTH and MENTAL WELLBEING.

#### About Dr Kristy Goodwin

Dr Kristy Goodwin is one of Australia's leading digital parenting experts (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, speaker and researcher. Kristy worked as a primary school and early childhood educator for 14 years before becoming an academic. She has worked with clients including Apple, Nickelodeon Channel, the National Broadband Network, McDonalds, NSW Department of Education and Optus, she's spoken at national and international conferences and at childcare centers and schools throughout Australia. Kristy is regularly called upon by the media to translate the latest research about kids and screens into practical and relevant information for worried parents and professionals. Dr Kristy takes the guesswork and guilt out of raising kids in the digital age (without suggesting that parents or educators need to ban the iPad or unplug the TV).