

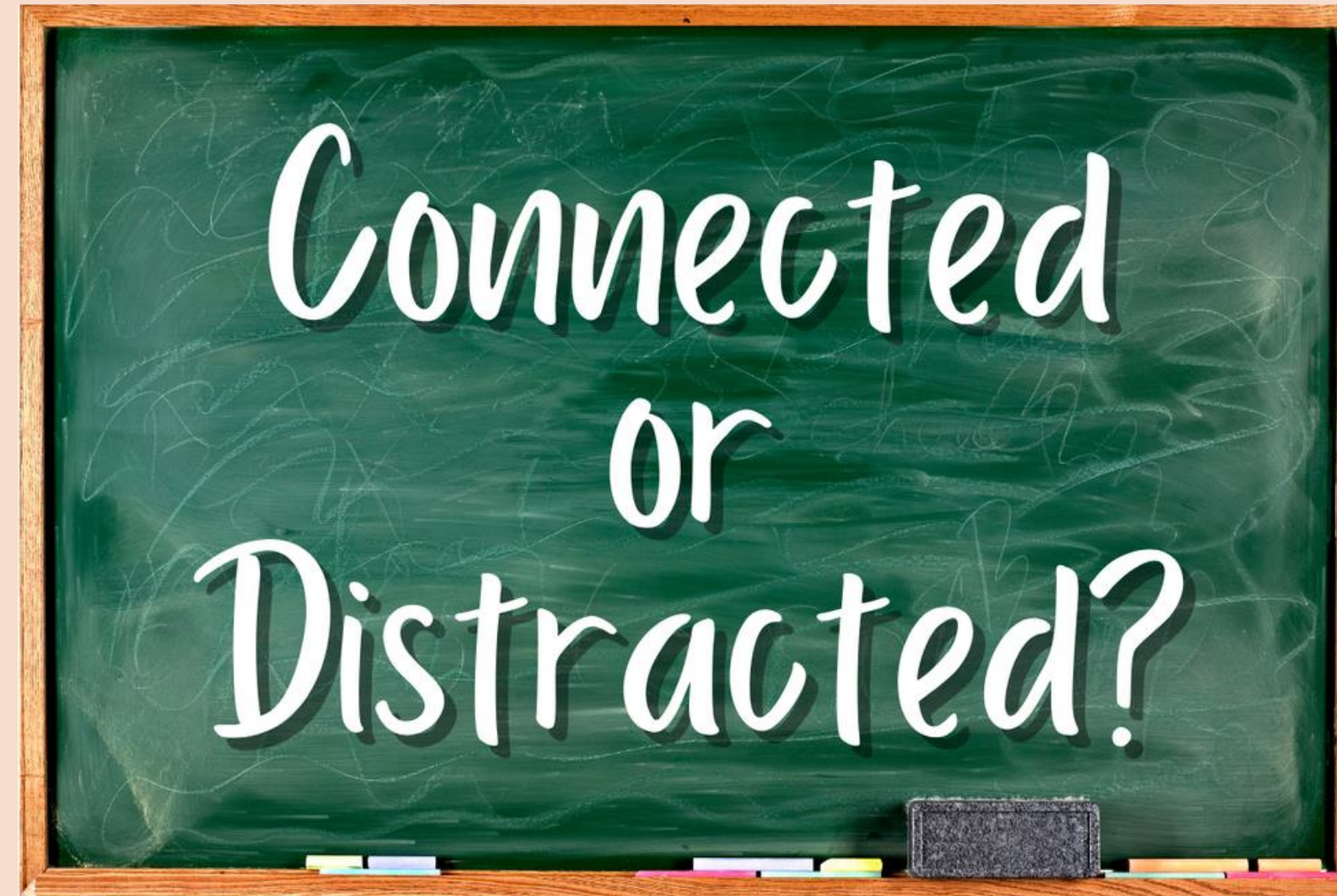


SMART
FAMILIES

CONNECTED
OR DISTRACTED

www.smart-families.org

WEBINAR OUTLINE



ACADEMIC
PERFORMANCE



SCHOOL
LONELINESS



FOCUS AND
ATTENTION



GUEST
SPEAKER

ACADEMICS

Trends in mathematics, reading and science performance

PISA test scores, OECD average



Source: OECD (2023), PISA 2022 Results (Volume I): The State of Learning and Equity in Education.

