

A person is sitting on the ground, wearing a dark blue zip-up jacket over a white t-shirt and blue jeans. They are holding a light blue smartphone in both hands and looking down at it. Their feet, wearing blue and white sneakers, are visible in the foreground. The background is a plain, light-colored wall.

Let's face it; most children and teenagers are pretty resistant to anyone suggesting they need to **reduce their screen time**. And using the word "resistant" might not cover the reaction some students have to the topic!

Brad has developed a student talk that emphasizes the "traps" of gaming and the tactics game and social media developers use to encourage us to keep playing. Armed with this information, he will challenge young people to find a **healthy balance** in their screen time.

#### SESSION OVERVIEW:

Brad Marshall is a **Child and Family Psychologist** who doesn't like using fluffy or technical jargon. With his straight forward approach students will:

- Learn about the hidden **TRAPS** game and App developers use to lure us in to play longer and more often.
- Learn about some of the positive ways technology can be healthy and help us be more social.
- Have a think about some of the **warning signs** that might indicate they are not managing their screen and technology use.
- Be introduced to some of the "child friendly" **Unplugged Steps** they can take in partnership with their parents to find a healthy balance.

Duration: 45 minutes, to match with a typical school period

# THE TECH DIET FOR STUDENTS

For more information or  
to book, please contact  
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His talk was highly  
valuable for the  
students in debunking  
both social media and  
gaming myths that  
often leads to abuses  
when excessive time is  
spent on internet and  
social media sites.  
-Saint Patrick's  
College Strathfield  
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