

Reconnect Webinars

Giving kids the edge they need to succeed

Tech Talk for Teens

*Finding the balance between virtual and real.
Become a Screenbuster and get CAPP credit!*



Overview

Teens use on average 9.0 hours per day of entertainment technologies. TV, video games, social media, internet, movies, porn, You Tube, cell phones and a variety of handheld devices now occupy the majority of teen's waking hours – but what's the downside? Current studies shows that poor fitness, obesity, sleep deprivation, mental illness, aggression, social isolation, poor communication, attention deficit and learning disorders are all associated with screen overuse. With the recent surge in use of screens in schools, many students are struggling with using the same device for both education and entertainment, resulting in overuse of entertainment based media content and difficulties meeting academic expectations. Sedentary, overstimulating and isolating, screens are threatening teen physical, mental, social and cognitive health. While students generally report they don't see the harm in screen use, the research paints a different story. Over 50% of teens report they are addicted to their devices and over 50% report depression and anxiety. 3 out of 4 students are sleep deprived with negative impact on mental and physical health. Schools are creating *Virtual Classrooms*, and homes are creating *Virtual Families*, further alienating teens from human connection and essential critical components required for growth and success. Teens are our future, yet choices made today raise the question: are the ways in which we are using screens no longer *sustainable*?

Goals

Tech Talks for Teens webinar raises awareness regarding the overuse of entertainment media content by students (at school and at home) and offers the *Balanced Technology Management* solutions for how to increase access to healthy activities and reduce use of screens. *Tech Talk for Teens* has imbedded quizzes to ensure students reach a standard of qualification to become certified *Screenbusters* and pass on screen management education and strategies onto their peers. Only when provided with research evidenced information and strategies can we expect students to make better choices regarding screen use.

Learning Outcomes

1. Profile screen media statistics and experts guidelines.
2. Review brain development and 4 critical factors for growth and success.
3. Relay impact of screen research in five areas: physical, social, emotional, mental, cognitive.
4. Apply a variety of techniques to balance screens with healthy activity.
5. Profile Screenbuster certification training program.

Handouts

Technology Addiction Questionnaire

100 Things to Do Other Than Screens

Creating Foundations and Virtual Futures graphic cards

Zombie Kid graphic card with guideline for screens, sleep, and play

Evidence based – Research referenced - Strategy focused

AOA American
Occupational Therapy
Association

Approved Provider

Creator and Speaker

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Webinar creator **Cris Rowan** is a well-known speaker and author to parents, teachers and clinicians throughout North America in the field of sensory integration, motor development, learning enhancement and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Sunshine Coast Occupational Therapy Inc. and Zone'in Programs Inc. offering workshops/webinars, training, and consultation services to enhance child development, behavior and learning. Cris is a prolific writer creating the [Child Development Series Newsletter](#), [Moving to Learn](#) blog, [Unplug – Don't Drug](#) peer reviewed publication, [10 Reasons to ban handheld devices in children under 12](#) viral Huffington Post article with 7.2 million "likes", as well as her first book [Virtual Child – The terrifying truth about what technology is doing to children](#). Cris is a member of the internationally renowned *Institute for Digital Media and Child Development* and the *Children's Screen Time Action Network - Screens in Schools Committee*.



Who should attend?

Students 12-18 years of age. In order to provide the Screenbuster Program in a schools setting students will require ongoing supervision and guidance preferably from a teacher, counsellor or administrator who have achieved Balanced Technology Management certification from taking the 3-day Technology Management course for teachers. *Reconnect Webinars* are designed to be *advanced* level for students.

How to buy this Technology Management Webinar recording?

✓ **It's Free!** *Technology Management Webinar* – Students can be downloaded for free online at www.reconnectwebinars.com

✓ **Check** out our other 3 *Technology Management Webinars* online at www.reconnectwebinars.com.

- Parents – *Disconnect to Reconnect*
- Teachers – *The Learning Paradox*
- Clinicians – *Screening for Screens*

✓ **Check** out our 6 *Child Development Webinar* series online at www.reconnectwebinars.com:

- Sensory Processing – *Harnessing Energy*
- Motor Development – *Back to Basics*
- Attachment and Addictions – *A Cracked Foundation*
- Technology Balance – *Mixed Signals*
- Attention and Learning – *Why Can't Children Sit Still?*
- School Success – *Diminishing Returns*

✓ **Check** out our 3 *Workplace Ergonomic Webinars* online at www.reconnectwebinars.com.

- Workplace Ergonomics - *Office*
- Workplace Ergonomics - *Health Care*
- Workplace Ergonomics - *General Labor*

Need Help? Contact Us

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