Dr Kristy Goodwin helps students make informed choices about their digital habits in this practical, 60-minute student workshop. Dr Kristy shares stories and videos to highlight some of the potential pitfalls of using technology excessively or inappropriately, to help students make informed decisions about their digital behaviours. She shares simple (science-backed) solutions to ensure students’ learning, physical health (vision, hearing, posture, sleep) and mental wellbeing are protected in the digital age. Kristy helps students understand their digital DNA, the personal and legal ramifications of what they share and disclose online, and realistic strategies to help them manage their time online (without suggesting phone bans).

**STUDENT WORKSHOP DETAILS**

**DURATION**
60 minute workshop (minimum of two bookings/day)

**SUITABLE FOR**
Student workshop for kids aged 8-16 years (middle primary and secondary students). Content is tailored for your students’ needs.

**PACKAGES**
Stand-alone student workshop or part of a School’s Package

**BOOKING**
enquiry@drkristygoodwin.com

Dr Kristy Goodwin is a former teacher, digital wellbeing & performance researcher, speaker and author (and a mum who worries about her kids' digital health). She helps students make informed choices about their digital habits, to ensure that their health, safety and wellbeing aren't compromised. She translates the research and latest online risks into essential information and tips, for students so that they can navigate the digital terrain safely and with confidence... without suggesting that kids need to give up their mobile devices or abstain from using technology.