DID YOU KNOW...
Students who spent five to seven hours daily on their phones scored an average of 49 points lower in math compared to those who limit their phone usage to an hour or less.

273

The average number of notifications a teenager receives each day, Around a quarter of these come during school hours.

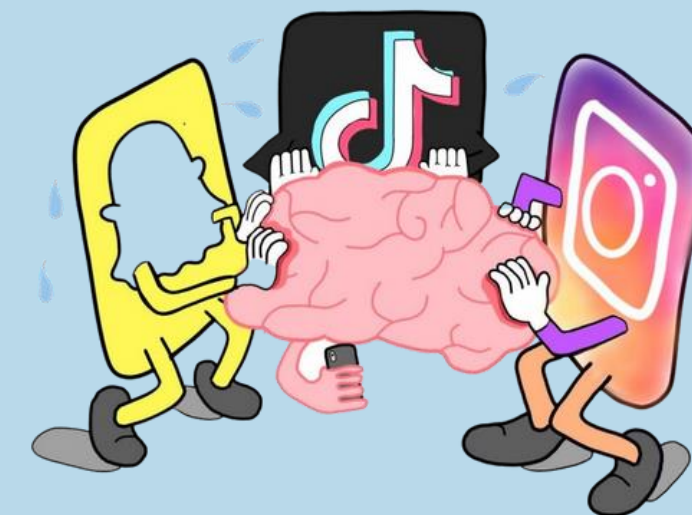


FOCUS AND ATTENTION

“THE AVERAGE ADOLESCENT OR YOUNG ADULT FINDS IT DIFFICULT TO STUDY FOR 15 MINUTES AT A TIME; WHEN FORCED TO DO SO, THEY WILL SPEND AT LEAST FIVE OF THOSE MINUTES IN A STATE OF DISTRACTION.”

DR. LARRY ROSEN, CALIFORNIA STATE UNIVERSITY

When young people do activities that require "prolonged focus," like reading, they use something called directed attention, a function that begins in the prefrontal cortex, the part of the brain responsible for decision making and impulse control. Directed attention is the ability to inhibit distractions and sustain attention and to shift attention appropriately.



THE BATTLE FOR YOUR TIME

DINO AMBROSI, THE FOUNDER OF PROJECT REBOOT, IS AN EXPERT AT GUIDING TEENS AND YOUNG ADULTS TO RELATIONSHIPS WITH TECHNOLOGY THAT EMPOWER THEM. WHILE STUDYING AT UC BERKELEY, HE CREATED A POPULAR COURSE CALLED BECOMING TECH INTENTIONAL WHICH HE TAUGHT TO OVER 60 OF HIS FELLOW STUDENTS WHO REDUCED THEIR SCREEN TIME BY AN AVERAGE OF OVER 3 HOURS PER DAY.

