

Teaching the iGen

HOW INSTRUCTIONAL APPROACHES NEED TO CHANGE IN 21ST CENTURY

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3 BIGGEST FEARS OF OUR GENERATION



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iGen

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IT DOESN'T JUST SEASON SPAGHETTI



Source: <https://www.youtube.com/watch?v=HUgv5MDF0cQ>

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Overview

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

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Digitalised World

TWEENS
USE AN AVERAGE OF
6 HOURS
OF MEDIA
DAILY

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

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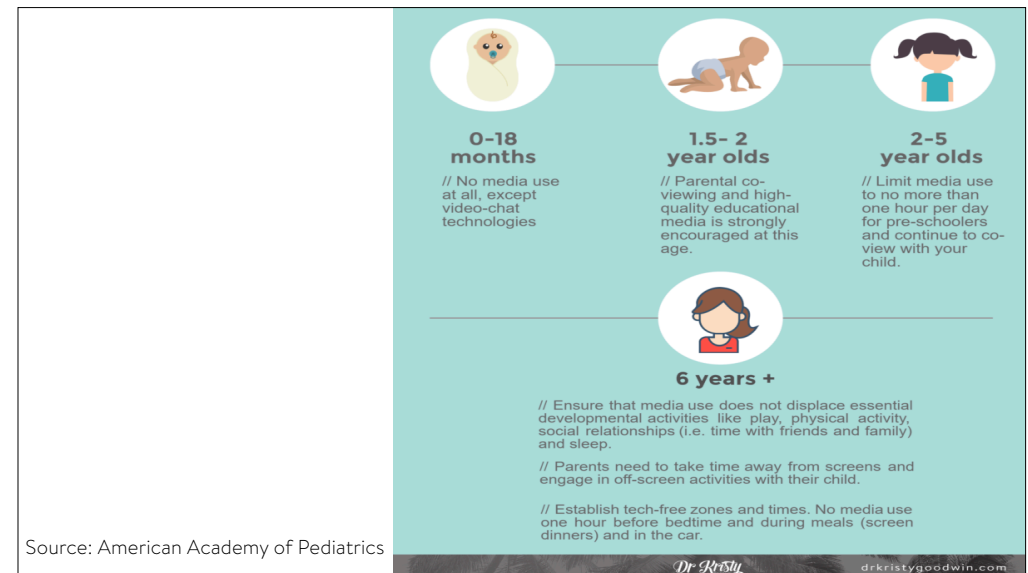
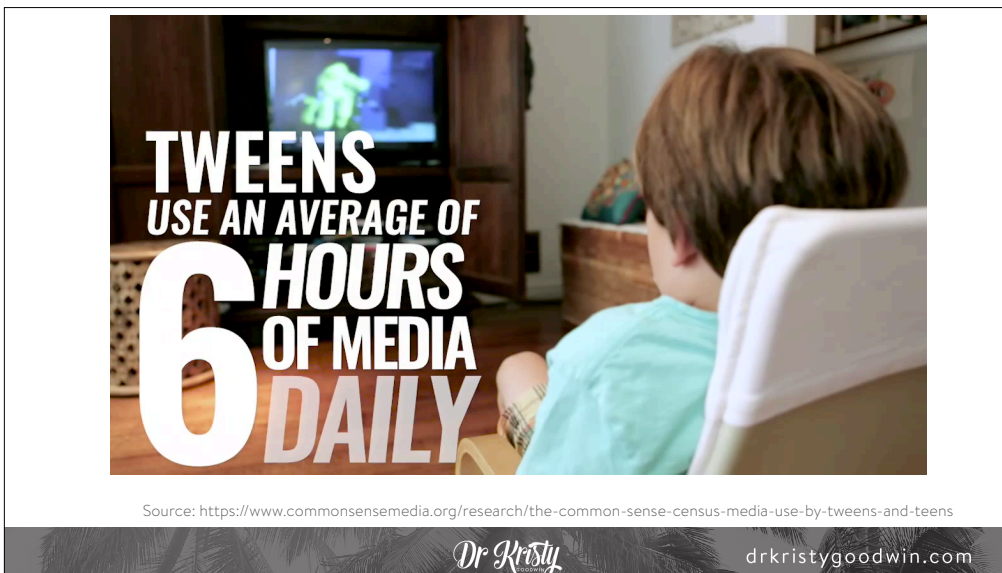
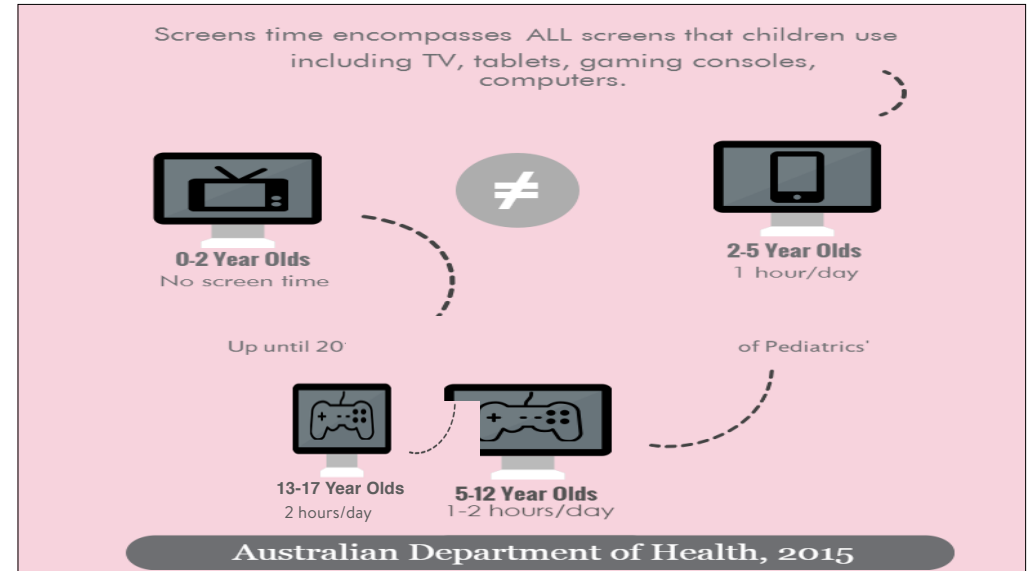
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TEENS
USE AN AVERAGE OF
9 HOURS
OF MEDIA
DAILY

