

TechTalks



**Friday, September 30
7 - 9 PM**

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? The film probes into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower their kids to best navigate the digital world to find balance.

Visit screenagersmovie.com for additional resources.

TECHTALK SESSIONS

Saturday, October 1
9 AM - 12:15 PM

Screenagers come in all shapes and sizes, so we have designed TechTalks to speak to us, regardless of age and stage of life. TechTalks expand the conversation on the impact of technology in relationships in practical ways. The overall goal of TechTalks is to empower us all to relate in healthier ways in a digital age.

9 AM	Welcome & Keynote: Dan Deeble & Dr. Todd Frye	The Dock
10 AM	Breakout Session 1	Various Rooms
11 AM	Breakout Session 2	Various Rooms
12 PM	Closing & Next Steps	The Dock

Choose from the following offerings for Breakout Sessions.



Digital/Dark Ages: Technology in College and Workplace Environments

Paul Kyle, Dean of Student
Services & Success at
Johnson County Community
College

Loving Deeply In Relationships: Why Embodied Presence Matters

Dr. Todd Frye, LCPC, Dean of Behavioral Sciences & Counseling,
Midamerica Nazarene University & Valerie Hamaker, PLPC

The Dock



Technology & Kids: Being Who You Were Made To Be (Girls ages 11-18)

Michelle Nickloy

Green Room



Raising Connected Kids In A Disconnected World

Susan Dunaway, LCPC,
Neurotherapist

Youth Lounge



Technology & Kids: Staying True To Who You Are (Boys ages 11-18)

Landen Frye

Orange Room

TECHTALKS MANIFESTO

5 Game-Changing Steps

1. What things stuck out to you?

2. What permissions do you need to give yourself?

Examples:

My most important goal in life is not to be a prompt text responder!

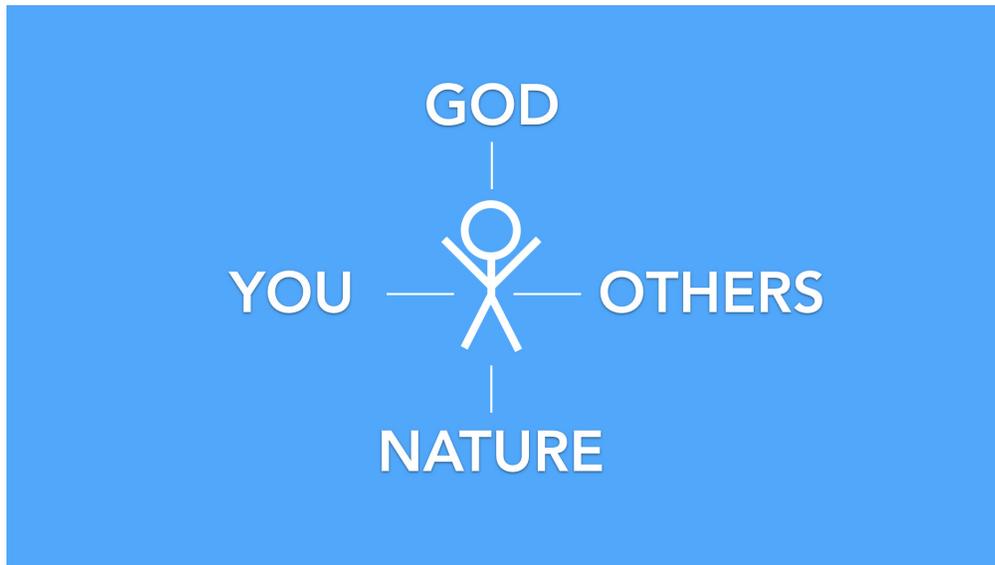
I do not fear missing out. I fear missing in!

It is really okay to not know what's going on.

a)

b)

c)



3. In order to enjoy your most important relationships in life, what tech limits can you apply to make more room for:

<p>God: <i>e.g. I will not look at my phone in the morning until I read the Bible.</i></p>	<p>Others: <i>e.g. As a household, we will have a tech-free Saturday morning.</i></p>
<p>You: <i>e.g. I will not use my phone after 8 PM.</i></p>	<p>Nature: <i>e.g. I will go camping (and leave my phone in the car) this Fall.</i></p>

4. What is the one thing you are going to do today?

5. Finally, who will you share this with to make it real?

Reclaiming Connection

Dr. Todd Frye, LCPC, Dean of Behavioral Sciences and Counseling, Midamerica Nazarene University



Speaker: Todd Frye

Dr. Frye is the full time Dean of Behavioral Sciences and Counseling at MNU. Dr. Frye is a licensed clinical professional counselor and has been providing counseling services on a part time bases for over 20 years. Dr. Frye has been married for almost 25 years and has 3 boys. His academic interests include the study of couple and family relationships, interpersonal neurobiology, and trinitarian theology.

