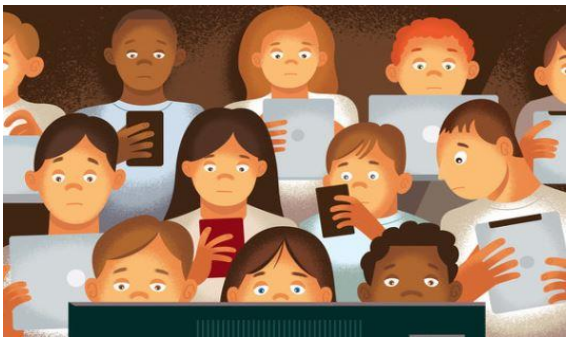
SCREEN SAVIOURS – TAKING CONTROL OF TECH



Monday 24 February 2020

MIDAS Centre at Meadowfield School, Swanstree Avenue, Sittingbourne, Kent, ME10 4NL

18:30 – 20:30

This workshop will offer advice and strategies to support parents, carers and families understand the importance of maintaining children's digital health and how to encourage a safe, happy, enjoyable and manageable relationship with technology.

In this workshop we will be looking at:

- Using smart phones, tablets and computers positively and safely
- Understanding the impact of sustained screen time
- The adolescent brain on games
- Technology and sleep
- How to take control in a supportive and positive way
- Social media-the attraction, using it safely and the pitfalls
- A comprehensive overview of support
- Next steps in technology and gaming – virtual and augmented reality
- Recognising when technology is becoming a problem and what to do about it
- Gaming addiction, the multiplayer game and the online community (Fortnite case study)

This workshop is suitable for parents, carers and families of primary and secondary age children.

Presented by
Jonathan Smeeton & Sophie Cartwright, Specialist Teachers, Meadowfield

This workshop is free to attend
Refreshments are provided

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