I. It’s the paradox of the Digital Age - never before have we been able to be so connected yet we are also losing touch with each other in fundamental ways.

A. The revolution in the living room and new cultural norms within families

B. The wonders of tech for family relationships

C. Are we using tech to be our best selves?

D. How are we using tech to strengthen family relationships? Together but not connecting in real life (irl) - research update

II. Talk or Text?

A. Psychological

B. Neurological

C. Social implications of the choices we make

III. New Cultural Norms for Public Behavior and the Impact on Social Development - Our Relationships With Our Smart Phones

A. Does your phone define you?

B. Primary relationships

C. Psychological dependency

D. Signs of addiction

E. Outsmart your smart phone
Lost in Connection: The Impact of Technology on Childhood, Family Life, and Education

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The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age, Harper Collins 2013 (with Teresa Barker)
Lost in Connection: The Impact of Technology on Childhood, Family Life, and Education

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IV. How Children Experience their parents parenting in the Digital Age
   A. The children’s chorus - voices of 2-21 year olds
   B. “Sometimes I think families mattered more before all this tech”
   C. The new sibling rivalry
   D. The low tech messages we are sending - Stop needing me now!

V. Tech as the defacto parent
   A. Tech can answer any question
   B. Tech does not know your child’s age, your values, or the scope and sequence of what the learn on line

VI. How to be a go-to adult: tweens and teens advice to parents, teachers, counselors about how to act when kids are in trouble
   A. “scary” adults
   B. “crazy” adults
   C. “clueless” adults

VII. Educating children in the Digital Age – Tech Savvy Schools
   A. Digital Citizenship
   B. Social and Emotional Intelligence
   C. Media Literacy
   D. Cultural Literacy
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VIII. 7 Principles for Sustaining Family Relationships in the Digital Age

1. The sustainable family recognizes the pervasive presence of tech in today’s world and develops a family philosophy about using it that reflects and supports the family’s values and well being. The family has its own ways—tech and non-tech—of ‘hanging out, messing around and geeking out.’

2. The sustainable family encourages play and plays together.

3. A sustainable family nourishes meaningful connection and thoughtful conversation that shares feelings, values, expectations and optimism.

4. In the sustainable family, members understand the uniqueness of each person, encourage independence and individual interests, and foster their independence in the context of family.

5. A sustainable family has built-in mechanisms for healthy disagreement. Parents set limits, act thoughtfully with parental authority, and do the hard parenting work of demonstrating accountability, authority, openness, transparency, and not ‘just trust me’ but ‘here’s why.’

6. The sustainable family has values, wisdom, a link to past and future, some common language that they share with family and friends.

7. Sustainable families provide experiences offline in which children can experience and cultivate an inner life, solitude, and connection to nature.

IX. Conclusion: Old Truths and New Apps