

# Thrive Online

DR KRISTY  
GOODWIN

*Help students to thrive in the digital world by bolstering their digital wellbeing*



There's no denying that students are now tethered to technology for significant amounts of time each day. This is having a profound impact on their physical health, mental wellbeing and learning. However, technology is a vital part of their lives- for learning, leisure and connection. This presentation equips students with science-backed solutions they can embed into their daily lives (both at school and at home) that will support their digital wellbeing.

In this student workshop Dr Kristy will explore:

- // the impact of students' constantly-connected lives on their MENTAL WELLBEING & micro-habits they can embed to protect it;
- // the consequences of being tethered to technology on their PHYSICAL HEALTH (sleep, vision, hearing and musculoskeletal health) & simple strategies to protect their health;
- // their digital DNA and the personal and legal ramifications of what they share and disclose online; and
- // realistic strategies to help them manage their time & focus when online.

**AUDIENCE** - Students in Years 3-12 (customised according to the issues in your school)

**DURATION** - 45-60 minutes

**DELIVERED** - On-stage or online

**ENQUIRY** - [info@drkristygoodwin.com](mailto: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 students' 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](#)