



TECHWELL

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Group Urges Santa Barbara School District to Halt Take-Home iPads for Youngest Students

Parents, pediatricians, counselors and others representing TechWise SB say the devices are having an adverse effect on children's health and well-being

by Joshua Molina, Noozhawk South County Editor

April 26, 2022 | 9:42 pm



Parents Convince Santa Barbara School District to Limit Screen Time for Younger Students

Armed with data and examples, TechWise SB successfully pressing for changes to classroom technology policies and practices

by Joshua Molina, Noozhawk South County Editor

June 26, 2022 | 9:45 pm



TechWise SB Tackles Excessive Screen Time

Santa Barbara Doctors, Parents, and Educators Help Kids Create Healthier Relationships with Technology

By Tyler Hayden
Thu Jul 27, 2023 | 2:14pm



Kristen Hughes (left) and Kymberly Ozbirn | Credit: Ingrid Bostrom

Santa Barbara Parents and Doctors Freeing Kids from Phones

Grassroots Groups Push for Tech Reform as School Districts Strengthen Classroom Policies

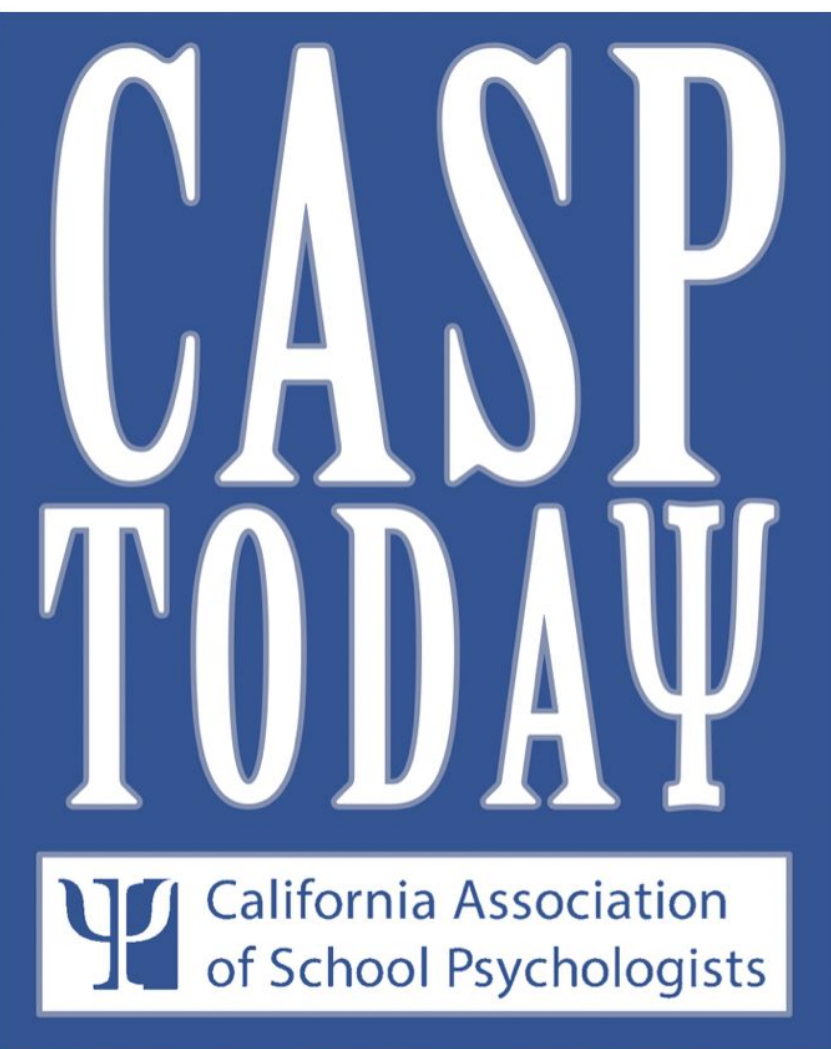
By Callie Fausey
Fri Oct 25, 2024 | 11:41am



Credit: Adobe Stock | Credit: Pixel-Shot - stock.adobe.com

Santa Barbara Talks Podcast: Techwise SB Founders Discuss iPad Challenges with K-3 Students

by Santa Barbara Talks with Josh Molina
May 30, 2022 | 3:09 pm



Region VIII Psychologists in Action - Advocating for Healthier Use of Educational Technology

By Kymberly Ozbirn, M.Ed., NCSP, Melissa Quigley, M.Ed., and Kristen Hughes, MD



In November 2021, two Region VIII school psychologists began to wonder why kindergartners in their local schools still possessed one-to-one iPads after remote learning had ended. The more they wondered, the more their concerns grew. Their district had rapidly broadened its one-to-one iPad program during remote learning and did not have plans to return to pre-pandemic levels of device use. Starting in transitional kindergarten, students were now being asked to carry their iPads back-and-forth from home to school each day. In addition to learning applications like Lexia and Dreambox, the devices included unfettered access to YouTube, internet browsers, and games.

The problems with this new approach quickly became apparent. Students as young as four began playing iPad games on the bus



Wireless Mobile Device Technology – How Current Use Practices Affect Pediatric Health and Well-being

OUR 166TH YEAR TUESDAY, APRIL 26, 2022

Rebooting the tech debate

New group of parents, pediatricians urge closer monitoring of kids' screen use



People engage in discussion during a TechWise SB meeting Sunday at Brass Bear Brewing & Bistro in Santa Barbara. Members are concerned about screen use among students and plan to address the Santa Barbara Unified School District board about the subject tonight.