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

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Tool - <https://www.healthychildren.org/>

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Category	Activity	Duration
After School Activities	Chores	0.5 hours
	Family Time	0.5 hours
	Free Time	0.5 hours
	Homework	1 hour
	Meals	1 hour
	Personal Care	0.5 hours
	Physical Activity or Sports	1 hour
School	School	6 hours
	Sleep	9 hours

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What are screens displacing?

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Why are they attached?

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Overview

// Digitalised world

// **Physical health**

// Social & emotional wellbeing

// Learning costs

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Physical Health



Physical movement

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Delayed & impaired physical skills

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Fine motor skills

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Rough & tumble play

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Playtime's Over

Are over-protective parents killing the fun of growing up?

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Guidelines

5-12 YEARS



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

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Practical tips

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

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Play

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Video source: <https://www.youtube.com/watch?v=4D5JVcQ07w>

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Source: <http://blazeypress.com/2015/05/27-powerful-images-that-sum-up-how-smartphones-are-ruining-our-lives/>

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Gaming

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Sleep

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Age range	Amount of sleep required/24 hour period
Newborns (0-2 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschool (3-5 years)	10-13 hours
Primary School Children	9-11 hours
Pre-teen and Teens	8-10 hours

Night Shift



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baxterblue

<https://www.baxterblue.com.au/>

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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

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family zone

Peace of mind, when they're online!

SAFE CONTENT
Block inappropriate content, restrict social media networks and moderate online searches.

MANAGE SCREEN TIME
Set up routines and manage the time they're online.

HOME AND MOBILE
Works on any device at home and on smart devices when kids are out.

SIMPLE SET-UP
It's super easy to get started. Sign up now and get one month free.

