



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

TECH TALKS for FAMILIES – Designed to help families better manage balance between technology and healthy living. Series of ten 30 minute webinar sessions watched by whole family over the course of ten weeks. Webinars are followed by 30 minutes of family homework which details progressive strategies to redesign lifestyles for health. Includes the *Tech Tool Kit*, and 3 day 'tech unplug'.

| Part One – Exploration | | | | |
|---|------------------|----------------------------|--|---|
| Goals: recognize impact of recent rise in technology use on child and family; identify four critical factors to optimize child development, learning and behavior; decide on two initiatives to enhance movement, nature, touch, and human connection. | | | | |
| Session | Title | Topic | Objectives | Family Homework |
| 1 | Virtual Child | Tech Trends and Statistics | Review trends toward escalating use of technology by children. Technology usage statistics. Introduction to Tech Talk series. | Tech Usage Screen, Tech Unplug Tracking Tool (1), Tech Point Sheet, Family Tech Contract. |
| 2 | Play Deficit | Movement and Nature | Impact of sedentary and nature deficit lifestyle on child development, behavior, and attention/learning; obesity/diabetes, sleep deprivation, developmental delay. | Out/Indoor Activities, Movement Initiatives, Nature Initiatives. |
| 3 | Tech Neglect | Touch and Human Connection | Profile touch deprivation and attachment disorders diagnosed as mental illness; create structured family reconnection plan. | Attachment Questionnaire, Touch Initiatives, Connection Initiatives. |
| Part Two – Preparation | | | | |
| Goals: review research on impact of technology on four domains of human function: physical, social, mental and cognitive; identify family issues related to technology overuse; enact counteractive measures. | | | | |
| 4 | Tech Fat | Brain/Body Development | Knowledge regarding technology impact on body and brain development. | Tech Usage Questionnaire, WiFi Radiation brochure. |
| 5 | All Alone | Social Development | Speech delays, establishing self-identity, social networking, video games, pornography. | Family Values and Rules. |
| 6 | Tech Crack | Mental Development | Identify causal factors for technology addiction. Quantify level and type of technology addictions. | Tech Addiction Questionnaire. |
| 7 | Learning Paradox | Cognitive Development | Determine productivity parameters; educational technology risks/benefits, strategize and plan for content/duration of educational technology use. | Productivity Scale, Productivity Tools and Techniques. |
| Part Three – Management | | | | |
| Goals: review technology reduction and management strategies and customize for family; identify long term goals and supports; enact technology maintenance procedures; measure functional outcomes of <i>Tech Talks</i> webinar. | | | | |
| 8 | Creating Balance | Tech Reduction | Determine technology usage plan and complete technology schedule. Enact family designed technology management strategies. | Tech Usage Guidelines for Children and Adults, Tech Zones, Tech Schedule. |
| 9 | Digital Detox | Tech Unplug | Identify supports and rewards. Refine technology tracking tools and methods. Customize Technology Unplug Protocol. | Tech Rewards & Penalties, Tech Supports & Trackers, Tech Unplug Protocol. |
| 10 | The Future | Tech Maintenance | Determine long term technology usage goals and maintenance strategies. | Family Tech Rules, Tech Unplug Tracking Tool (2). |

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email: info@zonein.ca • Toll free tel: 1.888.8zonein (1.888.896.6346) • Toll free fax: 1.877.8zonein (1.877.896.6346) • tel: 604.885.2666 • fax: 604.885.2668