*Something went **suddenly and horribly wrong** for adolescents in the early 2010s. By now you've likely seen the statistics: Rates of **depression** and **anxiety** in the United States—fairly stable in the 2000s—rose by more than 50 percent...The **suicide** rate rose 48 percent for adolescents ages 10 to 19. For girls ages 10 to 14, it rose 131 percent.*

*—Jonathan Haidt, **The Anxious Generation***

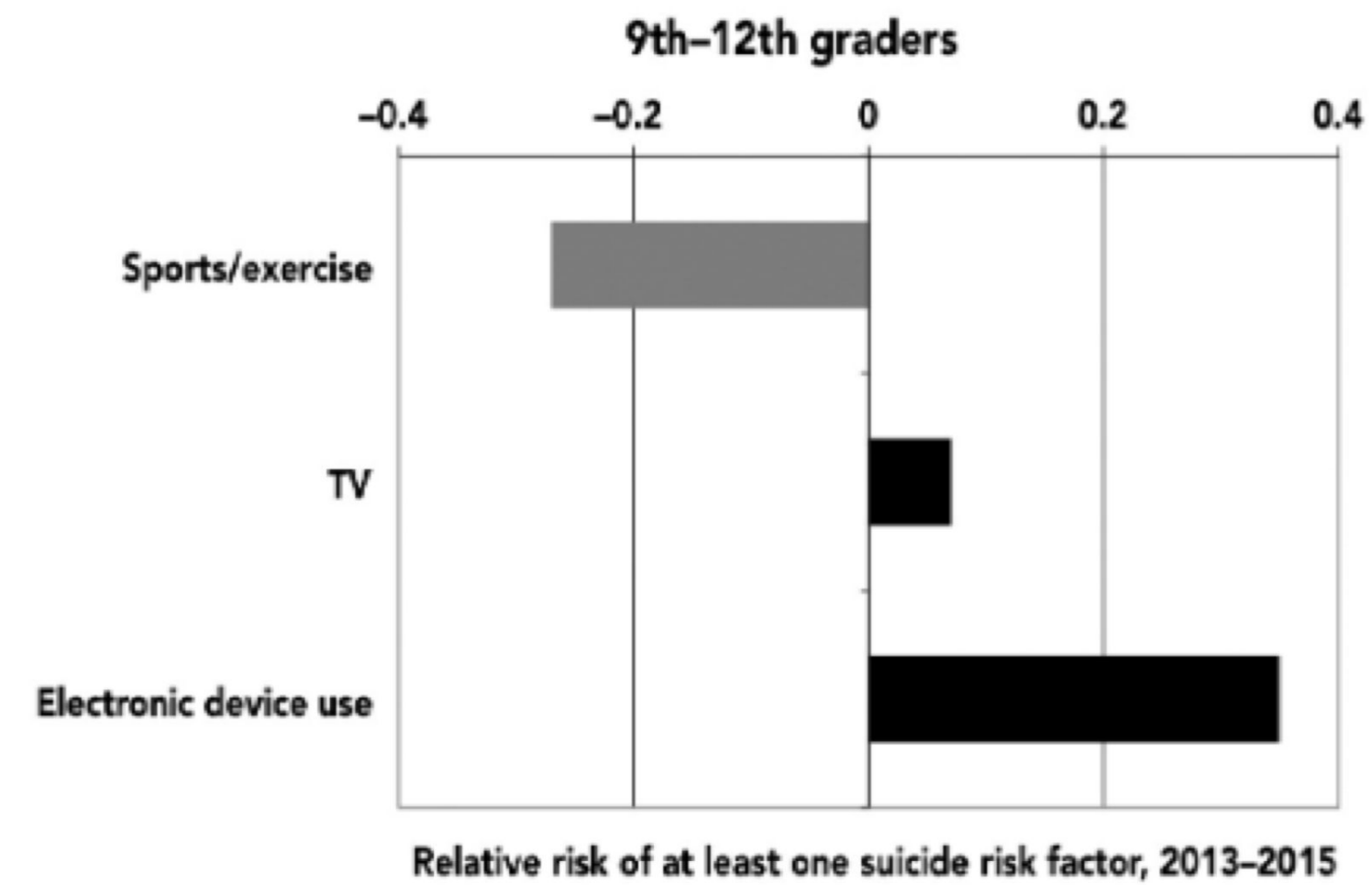
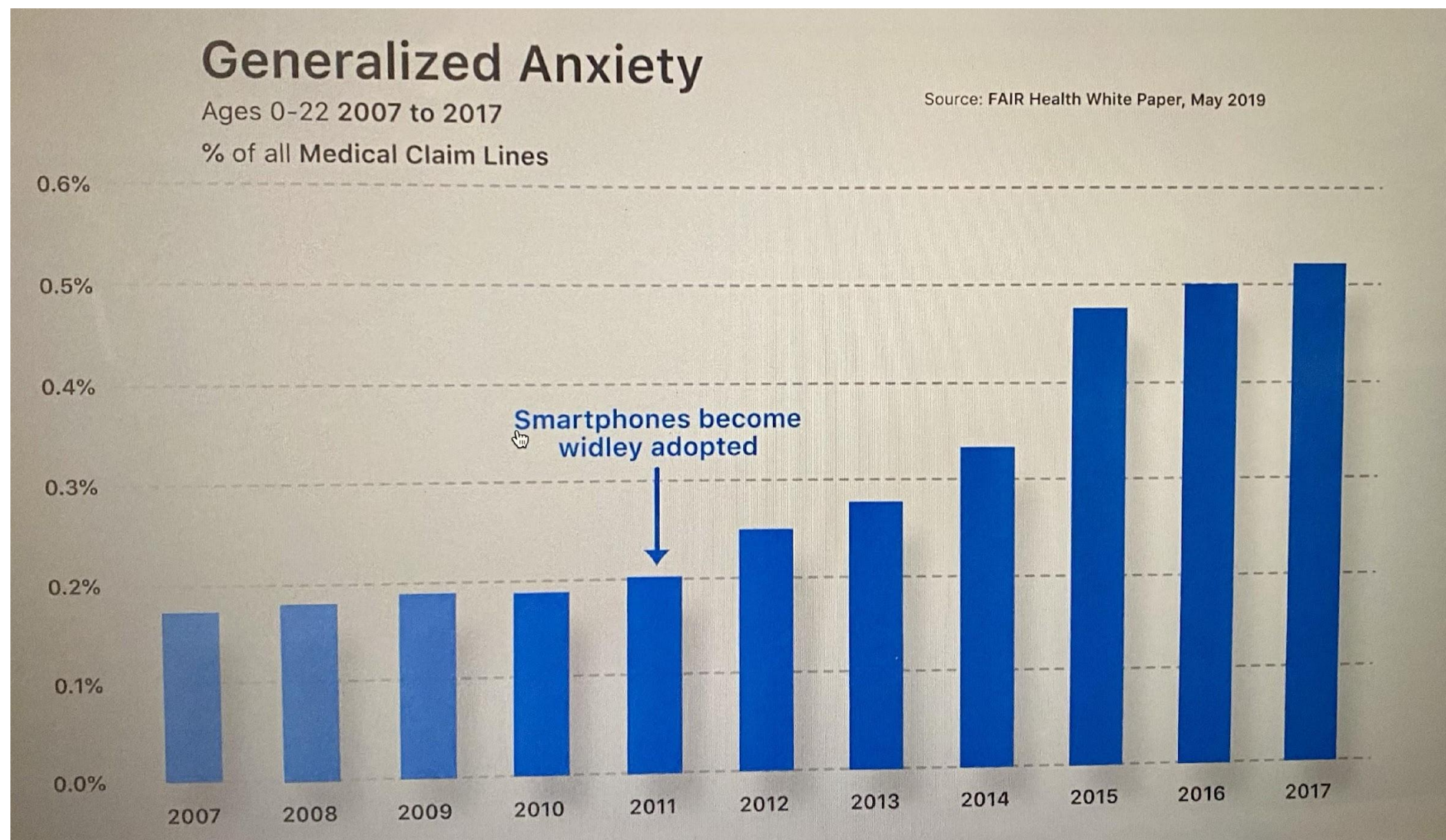
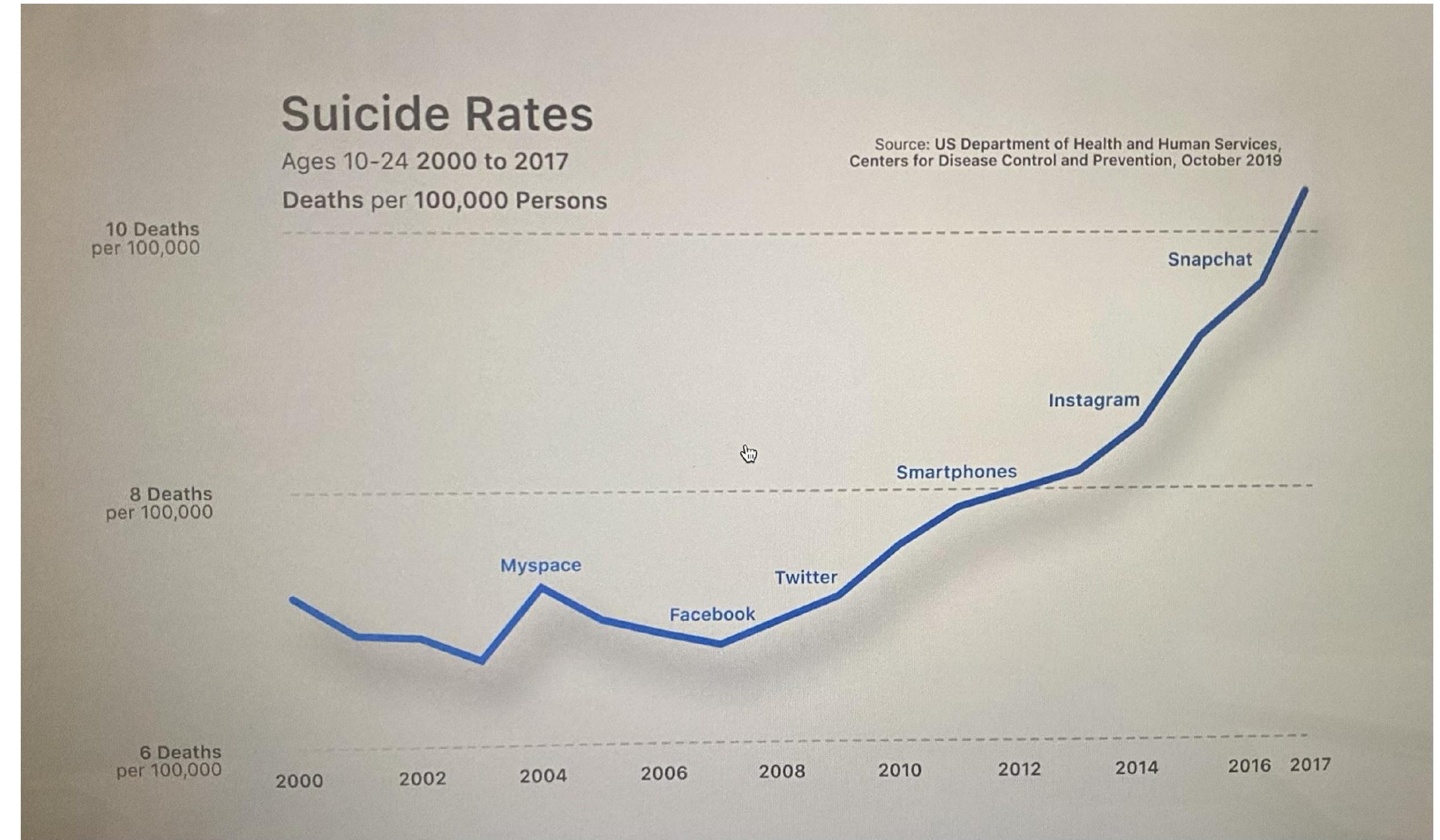
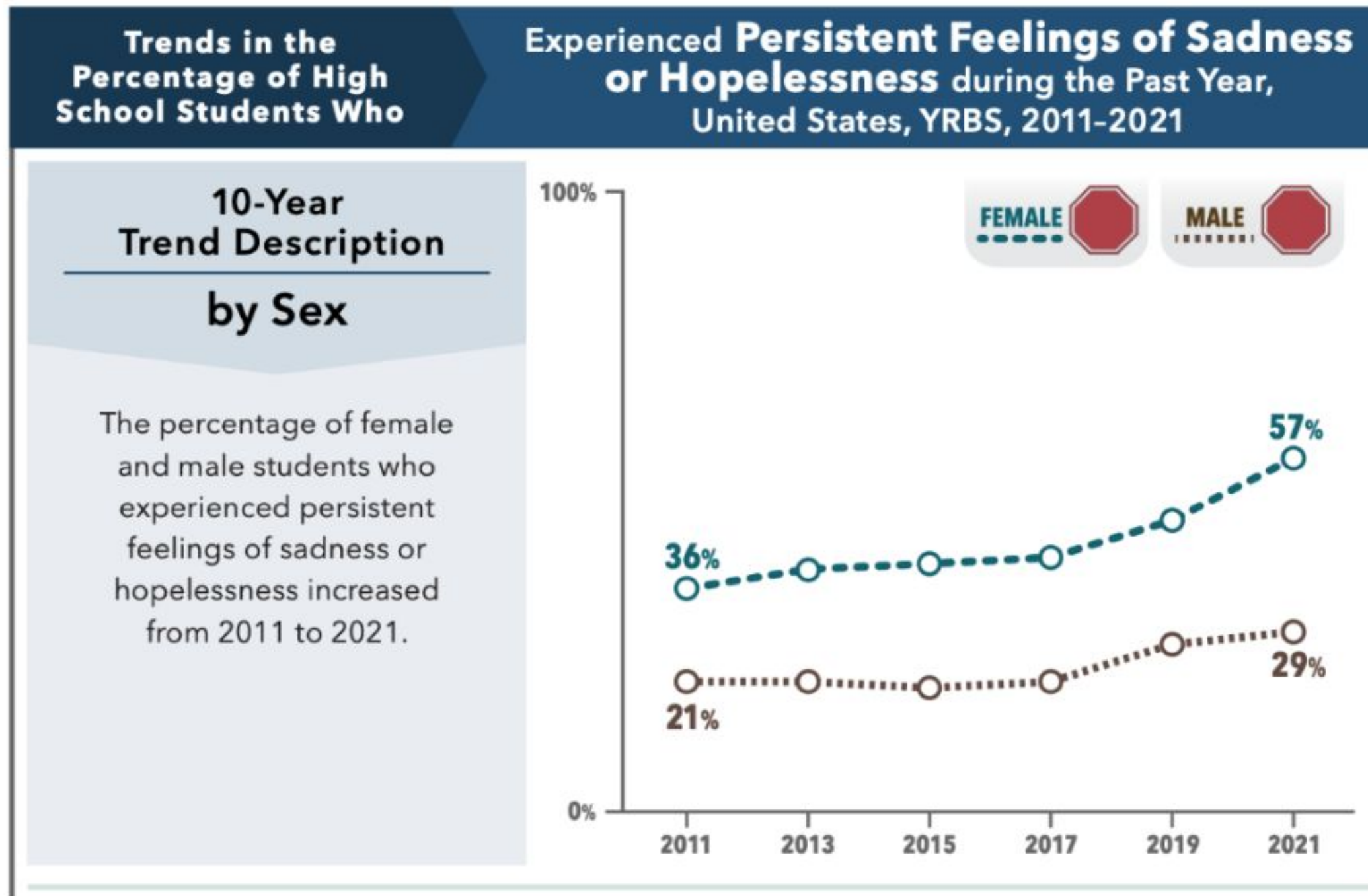
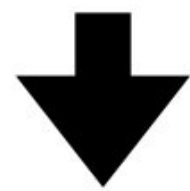