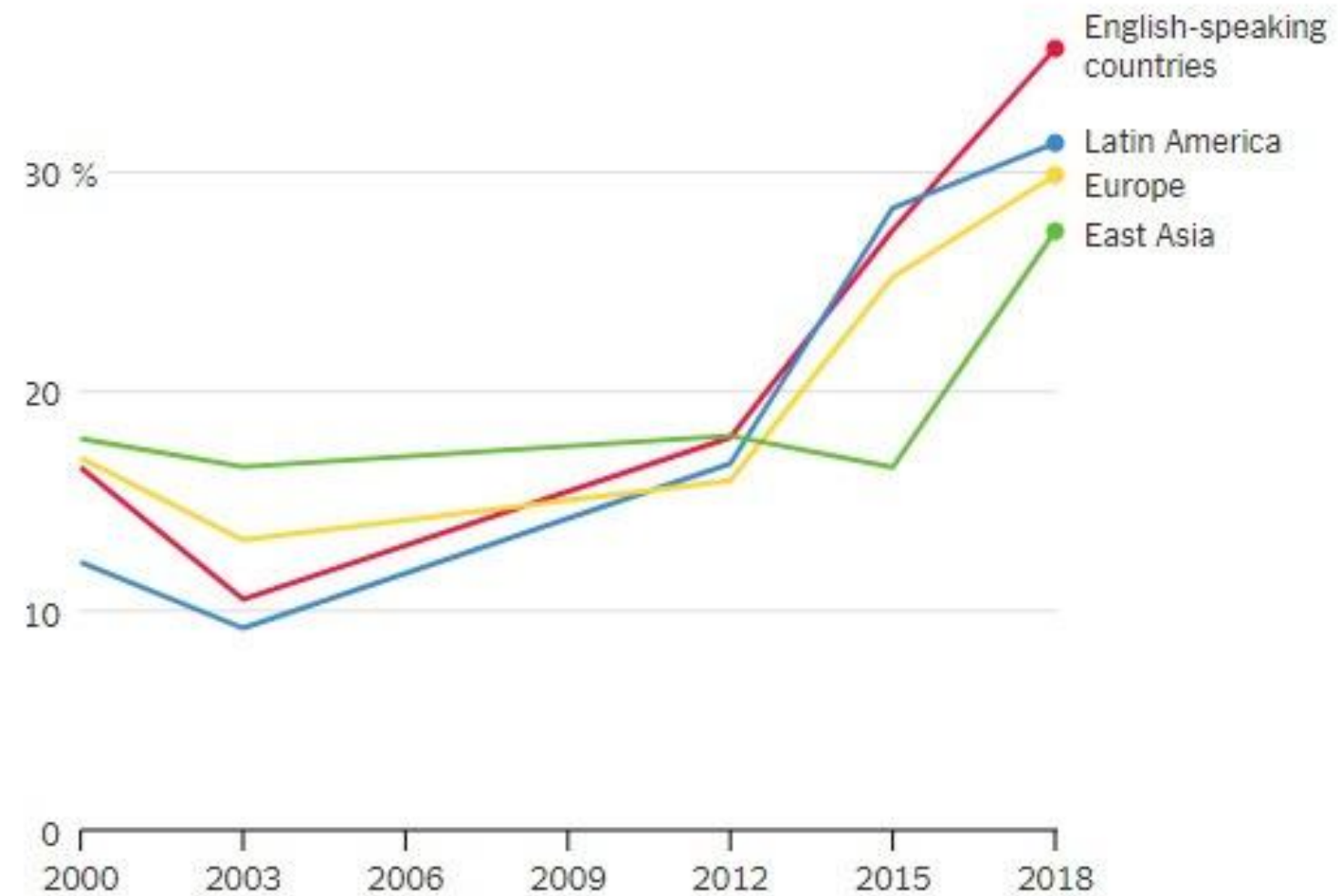


<https://www.youtube.com/watch?v=4TMPXK9tw5U>

SCHOOL LONELINESS

Lonely at School

The share of students reporting high levels of loneliness at school has increased sharply since the early 2010s.



By The New York Times | Note: English-speaking countries include Australia, Canada, Ireland, New Zealand, United Kingdom, United States. Source: "Worldwide increases in adolescent loneliness" by Jean M. Twenge, Jonathan Haidt, et al.

FRIEND OR CONNECTION?



RECIPROCITY



EMPATHY



SHARED LIFE



SELF KNOWLEDGE

“ I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit” John 15: 1-2