TECHTALK
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Have you wondered how each of us are impacted by our constant connection to the internet? How are we each nurturing our important relationships in an age when accessibility is sometimes confused with intimacy and number of *friends* is becoming confused with depth of friendship? Please join Dr. Todd Frye and Valerie Hamaker, both professional counselors, as they discuss their recent research on technology and its impact on human intimacy. From this interactive conversation you will come away knowing how to best embrace all that is positive about technology while learning to strengthen the powerful bonds that can be maximally achieved in face to face interactions with those we love.

Speaker: Dr. Todd Frye, LCPC

Dr. Frye is the full time Dean of Behavioral Sciences and Counseling at MNU. Dr. Frye is a licensed clinical professional counselor and has been providing counseling services on a part time bases for over 20 years. Dr. Frye has been married for almost 25 years and has 3 boys. His academic interests include the study of couple and family relationships, interpersonal neurobiology, and trinitarian theology.

Speaker: Valerie Hamaker, PLPC

Valerie Hamaker is a professional counselor who runs a private practice in Lee's Summit called All About Attachments. She enjoys working with individuals throughout the lifespan and has a special interest in working with adolescents and couples. Valerie has advanced training in sexual addictions therapy and enjoys presenting on a variety of topics relating to issues of faith, family relationships, and healthy intimacy. Valerie has been married for 18 years and is the mother of four children. For more information or to contact her, visit freetoattach.com, (P) 816.838.3447.

Resources:

The Whole-Brain Child by Dan Siegel

Parenting from the Inside Out by Dan Siegel

Allan Schore: *The Neurobiology of Secure Attachment*

<https://www.youtube.com/watch?v=VVuJ5KhpL34>

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This session will focus on parenting in the digital age with an emphasis on how to ensure your children are connected to family, mentors, community, school, and positive peers. It will explore myths that get in our way of parenting around technology and how technology can do the opposite of what it claims. You will have an opportunity to share your struggles and successes parenting around technology and learn from one another.

Speaker: Susan Dunaway

Susan is a licensed clinical professional counselor (LCPC) and neurotherapist in private practice. She specializes in helping children and adolescents who are dealing with developmental trauma, ADHD, anxiety, apathy, depression and concussions. She utilizes neurofeedback, a powerful and painless tool that improves the brain's ability to communicate, task and use energy efficiently.

The mother of two young sons, Susan became involved with the Screenagers movement when researching the effects of screen use for both professional and personal application. Through a combination of neurofeedback, brain-based therapy and understanding of childhood and adolescent brain development, Susan helps clients and families reach their full potential in today's digital age.

Susan is the co-owner of Amend NeuroCounseling and can be reached at susan@amendnc.com and (913) 955.3250.

Resources: Books

Carr, Nicholas. **The Shallows. What the Internet is Doing to Our Brains.** W. W. Norton & Company, 2011.

Freed, Richard. **Wired Child: Reclaiming Childhood in a Digital Age.** CreateSpace Independent Publishing Platform, 2015.

Goleman, Daniel. Focus. **The Hidden Driver of Excellence.** HarperCollins, 2013.

Greenfield, Susan. **Mind Change: How Digital Technologies are Leaving Their Mark on our Brains.** Random House, 2015.

Hart, Archibald. **Thrilled to Death. How the Endless Pursuit of Pleasure is Leaving us Numb.** Thomas Nelson, 2007.

Huddleston, Brad. **Digital Cocaine: A Journey Toward iBalance.** Brad Huddleston Ministries, 2015.

Small, Gary and Gigi Vorgan. **iBrain: Surviving the Technological Alteration of the Modern Mind.** HarperCollins, 2008.

Turkle, Sherry. **Reclaiming Conversation: The Power of Talk in a Digital Age.** Penguin Press. 2015.

Resources: Articles

Bartlett, Karen. **Top Scientist Susan Greenfield Says Mobile Technology is Literally Changing the Way We Think.** Retrieved from: <http://lumiainversations.microsoft.com/2012/05/10/top-scientist-susan-greenfield-says-mobile-technology-is-literally-changing-the-way-we-think/>

Gentile, D., Choo, H., Liau, A., Sim, T., Li, D., Fung, D., Khoo, A. (2011). **Pathological Video Game Study Use Among Youths: A Two-Year Longitudinal Study.** *Pediatrics*. 127 (2). February 2011. Retrieved from www.pediatrics.org/cgi/doi/10.1542/peds.2010-1353

Grate, Rachel. September 22, 2014. **Science Has Great News for People Who Read Actual Books.** Retrieved from: <http://mic.com/articles/99408/science-has-great-news-for-people-who-read-actual-books>