<https://www.familyzone.com/drkristygoodwin>

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Vision

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Practical tips

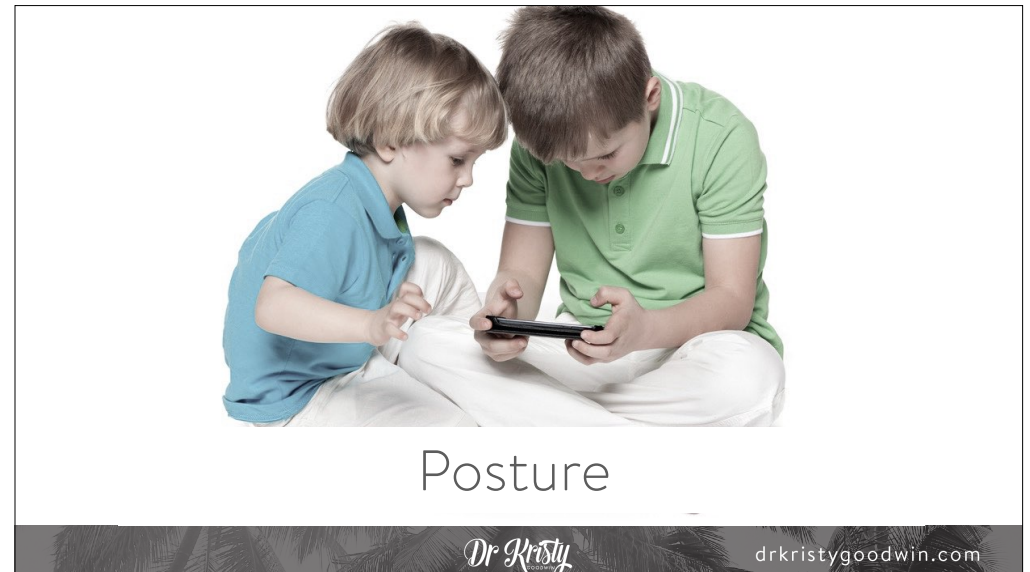
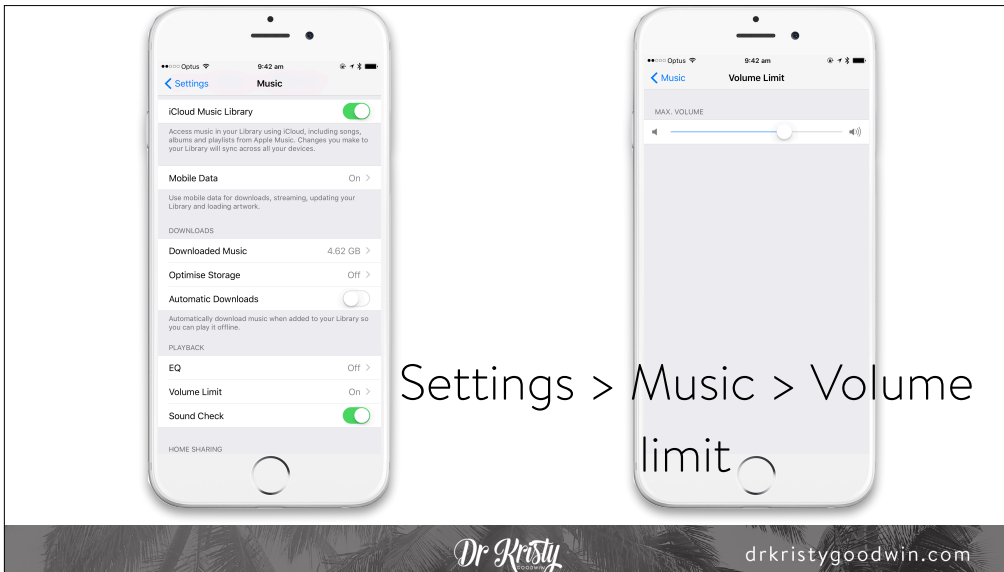
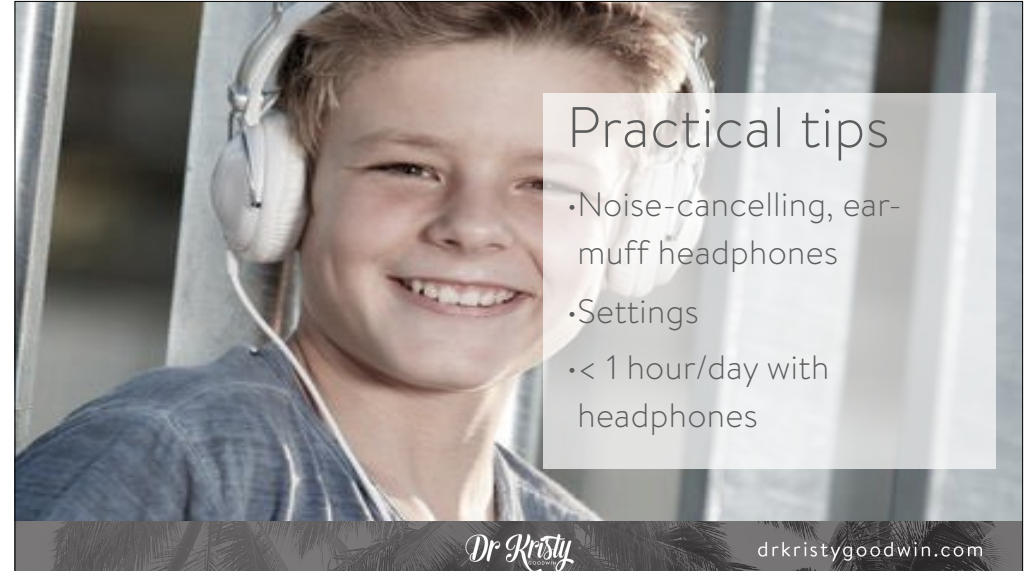
- 20-20-20-20 rule
- Comparable lighting
- Ergonomics
- Tech-breaks
- Natural sunlight (10-14 hours/week)

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Hearing

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Source: <http://www.ergobreak4kids.com/>

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Source: <http://www.ergobreak4kids.com/>

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Practical tips

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

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Possible EMR Risks

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See more- <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Cell-Phone-Radiation-Childrens-Health.aspx>



