MENTAL HEALTH & TECHNOLOGY

Help kids disconnect from toxic tech & reconnect with real life!

DATE: 9TH APRIL

TIME: 7:15PM – 8:45PM

JOIN ZOOM MEETING

MEETING ID: 843 7963 8835
PASSCODE: 939086

In an extraordinary public advisory in May 2023, the US Surgeon General stated there is evidence that social media "has a profound risk of harm to the mental health and well-being of children and adolescents."
Despite this, the advisory notes that 95% of teenagers ages 13-17 say they use a social media app, and more than a third say they use it "almost constantly."

If you are a parent, care-giver or educator to youth, this webinar is for you.

Join us for an informative evening with Elyse Cochrane of Future Ready Minds as she dives into concerns around tech addiction in children and youth, social media influence and much more.

Parents, teachers or professionals working with youth must guide young people (& themselves) towards healthy tech habits that foster the future-ready skills of resilience, collaboration & innovation.

In this workshop you will learn:
- How technology is impacting the human brain, body, and behavior
- How to differentiate between healthy, stressful, & addictive tech experiences.
- How to reset tech habits towards more balance
- Guidelines for your home/school, to establish healthy boundaries around tech use
- Free reset resources from The Tech Solution book.
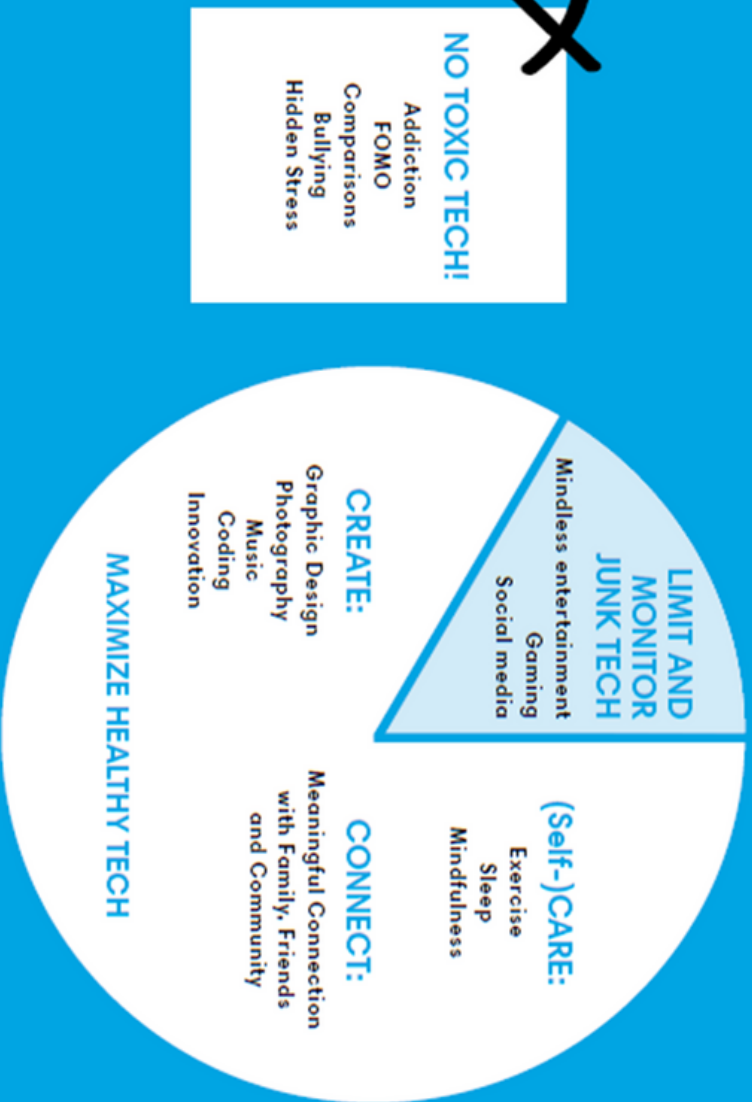
About
Elyse Cochrane

Elyse Cochrane is an education professional with training in social-emotional learning, executive functioning, educational technology and learning design. She seeks to equip children, youth, and teens with a life skills toolkit that sparks resiliency, adaptability, self-awareness and critical thinking.

Her work has been instrumental in the conception and development of Future-ready minds and she has been mentored by Dr. Shimi Kang for 7+ years

Elyse is a Masters of Educational Technology & Learning Design (Simon Fraser University),Bachelor of Education and Arts (Brock University), an Executive Functioning Level 1 & 2 coach (Fraser Academy) and brings over 10 years of experience as a K-12 teacher.

THE TECH SOLUTION PLATE

for a Balanced Tech Diet

NO TOXIC TECH!
- Addiction
- FOMO
- Comparisons
- Bullying
- Hidden Stress

LIMIT AND MONITOR JUNK TECH

Mindless entertainment
- Gaming
- Social media

(Self-)CARE:
- Exercise
- Sleep
- Mindfulness

CREATE:
- Graphic Design
- Photography
- Music
- Coding
- Innovation

CONNECT:
- Meaningful Connection with Family, Friends and Community

MAXIMIZE HEALTHY TECH

Dr. Shimi KANG MD.

Shimi Kang, MD
THE TECH SOLUTION

THE TECH SOLUTION

Creating Healthy Habits for Kids Growing up in a Digital World

Shimi Kang, MD

House Rules:

- **Create Screen-Free Areas:** the kitchen table, the car, bedrooms
- **Create Screen-Free Times:** family meals, homework time, reading, and bedtime
- **Put a Family Charging Station** in an open area like the kitchen
- **Turn Off Screens** when they are not being used, including background TV
- **Shut off the Wi-Fi in Evening**
- **Turn Off Notifications** and auto play on all devices in the home
- **Bedtime Prep:** Teach your kids to avoid screens for at least 2 hours before bedtime.
- **Take a Digital Day Off**
- **Forgive Yourself:** It is natural to fall off a healthy tech diet so recover, & get back on!

THE TECH SOLUTION
Creating Healthy Habits for Kids Growing Up in a Digital World
Includes a 6-step plan for success

Shimi Kang, MD

Dr. Shimi KANG MD