

## TALKING TECH

A WORKSHOP FOR PARENTS/CAREGIVERS ABOUT REDUCING CONFLICT  
WHEN DISCUSSING TECHNOLOGY USE

### What You Can Expect to Learn

- Why it can be so hard, and yet why it's so important to have conversations at home about technology
- Why it's difficult for young people to regulate their own technology usage and how to help coach responsible habits
- How technology usage affects development (brain, biology, social skills, emotion regulation skills, attachment with caregivers)
- Skills to establish guidelines for technology use
- Further resources for next steps

### What You Need to Know

- Talking Tech is a single, 60 minute plus a 15 minute Q & A period at the end.
- This workshop will be conducted via Zoom.
- Monday April 12, 2021 at 7:30pm
- An email with the Zoom link and additional resources will be sent out a few hours prior to the workshop.
- For questions or to register please contact Colleen at [colleen.mccutcheon@gov.bc.ca](mailto:colleen.mccutcheon@gov.bc.ca)

### RESOURCES

#### Websites and online resources:

*Raising Digitally Responsible Youth: A Parent's Guide:* <https://saferschoolstogether.com/wp-content/uploads/2020/03/Raising-Digitally-Responsible-Youth-Guide-2020.pdf>

#### The White Hatter

<https://www.thewhitehatter.ca/>

#### Wait Until 8th

<https://www.waituntil8th.org/digital-training>

#### Screenagers

<https://www.screenagersmovie.com/resources-2>

#### Common Sense Media—under 'Parents Need to Know'

<https://www.commonsensemedia.org/>

#### Books:

*Parenting in the Screen Age: A Guide for Calm Conversations*—Delaney Ruston, MD

*The Tech Solution*—Shimi Kang, MD

#### Documentaries:

*The Social Dilemma* (2020) —Netflix

*The Great Hack* (2019) —Netflix