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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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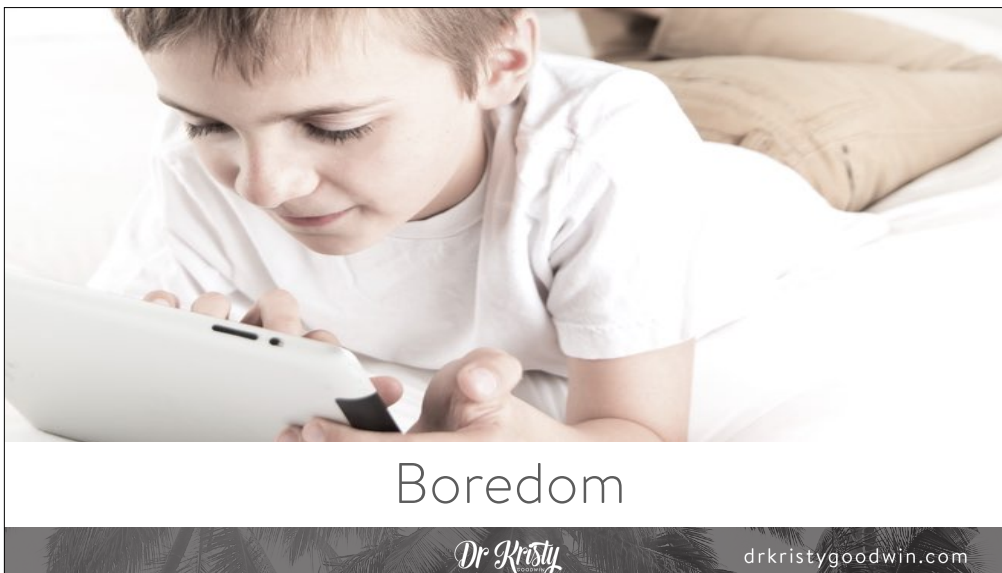
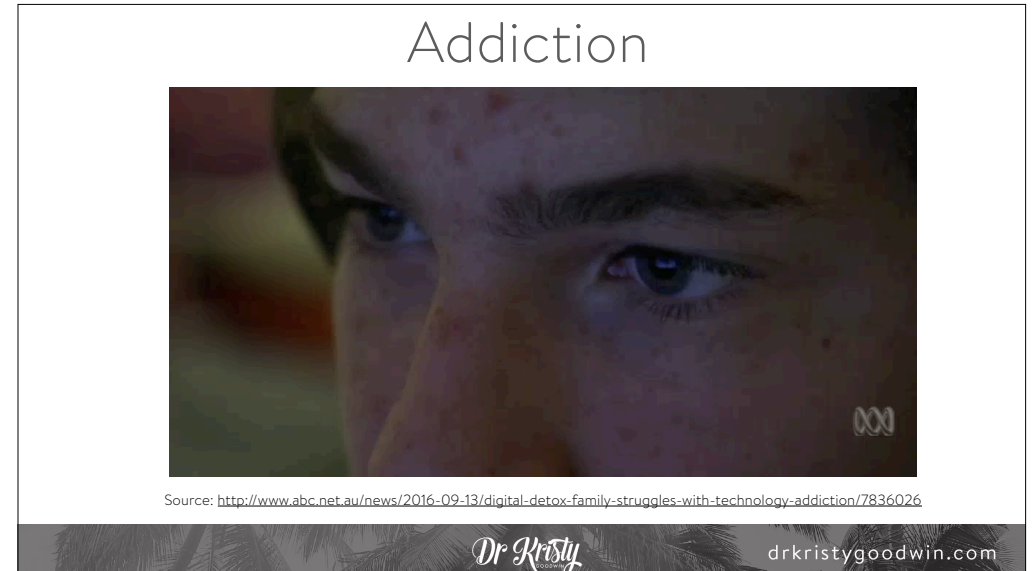
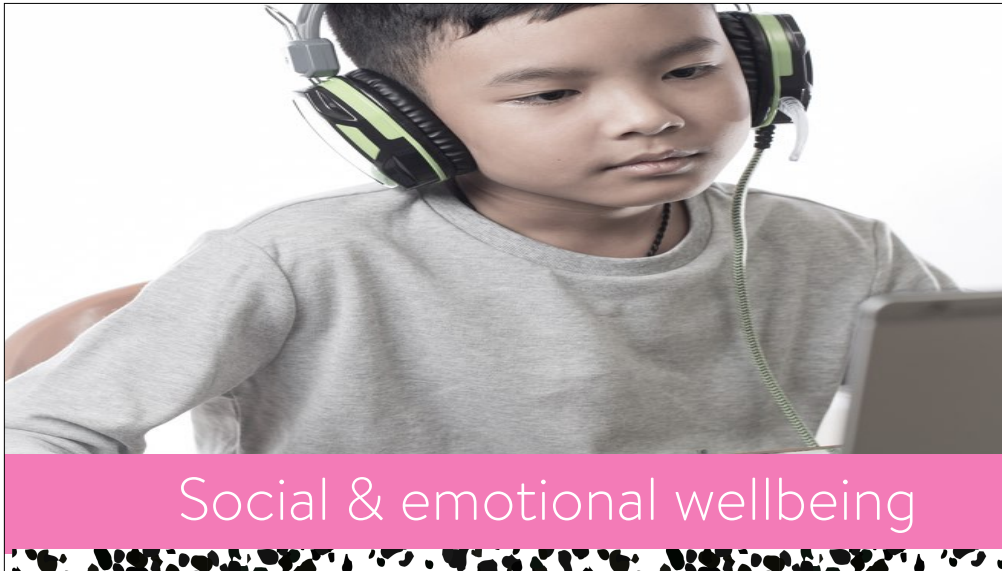
Overview

