

Helping Your Child Overcome Tech Addiction

GOAL

- Teach parents how to foster a digital wellness culture at home and at their child's school

FORMAT

- 1-hour interactive presentation followed by unlimited question and discussion period

TOPICS

- The deep causes of tech addiction
- The negative social, emotional, cognitive, physical, neurological, and productivity consequences of tech addiction
- The essential challenge of overcoming tech addiction
- Screen Education's research on kids' feelings about their tech addiction
- Strategies and tactics parents can use to help their children overcome tech addiction
- Creating a digital wellness culture at home
- Working with teachers and administrators to foster a digital wellness culture at your child's school
- New Topic: The challenge of students learning remotely during COVID-19

OUTCOME

- Parents are armed with plans they can implement immediately



About the Speaker

Michael Mercier is Founder and President of Screen Education, which conducts research, and provides training and consulting services, on the impact of information technology on human wellness.

Mr. Mercier has conducted 18 research studies on digital addiction with teens, college students, summer campers, parents, Millennials, and employees. His research has examined the social, emotional, cognitive, and physical consequences of digital addiction, as well as its impact on academic performance and workplace productivity and safety. He also has studied the benefits people derive from digital detoxes.

He has spoken on smartphone addiction to schools, corporate audiences, colleges and summer camps, as well as at numerous conferences, including educational technology, summer camp, mindfulness, workplace safety, and marketing conferences. His research partners have included EMI Research Solutions, Stark Statistical Consulting, Camp Kern, Camp Ernst, Camp Livingston, The Jewish Community Center Association of North America, Hiram College, BOLD FISH, and Calvert Catholic High School.

Mr. Mercier has presented his research to US Congressmen Jim Jordan and Brad Wenstrup, and to the legislative staffs of US Senators Brown, Hawley, Markey, Portman, and Sasse. Congressman Wenstrup made a House floor speech about his findings on cyberbullying, and he co-organized with the Congressman a local roundtable discussion with educators on the role that social media plays in bullying and school violence. He has been interviewed on a variety of radio and television shows.

He holds a BA in Psychology from Vassar College, an MBA in Marketing from the University of Michigan, and an MS in MIS from the University of Cincinnati.