Teaching the iGen

HOW INSTRUCTIONAL APPROACHES NEED TO CHANGE IN 21ST CENTURY

Source: https://www.youtube.com/watch?v=HUq5MDFOcO
ATTENTION
Pokemon Go players

We know there is a
Pokestop near here,
however it is not safe to
reach over the balustrade.
MASTERS of media, not...SLAVES to a screen

Five to Thrive
Overview

// Digitalised world
// Physical health
// Social & emotional wellbeing
// Changed learning preferences

Digitalised World

Source: https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens

Tweens use an average of 6 hours of media daily

Source: https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens

Teens use an average of 9 hours of media daily

Source: https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens
**Gaming**

0.2 Year Olds: No screen time

2 Year Olds: 1 hour/day

1-2 hours/day

**Social media**

13-17 Year Olds: 2 hours/day

5-12 Year Olds: 1-2 hours/day

**Source:** https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens

**Source:** American Academy of Pediatrics

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**Australian Department of Health, 2015**

**Tweens use an average of 6 hours of media daily**

**Source:** https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens

**Source:** American Academy of Pediatrics
What are screens displacing?

Why are they attached?
Overview

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// Learning costs

Physical Health

Physical movement

Delayed & impaired physical skills
Fine motor skills

Rough & tumble play

Guidelines

5-12 YEARS

At least one hour of moderate to vigorous intensity physical activity every day.

Playtime's Over
Are over-protective parents killing the fun of growing up?
Practical tips

• Schedule exercise
• Incidental exercise
• Physical breaks
• Sport & fundamental movement programs

Play

Video source: https://www.youtube.com/watch?v=41SJJWxQo7w

Source: http://blazepress.com/2015/09/31/powerful-images-that-sum-up-how-smartphones-are-ruining-our-lives/
Gaming

Sleep

Age range: infant through 18 months

- 14-17 hours
- 12-15 hours
- 11-14 hours
- 10-13 hours
- 9-11 hours
- 8-10 hours
Night Shift

Practical tips
- Bedrooms – tech-free zone
- Bedtime for devices
  (90 min before sleep)
- Landing zone/charging dock
- Use an alarm clock
- Blue light filters/glasses
- Use Internet-filtering tools
- Screen swaps
Peace of mind, when they’re online!

Vision

**Practical tips**

- 20-20-20-20 rule
- Comparable lighting
- Ergonomics
- Tech-breaks
- Natural sunlight
  (10-14 hours/week)

Hearing
Practical tips

- Noise-cancelling, earmuff headphones
- Settings
- < 1 hour/day with headphones

Posture
Practical tips

• Handheld devices on tummy, beanbags, or propped up (below eye level)
• Larger screens - spine upright, just below eye level
• Tech-breaks

Possible EMR Risks
Practical tips

• Turn off routers when not in use
• Keep devices off body
• Use airplane mode
• Use phone with handset or speaker mode
• Avoid phone use in poor reception
• Text rather than call
• Don’t use in restricted areas (e.g. underground car parks, elevators)

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Social & emotional wellbeing

Addiction

Boredom

Self-regulation skills

Snap Chat

Digital DNA

I'm glad social media wasn't around when I was a kid to capture all the stupid stuff I did when I was younger. This stuff will say with you forever.....

Snap Chat

Tweens & tweens brains

Social media & self-harm

Digital DNA

I'm glad social media wasn't around when I was a kid to capture all the stupid stuff I did when I was younger. This stuff will say with you forever.....

Social media & self-harm
Live streaming

Cyber-safety

Catfishing
SMS Loops

Source: https://www.youtube.com/watch?v=usqOLs8i9Js&index=3&list=PLHYCB99B1bR7sMc0z59KSD0F5OPeDe

"Techno-glect"
Social skills deficit
Pornography

Cyber-bullying

What is cyber-bullying?

- social exclusion
- spreading lies or rumours
- name calling
- threats to personal safety
- repeated or unwanted online messages
- fake accounts or profiles
Practical tips

• Don’t demonise technology
• Don’t use screens as reward/punishment tool
• Use Internet-filtering tools
• Set up parental controls
• Parental engagement
• Delay introduction of social media
• Teach kids healthy cyber-habits
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6 hours media/day (outside of school)

Creating
Tellagami

Do Ink Screen

Collaborating

Communicating
Visual dominance

Infobesity

“When information is cheap, attention becomes expensive.”

James Gleich
Instant feedback

Executive function skills

Multi-tasking
Video source: https://www.youtube.com/watch?v=pp8Bla9667s

We have to find healthy and helpful ways to use technology with young children... and minimise any potential risks to their health & wellbeing.

-Dr Kristy Goodwin

What can we do?

- Develop healthy habits from the start
- Educate teachers, students & parents
- Attention management skills
- Establish tech-free zones & times
- Maintain green-time, play & physical activity
- Cyber-safety programs for kids
- Parent engagement & support
- PLAN, don’t BAN technology