Gray Matters: Too Much Screen Time Damages the Brain. Retrieved from <https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

Readers Absorb Less on Kindles than on Paper, Study Finds. Retrieved from <http://www.theguardian.com/books/2014/aug/19/readers-absorb-less-kindles-paper-study-plot-ereader-digitisation>

Richtel, Matt. **Attached to Technology and Paying a Price.** June 6, 2010. Retrieved from http://www.nytimes.com/2010/06/07/technology/07brain.html?_r=0

Richtel, Matt. **A Silicon Valley School That Doesn't Compute.** October 22, 2011. Retrieved from: <http://nyti.ms/mUJPCb>

The Role of the Hippocampus in Learning. Retrieved from: <http://www.lynda.com/Education-Higher-Education-tutorials/role-hippocampus-learning/188434/363842-4.html>

Rosen, L.D., Lim, A., Felt, J., Carrier, L., Cheever, N., Lara-Ruiz, J., & Rökkum, J. **Media and Technology Use Predicts Ill-Being Among Children, Preteens and Teenagers Independent of the Negative Health Impacts of Exercise and Eating Habits.** *Computers in Human Behavior* 35 (2014) 364-375. http://www.csudh.edu/psych/Media_and_technology_use_predicts_ill-being_among_children,_preteens_and_teenagers_independent_of_the_negative_health_impacts_of_exercise_and_eating_habits-Rosen_et_al_2014.pdf

Sparrow, B., Liu, J., & Wegner, D. **Google Effects on Memory: Cognitive Consequences of Having Information at our Fingertips.** Retrieved from: <http://www.sciencemag.org/content/333/6043/776.abstract>

Tamir, D., & Mitchell, J. **Disclosing Information About the Self is Intrinsically Rewarding.** *PNAS*. 109(21) May 22, 2012. Retrieved from: www.pnas.org/cgi/doi/10.1073/pnas.1202129109

TECHTALK
SESSIONS



Many are starting to question is the digital age really progress, when it appears to be sending relationships into the proverbial dark ages. This session will focus on the relationship expectations of both the learning environment in the college classroom and the environment in the workplace. The positive and negative effects of the digital age on these expectations will be discussed. Finally, strategies to find balance with the digital age demands, leading to healthier outcomes in higher education and workplace environments, will be presented.

Speaker: Paul Kyle

Paul currently serves as the Dean of Student Services and Success at JCCC. He has had over 30 years of experience in Higher Education, in the areas of administration and counseling. Other experience includes Counseling, private practice with couples and individuals. Therapeutic and training settings have included healthy relationships, PTSD, conflict & crises management. Paul and his wife Sheryl have raised 4 children, experiencing the cultural challenges impacting the family and relationships.

Resources:

Dr. Sarah-Jayne Blakemore, TED talk, **The Mysterious Workings of the Adolescent Brain.** <http://www.youtube.com/watch?v=6zVS8HIPUng>

What The Internet Is Doing To Our Brains: The Shallows, Carr, Nicholas, W.W. Norton, New York, 2011

Stop Teaching Our Kids To Kill, Grossman, David; Scientific studies & empirical research that movies, TV and video games are not just conditioning children to violence, but a lack of awareness of the consequences of violence.

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This presentation will address how the internet, celebrities and social media can lure girls into identifying and believing there is a certain way they should or shouldn't think, act and even dress. This can have a significant effect on their virtues and self-worth. It doesn't have to be this way! They will be given tools on how to live with technology and remain true to who they are made to be. They will learn how to identify their true worth, gifts, purpose and image they want to portray. This will give them the courage to live out an authentic life at school, with friends, family and technology.

Speaker: Michelle Nickloy

Michelle earned her Masters in Speech-Language Pathology and actively practiced in adult rehabilitation for 12 years. After getting married and having children, she chose to work as a full time mom. Since that time, Michelle has become a leader in women's ministry at Heartland Community Church. A great passion began in that ministry 3 years ago when a guest speaker presented on how domestic minor sex trafficking is affecting Kansas City. Michelle is now involved in preventing child exploitation as she educates and participates in groups and ministries working to eradicate the problem.

Those groups include KC Street Hope, DMST Awareness/Education Group @ Heartland, & Smart Girl Society.

You are altogether beautiful, my darling,
beautiful in every way, there is no flaw in you.