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



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Body image

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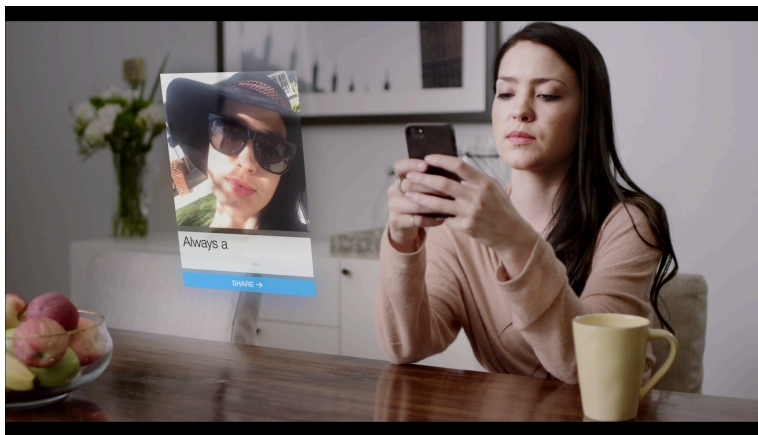
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Image-focused

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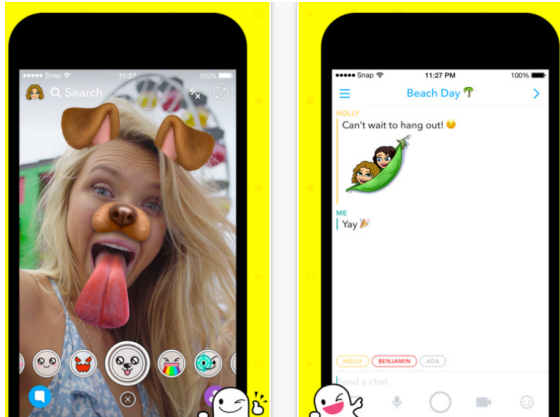
Anxiety & depression

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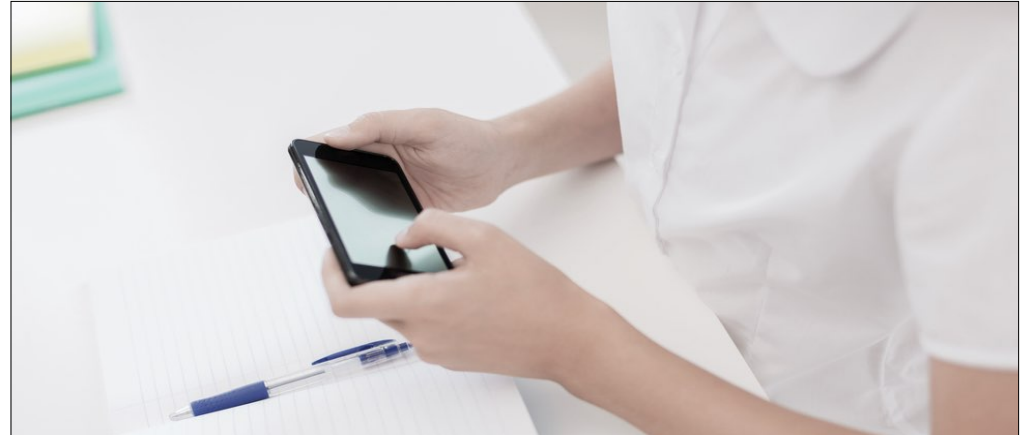


Snap Chat



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Tweens & tweens brains

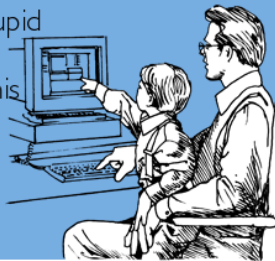
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Digital DNA

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.....

someecards
user card



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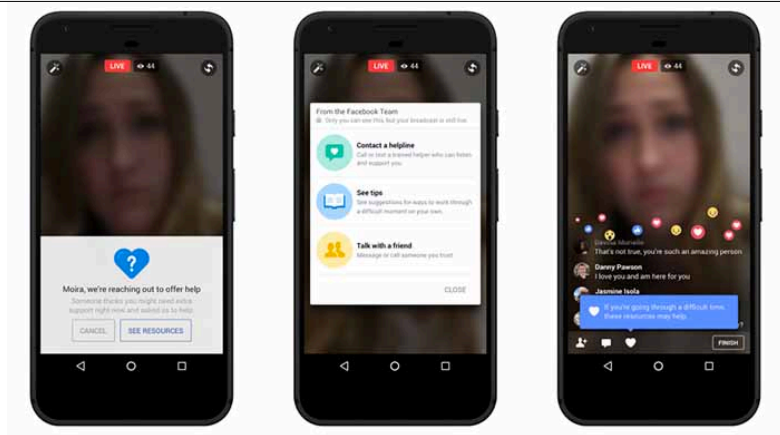
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Social media & self-harm

