

# Raising Screenagers

*Realistic strategies to navigate the online world with your adolescent.*

DR KRISTY  
GOODWIN

*I arm parents with research-based information and realistic solutions (that don't involve phone bans or digitally disconnecting your teens) so that your teen can thrive online & offline.*



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.

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 her PHYSICAL HEALTH and MENTAL WELLBEING;

// How to support their teen's 'DIGITAL DNA' especially when using social media or playing multi-player video games;

// Why DIGITAL DISCONNECTION is critical for your teen's PHYSICAL HEALTH and MENTAL WELLBEING.

**AUDIENCE** - Parents, carers & educators of students in Years 7-12

**DURATION** - 1.5- 2 hours (1.5 hours webinar, 2 hours on stage)

**LOCATION** - online (webinar via Zoom) or on-stage

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



## About Kristy

*Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators. She provides brain-based solutions to help children and teens thrive in a digital age. Kristy arms parents with science-backed, yet simple solutions to help their 'screenagers' develop healthy and sustainable digital behaviours. Kristy's former clients include the NSW Department of Education, the Reserve Bank of Australia, Westpac, Optus, Apple, Macquarie Bank, Randstad, DLA Piper and public and private schools across Australia.*

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