

# Developing Healthy Screen Habits

## GOAL

- To help students develop the ability to curb their compulsive phone use and develop healthier tech habits

## FORMAT

- 1-hour interactive seminar followed by unlimited discussion period

## SEMINAR TOPICS

- Why social media, streaming video, and video games are so difficult to stop using
- How tech companies intentionally try to make them addictive
- How constant recreational tech use saps your human potential, and hurts you socially, emotionally, cognitively, physically, and academically
- Identifying your individual problematic tech habits
- How a digital detox can help you find balance
- Why we must stop multitasking
- How to set limits on your tech use
- Creating a mutual support system

## OUTCOME

- A deeper understanding of tech addiction
- A system of terminology and concepts that will facilitate continued dialogue and learning about tech addiction
- A path to developing healthier tech habits
- An understanding of how students can support each other in developing healthier tech use habits



## 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 15 research studies on digital addiction with teens, college students, summer campers, parents, Millennials, and full-time 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, BOLDFISH, 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.