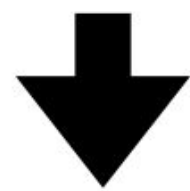
Figure 3.9. Relative risk of having at least one suicide risk factor based on time spent on screen (black bars) and nonscreen (gray bars) activities, 9th-12th graders. Youth Risk Behavior Surveillance System, 2013-2015. (Electronic devices include smartphones, tablets, video games, and computers.)

Avoidance → Anxiety

Avoidance of unpleasant stimuli
(e.g., awkward/effortful social situations)



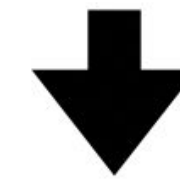
Fewer opportunities to develop competence/
tolerance for these situations



Anxiety

Dopamine Overload → Depression

Hyperstimulation of dopamine pathways



Tolerance/desensitization to dopamine



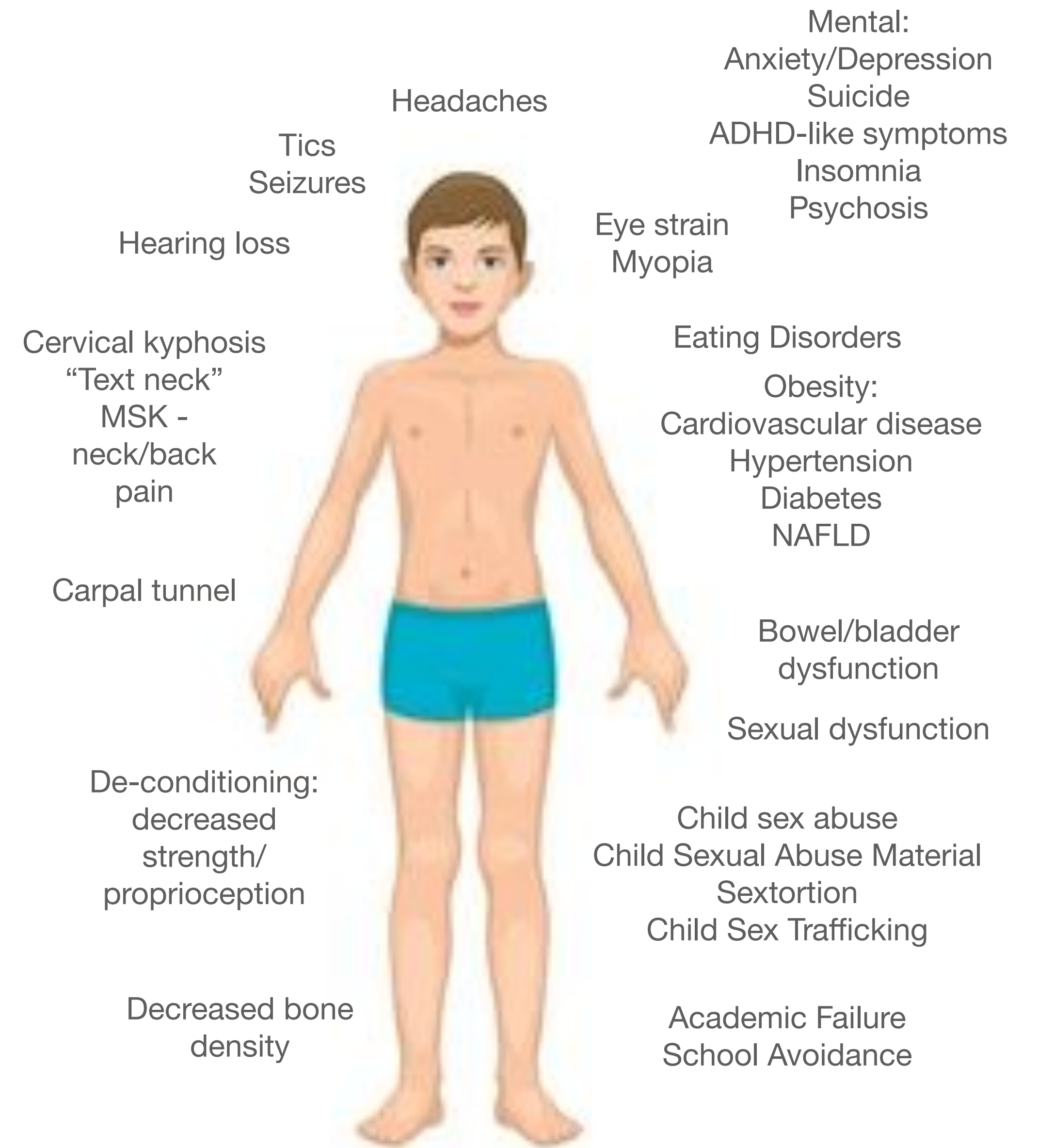
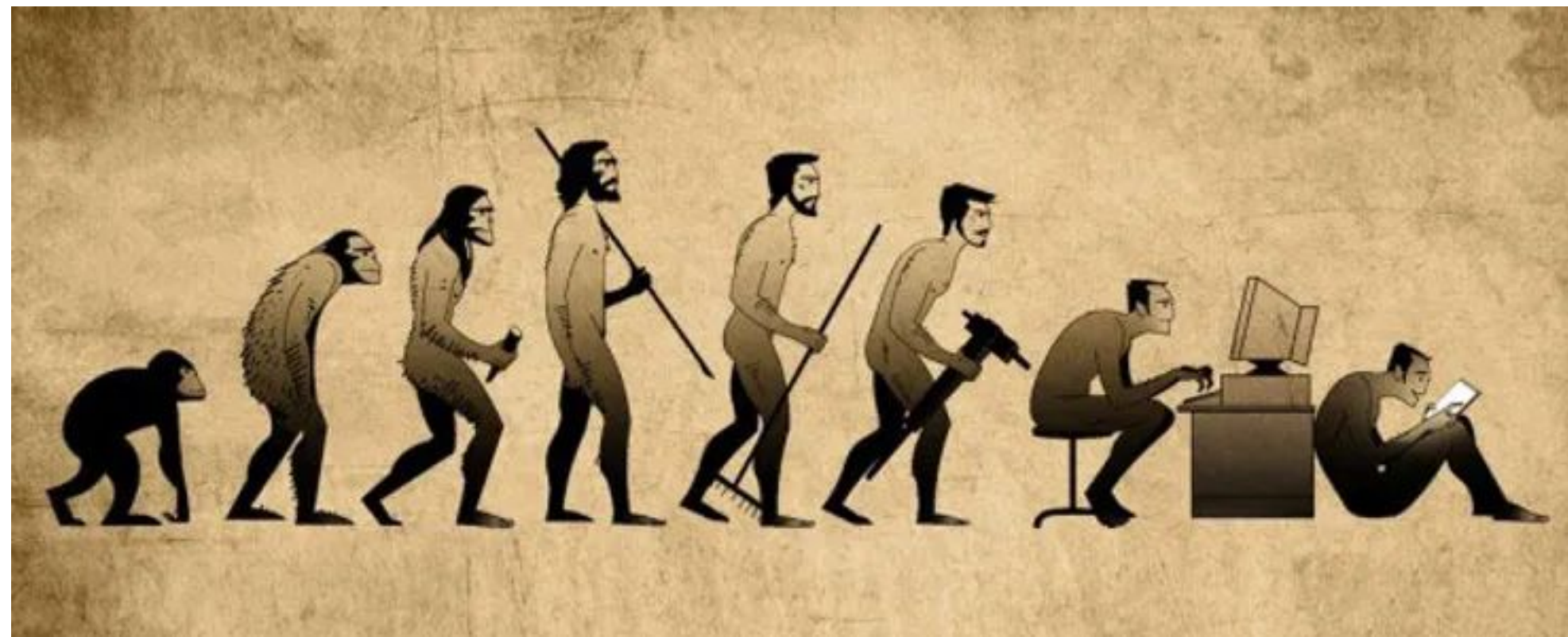
Real-world dopamine-producing activities (e.g., talking with
friends, exercising, creating something) feel less pleasurable