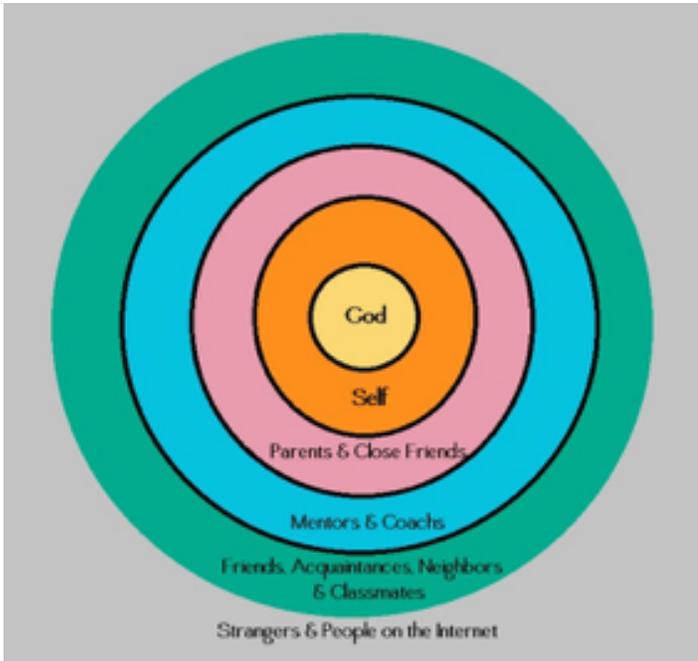


VIRTUES

- | | |
|---------------|-----------------|
| ATHLETIC | HONEST |
| CONFIDENT | BRAVE |
| PERSISTENT | DETERMINED |
| PEACEFUL | SMART |
| LOVING | KINDNESS |
| UNDERSTANDING | EASY-GOING |
| COMMITTED | ADVENTUROUS |
| GRATEFUL | FUNNY |
| WISE | SELF-CONTROLLED |
| CURIOUS | GENTLE |
| PATIENT | OPTIMISTIC |
| PATRIOTIC | RESPECTFUL |
| FLEXIBLE | PASSIONATE |
| COMPASSIONATE | FORGIVING |
| FRIENDLY | FAIR |

1. My most important virtues are:
2. My interests and passions are:
3. The thing that makes me unique is:
4. What boundaries will I set on social media?
5. The virtues I look for in my friends are:

TECHTALK SESSIONS



"Girls today are in a constant 'me' culture. Confidence is found when they learn they are not actually in the center." - Aime Konwinski founder/CEO

smartGirl
Style

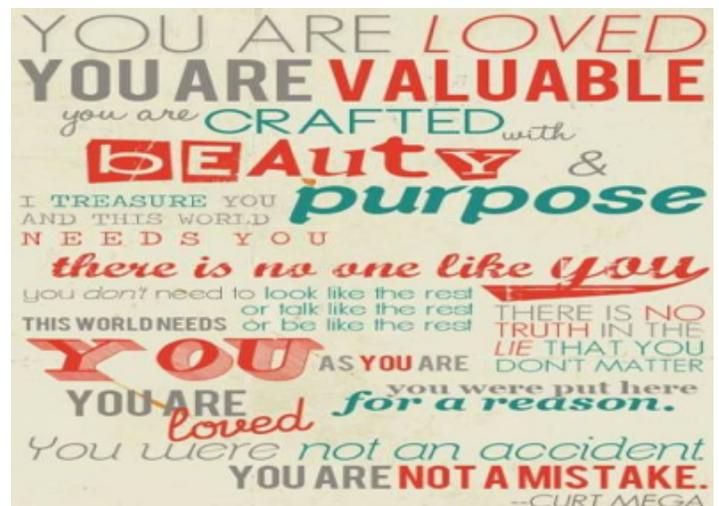
YOUR INNER CIRCLE

Who are your top 5 people?

- 1.
- 2.
- 3.
- 4.
- 5.

ONLINE SAFETY TIPS

- Set all accounts to private.
- Only post or say things online you would want your Grandma to see or know . . . share personal information with your inner circle (offline), not outside of your circle, which is anything on social media.
- Remember: NOTHING (even in private accounts) is truly private.
- Talk to your parents if you feel you've made a mistake about one of your posts, or if someone is threatening to embarrass or harm you with the information.
- It is always better to risk your parents reaction versus more harm and humiliation online.
- Talk to your parents if someone posts or sends something inappropriate to you.
- If someone makes you feel uncomfortable, trust it and inform your parents.





Speaker: Landen Frye

Hello, my name is Landen Frye and I'm looking forward to speaking at TehcTalks today. I am a freshman at MNU majoring in Business Administration and minoring in Ministry.

The issues and benefits that technology brings to today's society—particularly youth—are ones that need to be thought about very intentionally in order to live a holy life, in a strong relationship with God.

As the son of two psychologists/ counselors, I feel that I can bring a unique perspective to the ways in which we handle our technology through childhood and as we mature into adults. I look forward to seeing you there!

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