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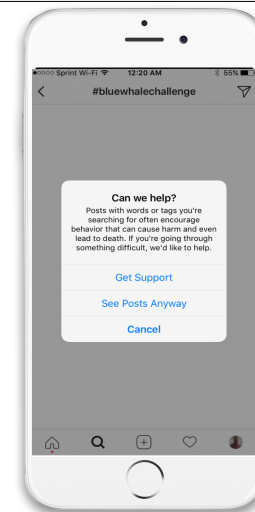
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Live streaming

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Cyber-safety

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Catfishing

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SMS Loops

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Source: <https://www.youtube.com/watch?v=usq0Ls8i9Js&index=3&list=PL1YCGfBa9BUbBzAcmcQz51KSDFsQtsPe>

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"Techno-glect"

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Source: <https://twitter.com/devorahheitner/status/699397924061638656>

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Source: <https://www.common sense media.org/videos/devicefreedinner-dinner-at-grandmas>

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Social skills deficit

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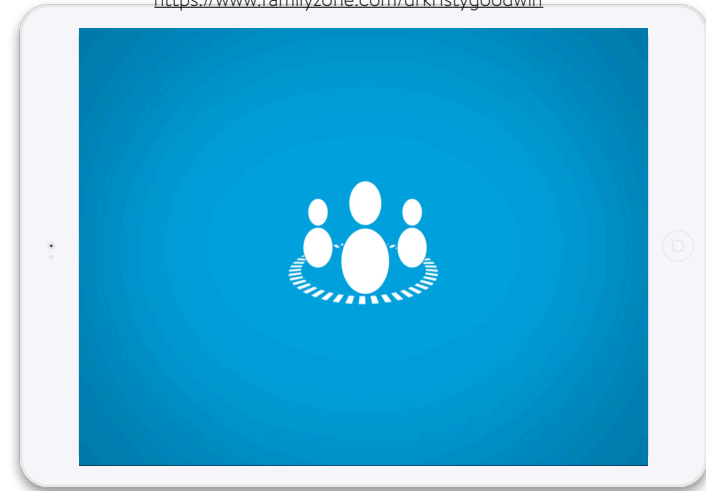


Pornography

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Cyber-bullying

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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

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Source: <https://www.facebook.com/eSafetyOffice/videos/1390305014372658/>

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Office of the Children's
eSafety Commissioner

HOW TO REPORT CYBERBULLYING MATERIAL

- 1 Report the cyberbullying material to the social media service
- 2 Collect evidence - copy URLs or take screenshots of the material

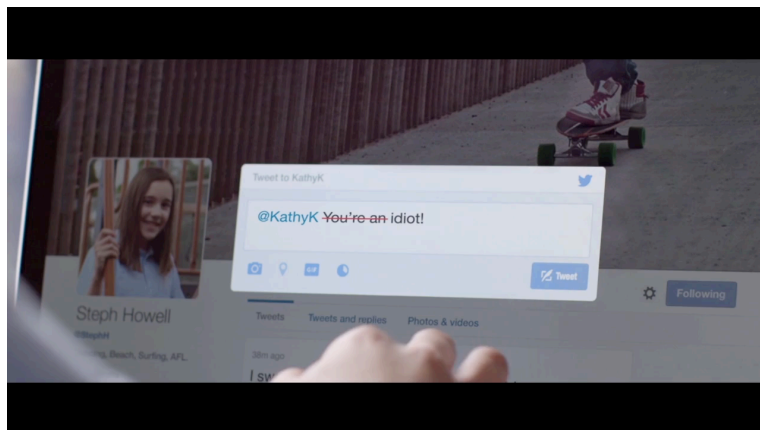
If the content is not removed within 48 hours

- 3 Report it to esafety.gov.au/reportcyberbullying
- 4 Block the person and talk to someone you trust

If you are in immediate danger, call 000 (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on 1800 65 1800, 24 hours a day 7 days a week

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<http://reword.it/#/>

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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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Overview

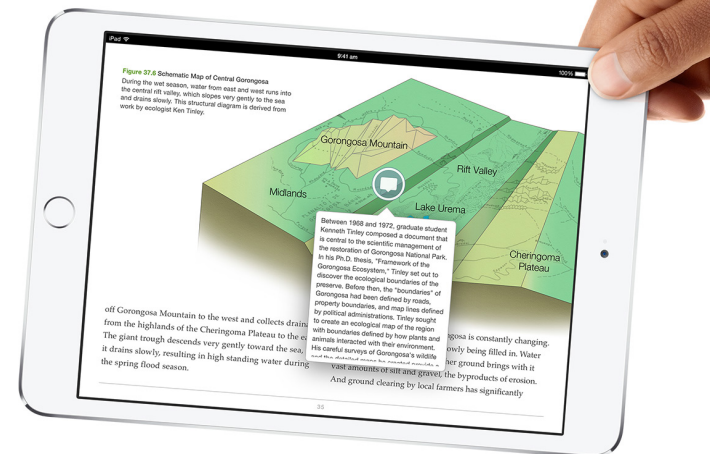
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Creating

