

Kids, Teens & Screens

Realistic Strategies to Manage Technology

DR KRISTY
GOODWIN

Berlin Brandenburg International School GmbH PTA proudly presents a virtual masterclass with Dr Kristy Goodwin. Kristy will help you to ditch the guilt, grief and guesswork when it comes to raising kids and adolescents in a digital world.



What we will learn from Dr Kristy Goodwin in this virtual masterclass:

- Kristy will arm parents with research-based yet realistic advice
- Sharing advice on a child's physical and mental well-being in a digital world

The question for today's new learning environment:

- Why young people are susceptible to POTENTIAL PITFALLS ONLINE given what we know about BRAIN DEVELOPMENT
- Why young people find the online world APPEALING & why they find it hard to SWITCH OFF (there's science to explain their 'techno-tantrums')
- A simple (& realistic) formula to determine healthy SCREEN TIME limits for children and adolescents (based on their BASIC NEEDS)
- Why parents need to be the PILOT of the DIGITAL PLANE and set 5 BOUNDARIES to ensure that young people's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING;
- How to support their child's 'DIGITAL DNA' and safety when online & be aware of current CYBER-SAFETY RISKS
- When to introduce and how to best manage GAMING, SOCIAL MEDIA & SMARTPHONES
- Why DIGITAL DISCONNECTION is critical for children and teens' PHYSICAL HEALTH and MENTAL WELLBEING. FORMAT

The Program:

- Kristy will deliver a 60-minute keynote presentation for all attendees (10-11am).
- Followed by two 45 minute workshops:
 - 11-11:45am for parents of primary school children
 - 11:45-12:30pm for parents of secondary school children
- Followed by a 30-minute plenary session and open Q and A for all attendees (12:30-1pm).

Registration:

In the event that minimum registration numbers aren't achieved by 5th February 2021, the event will be cancelled and a full refund (less card processing fees) will be offered to all registrants. Book early, before February 5th, to secure earlybird ticket pricing and go into the draw **to win** one of **FIVE lifetime passes to Dr Kristy's Switched on Parents' Portal**.

LOCATION - Online via Zoom

DATE - 27th February 2021

TIME - 10am-1pm

TICKETS - Early bird €20 per family (before 5th Feb) and €25 per family (after 5th Feb)

REGISTER - www.trybooking.com/BNSAA

About Kristy

Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators (& mum who experiences her kids' techno-tantrums). 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 that will support their mental wellbeing, physical health and learning... without proposing that you 'digitally amputate' your children.

