



TECHNOLOGY USE // VIDEOGAMES // SCREEN-TIME

MENTAL HEALTH & WELLBEING

You are invited to attend a special presentation on digital nutrition by Jocelyn Brewer at our next P&C meeting on Tuesday 28th August 2018 at 7.30pm in the Library.

Jocelyn is a psychologist with 14 years' experience as a school counsellor and high school teacher, she has a special interest in the psychology of technology.

Jocelyn created Digital Nutrition to provide a positive framework for issues relating to our consumption of digital technology and maintaining healthy online habits. She regularly speaks in the media on contemporary issues & mental health.

Jocelyn's presentations to parents capture up-to-the-minute trends on young people, technology & current research. Designed for parents of teenagers/high school kids, her style is dynamic, informative and practical. Parents walk away with new tools for managing their family's technology use, having tough conversations and understanding aspects of development that are impacted by technology and learning.

What people say:

- 'Wonderful & refreshing'
- 'Lots of very useful & interesting information'
- 'An insightful look into the teenage brain and misconceptions of gaming & addictions'
- 'Both very entertaining and relevant'
- 'Dynamic and engaging with lots of expertise'

Hope to see you there

Ms Maria Iemma
Deputy Principal