

## Foundation Series Workshops

Enhance productivity with balanced technology management



## Technology Balance

**Mixed Signals:** Connection to Technology is Disconnecting Child Development



### Overview

**TV** – the new parent, **reality shows** – the new family, **medication** – the new disciplinarian, **video games** – the new heroin, **Wii** – the new sport, **ADHD/Autism/depression/anxiety** – the new age diagnosis, **text messaging/emails** – the new communication. Children use on average 8 hours per day of combined technology, with over 65% of children having TV's in their bedrooms. Due to the rise in child aggression, media violence has been designated a public health risk. Hard wired for high speed, children can no longer learn. Schools are creating *Virtual Classrooms*, and homes are creating *Virtual Families*, further alienating children from essential human connection and attachment that is the basis for all learning. Children are our future, yet choices made today raise the question: are children no longer *sustainable*?

### Goal

*Mixed Signals* raises public awareness regarding the damaging impact of technology on child development and academic performance, and provides initiatives for schools, homes and communities to create 'sustainable' children.

### Learning Outcomes

- Relate current technology research to academic performance, physical health, and mental well being
- Explore the effects of media violence and cyberbullying on child aggression behavior
- Recognize parent, teacher and physician trend to diagnose and drug child behavior
- Evaluate balanced technology management and apply school and home reduction strategies

### Handouts

Technology Addiction Questionnaire  
10 Steps to Unplug Your Children from Technology  
Unplug – Don't Drug Directive



**Evidence based – Research referenced - Strategy focused**