Depression

Screen Related / Overuse Conditions

“Homo sapiens digitalis”



A Collective Action Problem Requires a....
Collective Action Solution

Collective Action Solution: Healthy School Policies/Practices

- ✓ Delay 1:1 devices
- ✓ Bell-to-bell bans on smartphones
- ✓ Reconfigure devices to be educational, not recreational
- ✓ Reduce harmful/unnecessary tech

10 Steps to Become a Tech WISE School

- 1 Create a school-wide **tech philosophy**
- 2 Adopt a **harm reduction** model such as the EdTech Triangle (everyschool.org)
- 3 Adopt effective **cell phone use policies**
- 4 Provide robust, in-person, **digital citizenship education**
- 5 Minimize screen use for the **youngest learners**
- 6 Adopt suggested **screen time limits for classroom** activity
- 7 **Keep school-issued devices at school** until 6th grade or later
- 8 Configure devices to be **educational rather than recreational**
- 9 Provide parents with effective **screen time monitoring tools**
- 10 Educate parents on the **risks of excessive screen use**

Collective Action Solution: Awareness & Education

- ✓ **Students:** Digital Citizenship Curriculum
- ✓ **Educators:** Professional Development
- ✓ **Parents:** Parent Workshops
- ✓ **Community:** Community-wide organizing (e.g., art contests, book clubs, community action groups)



Screen-Free Art Contest!



Setting our children up for success, safety, and sanity in the digital age.

TechWell's community workshops are designed to help families raise healthy, balanced kids in today's digital world. Our sessions provide practical tools and research-backed guidance to help families set their children up for success, safety, and sanity in the digital age.



