



**St Martins
School Hall**



SCREEN TIME

Understanding the Impact – A Neuroscience Session

There are positives and negatives of technology, there is no simple answer. Come along and hear KATHRYN BERKETT explain, in easy to understand language, the neuroscience behind the complex world our children are living in.

Our world is changing so quickly, it is hard to keep up. The messages we can get can be so confusing – is technology bad for us, or good for us? It isn't that simple. This session is not about telling you to stop using technology, it is about helping you understand it, so you can make more informed decisions. We are all individuals, and we will react and interact differently with technology. Come along to hear more about what this means for each of us.

This session will discuss why we get such positive feedback from spending time on screens. We will discuss why, for some people, this can lead towards and addiction. We will discuss what the brain needs from the environment in order to develop to full potential, and how screens can both support and inhibit that.

Kathryn is a mother of two and has her Masters in Educational Psychology. She will explain what is going on in simple, real language. You will leave her session with practical tips that you can use IMMEDIATELY.

Kathryn has been working in this area and training international audiences for over sixteen years; working with groups such as Police, Teachers, Parents, Social Workers, NZ Rugby and many more.

SHOULD YOU SAY 'YES'
OR 'NO'

INDIVIDUALISED
INFORMATION
(THERE IS NO 'ONE' ANSWER)

EASY TO UNDERSTAND
EXAMPLES

WHAT CAN WE DO TO
PROTECT?

**DATE 25 March
Time 6:30 to 7:30pm**

Where:
St Martins School Hall

Excellent presentation, loved the examples, easy to understand. Have heard some of the info many times before however the way you explained things CLICKED for me! - Parent (Whangarei)