

Teens and Tech: Leveraging Neuroscience to Teach Adolescents About Healthy Technology Use

Today's U.S. teens are spending an average of 8+ hours a day using digital media for entertainment. How does this impact their brain development and well-being? In a partnership between UNC-Chapel Hill faculty and middle school STEM instructors, we created a psychology and neuroscience-based curriculum to teach teens about their changing brains and to empower them to develop healthy relationships with technology. Attendees will learn more about our free, ready-to-use curriculum and about how to facilitate their own K-12/Higher Ed partnerships. While the curriculum featured was developed for middle school use, it does have applicability to high school use.

Presentation Target:

Middle School, High School

Presenter(s):

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