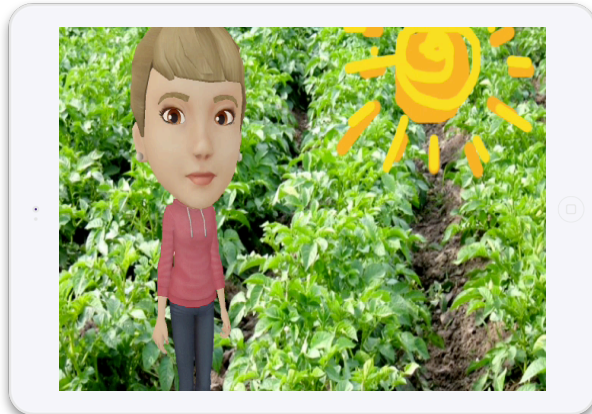


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Tellagami

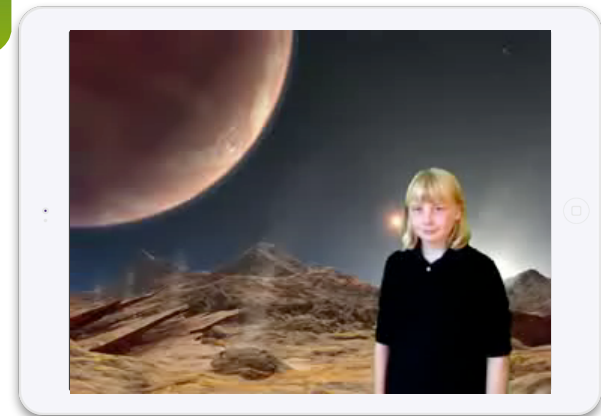


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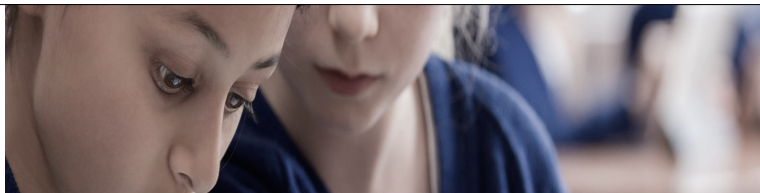


Do Ink Screen



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Collaborating



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Communicating





<https://digitalteachingandlearning.files.wordpress.com/2015/03/classroom-uses-of-aurasma.pdf>

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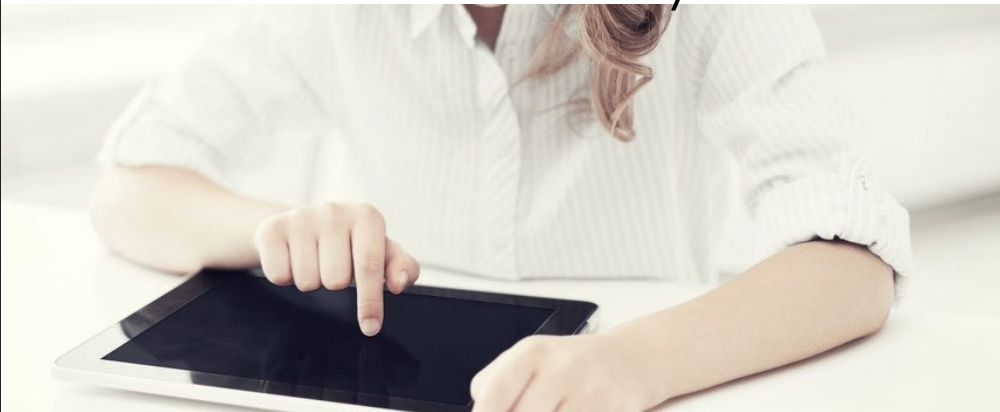
Visual dominance