Delay the Smartphone SB (by TechWell) >

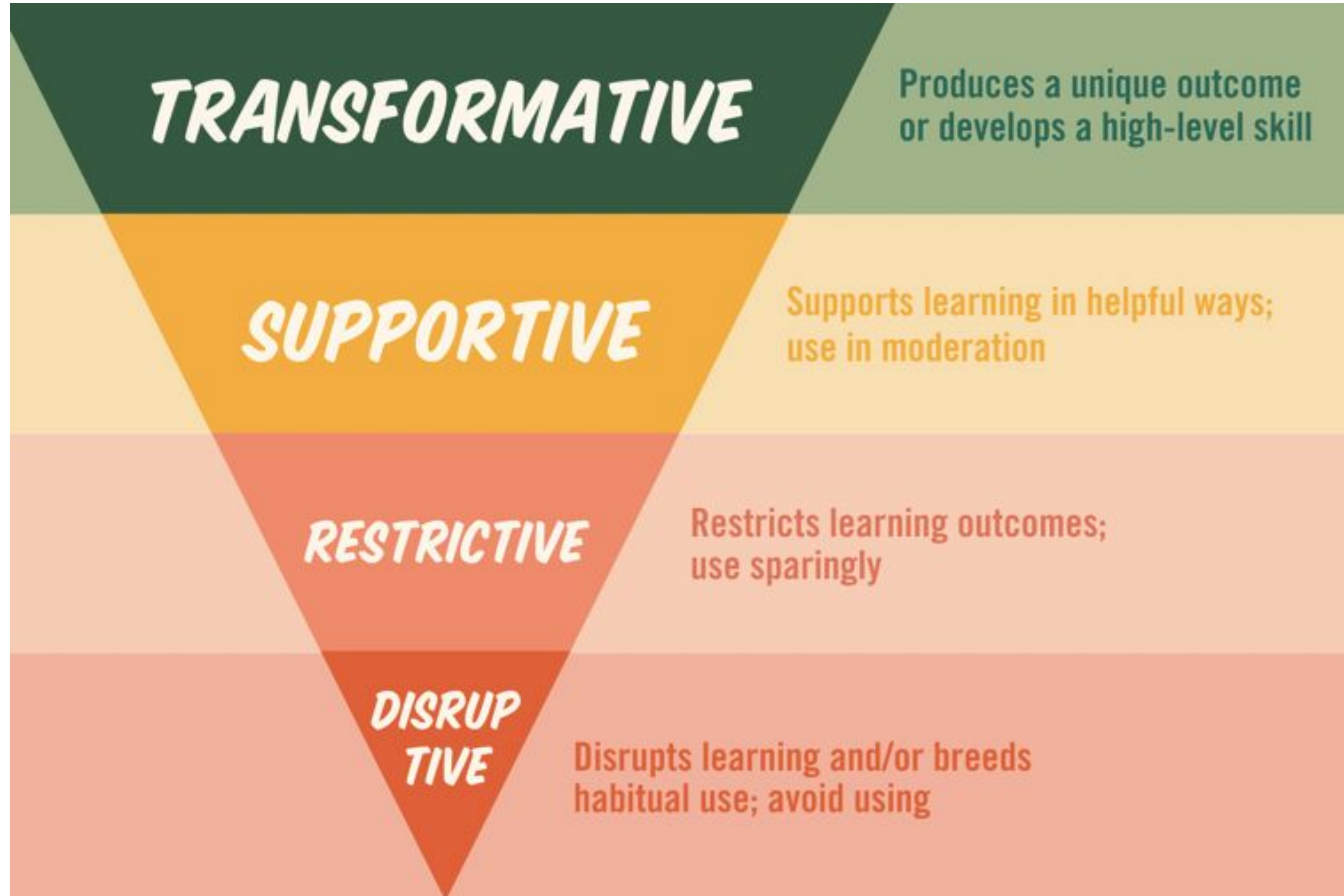
Private group · 338 members



S SCREEN-FREE SPACES <i>Go screen-free for meals & bedrooms</i>	T TIME LIMITS <i>Less than 2 hours/day on screens</i>	E EXERCISE <i>Be active every day - preferably outside</i>	P PERSONAL RELATIONSHIPS <i>Prioritize in-person friendships</i>
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TECHWELL

EdTech Triangle (everyschool.org)



Our latest & greatest effort supports students, parents, and educators

THE SCREEN SAVERS



COMING SOON...


2025

THE SCREEN SAVERS

PRESENTED BY TECHWELL & COTTAGE HOSPITAL PEDIATRIC RESIDENCY PROGRAM

We're all on screens...every day. But we rarely take a moment to consider how screen use is affecting us.

The **SCREEN SAVERS ACADEMY** is here to change that. Our goal is simple: spark conversations among students, parents and educators about the benefits and harms of screen use.

THE PROGRAM: College students visit 4th grade classrooms for four interactive 30-minute sessions. Each session has its own theme, brought to life through a superhero  skit, class discussion, and fun activity! Students take home a challenge to try with their families, who can follow along in a provided workbook. 

INVITE THE SCREEN SAVERS TO SUPPORT YOUR SCHOOL!

