



2025 School Wellbeing Program

What's in our wellbeing program?



Student Digital Masterclass



Teacher Professional Learning Seminar



Parent Masterclass

My 'School Digital Wellbeing Program' has been designed to ensure that all stakeholders have access to and hear consistent messages about the potential impact technology can have on children and adolescents.

The student program consists of two modules, **Digital Distraction** and **Digital Wellbeing** and is broken up into shorter video modules and is designed to be delivered in class to allow student discussion. There's a workbook for each module, discussion starters and a list of further resources.

Both the Educator and Parent Sessions are designed to be shared so that they can be watched at a convenient time. An ebook is provided for both, along with other resources.

Fact 1

Pre-adolescents and adolescents are estimated to spend 4.5 hours/day on their phones alone.



Fact 2

Young people receive 237 notifications or more each day.



Fact 3

8 in 10 Australian students are not getting enough sleep (and their screen habits are a chief contributing factor)



Fact 4

82% of Australian respondents report that they're not switching off devices in the 60 minutes before they go to sleep.



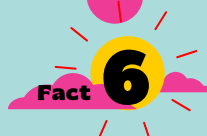
Fact 5

63% of Australian students don't consistently keep devices outside their bedrooms at night.



Fact 6

62% of students are not getting a minimum of 90 minutes of sunlight exposure each day.



Who is Dr Kristy Goodwin?

Dr Kristy is a former teacher, lecturer at Macquarie University and Notre Dame University, author, media commentator and one of Australia's most sought-after digital health, learning and wellbeing experts. She translates the latest neuroscience and technological research into practical advice and simple strategies for parents and educators. Kristy has spoken to thousands of teachers across the country, from early childhood to tertiary level, about the impact of technology on students' health, wellbeing and learning.



Scan this QR code or head to the following link to learn more about the program, including sample videos, lesson plans and other FAQs.

https://programs.drkristygoodwin.com/school_program_2024/