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Infobesity



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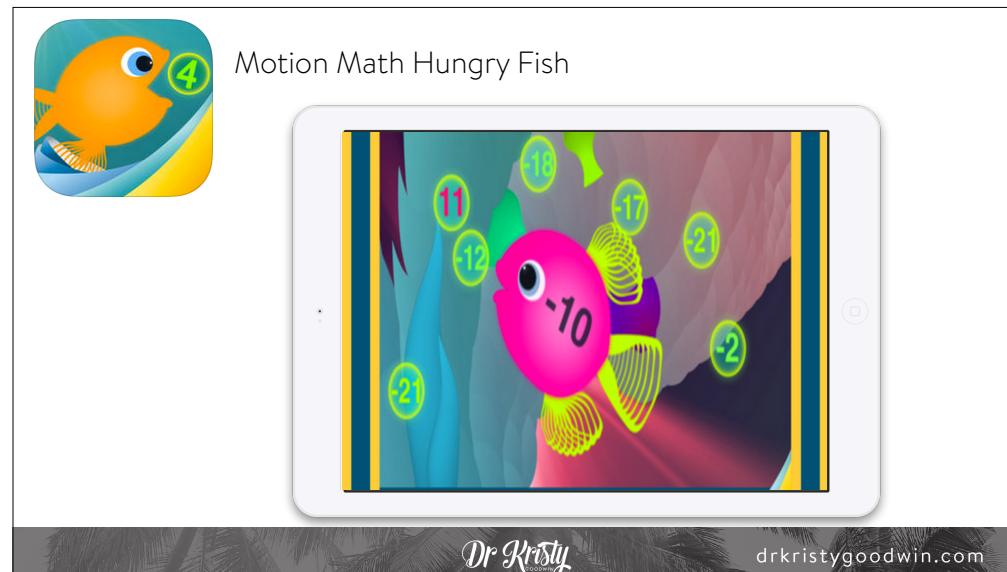
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When information is cheap, attention becomes expensive.

James Gleick

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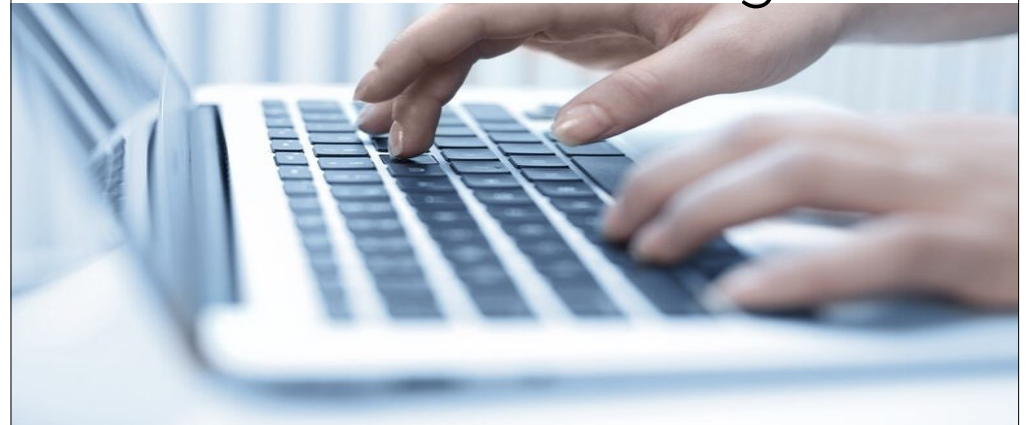
Memory



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Handwriting



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Green time



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PLAN,
do not...
BAN technology.





Video source: <https://www.youtube.com/watch?v=pp8Bla9667s>

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Unplug

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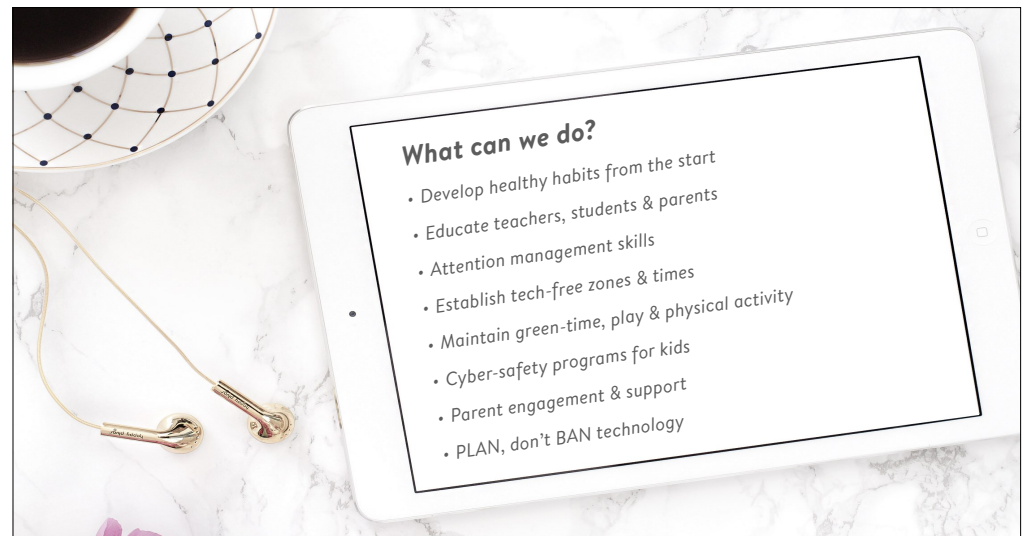
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“We have to find healthy and helpful ways to use technology with young children... and minimise any potential risks to their health & wellbeing.

-Dr Kristy Goodwin

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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

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RAISING YOUR CHILD IN A
DIGITAL WORLD:
FINDING A HEALTHY BALANCE OF TIME
ONLINE WITHOUT TECHNO TANTRUMS
AND CONFLICT

By Dr. Kristy Goodwin

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