Contact:
kristen.hughes@stepintolife.org

Session 1: Screen-Free Spaces

Decide where/when screens are okay

Session 2: Time Limits

Set healthy boundaries as a family

Session 3: Enjoying Offline Activities

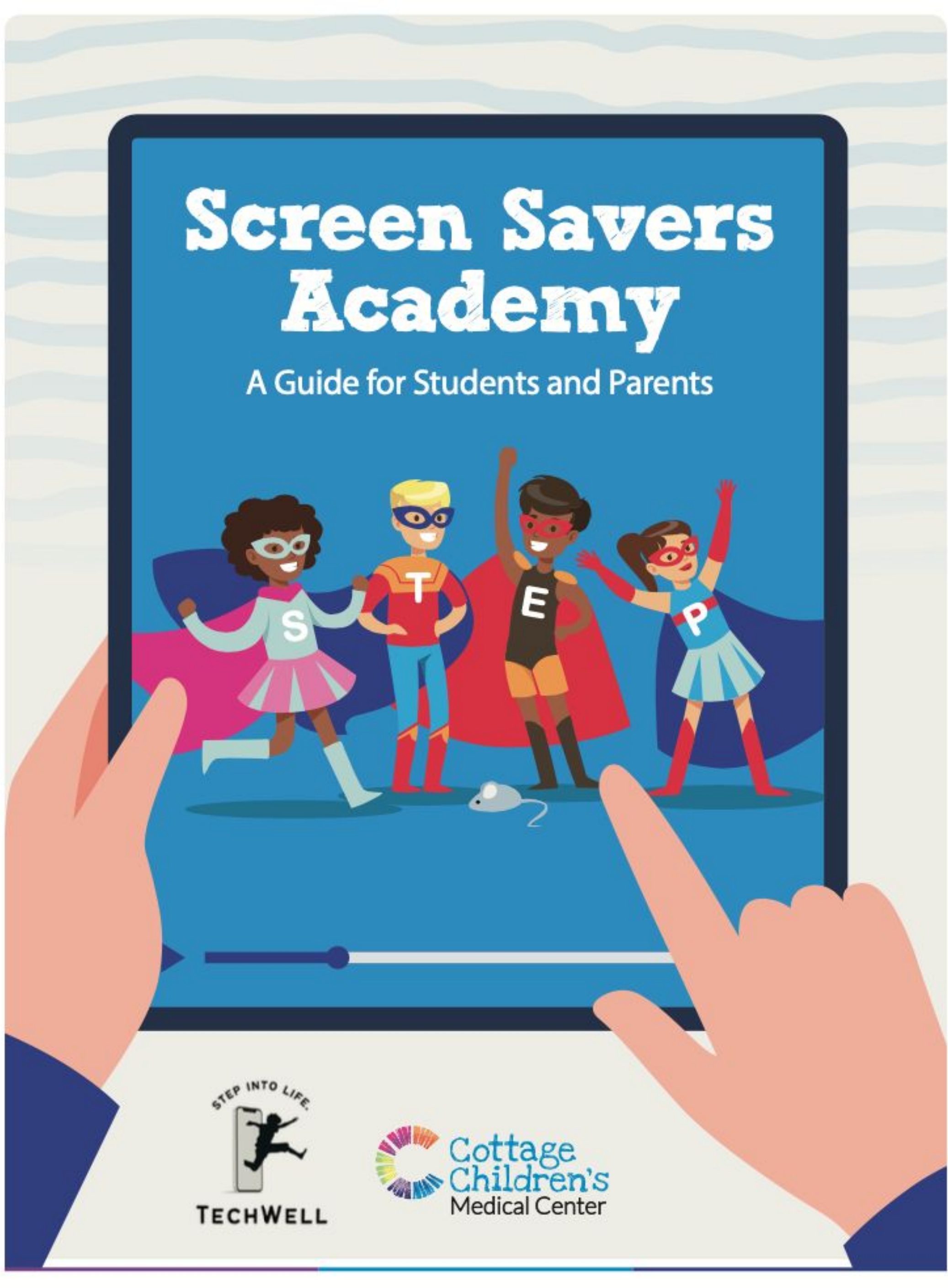
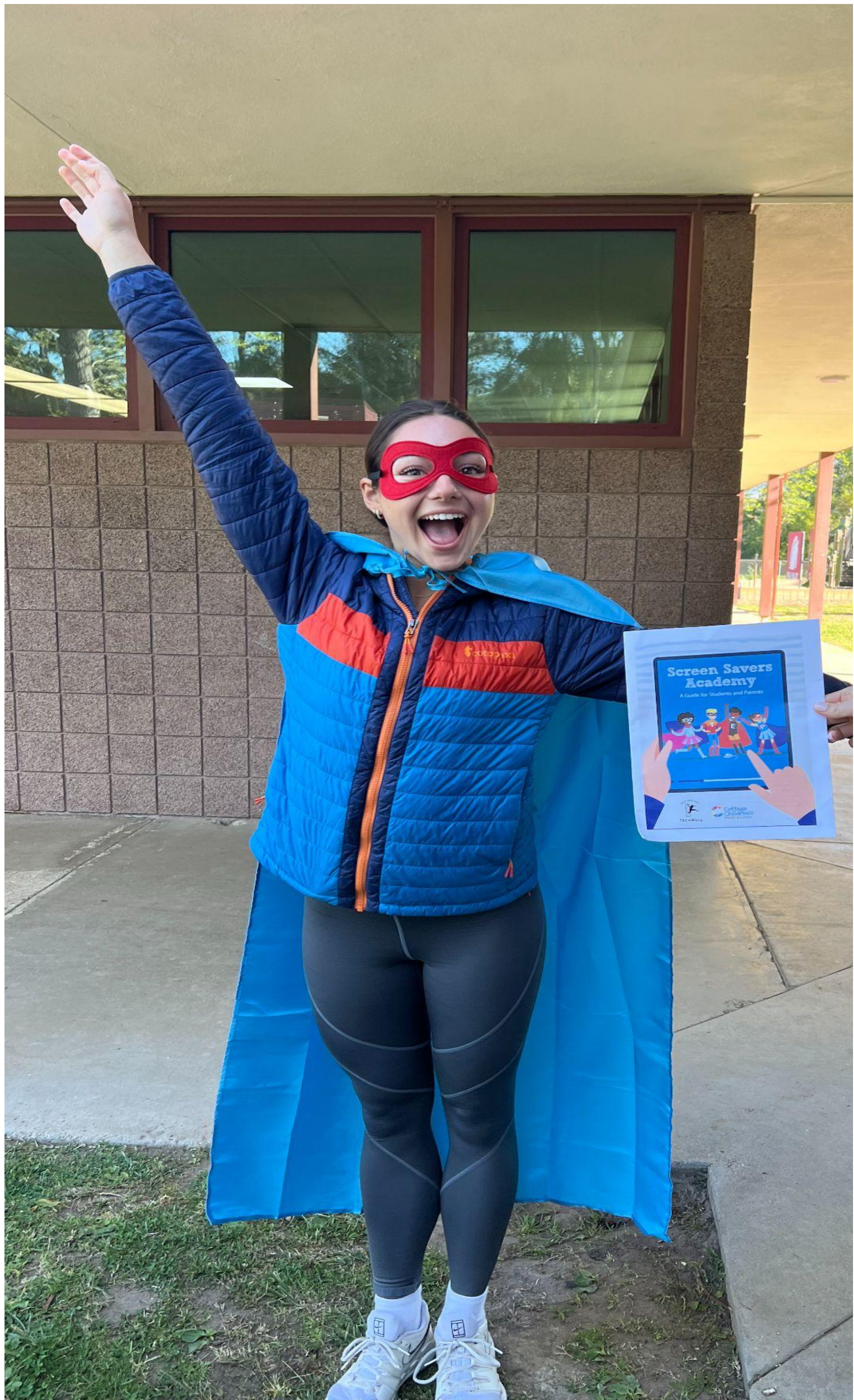
Explore activities without screens

Session 4: Personal Relationships

Build stronger friendships



HELPING KIDS STEP OUT OF SCREENS AND INTO LIFE—IN A FUN, UPLIFTING WAY!



THANK YOU

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