

Teaching the iGen

DR KRISTY
GOODWIN

*Decoding and demystifying today's
'screenagers'*



Dr Kristy Goodwin draws on the latest research to inform educators and health professionals about how today's learners' digital immersion is shaping their childhood and adolescence. Dr Kristy explains the health, learning and developmental implications of plugged-in childhoods and adolescence and equips delegates with essential information and practical strategies to accommodate the iGen's needs.

Kristy will explore:

- // The displacement effect- HOW MUCH time are students *really* spending online;
- // How students' attention spans are changing because of DIGITAL DISTRACTIONS (and what teachers can do to help students better manage their focus in the distracting digital world);
- // How students' LEARNING PREFERENCES are changing because of their increased time ONLINE and what educators can do to accommodate these changes in the classroom;
- // The impact of digitalised childhoods and adolescence on students' PHYSICAL HEALTH (sleep, sedentary behaviours, musculoskeletal health, hearing and vision);
- // The potential impact of plugged-in childhoods and adolescence on students' MENTAL WELLBEING; and
- // Simple, science-backed solutions that teachers and health professionals can implement to optimise students' learning, health and wellbeing (without suggesting that technology is toxic or should be banned).

AUDIENCE - Teachers & health professionals working with 4-17 year olds

DURATION - 1-2 hours (delivered as a keynote or workshop)

DELIVERED - On-stage or online (as a webinar). At your conference, school or online via a webinar which Kristy's team organises

ENQUIRY - info@drkristygoodwin.com



About Kristy

Dr Kristy Goodwin is one of Australia's leading digital learning, distraction and wellbeing educators, researchers, speakers and authors. Kristy is a former teacher and academic and a parent who understands that digital abstinence isn't the solution for kids and teens and instead shares practical and realistic advice about how to best navigate kids' digital world! Kristy has spoken at and consulted with hundreds of public and private schools throughout Australia and Asia, is an active researcher in the field, and delivers keynote addresses in Australia and internationally.

 [WEBSITE](#)

 [FACEBOOK](#)

 [LINKED IN](#)

 [INSTAGRAM](#)