



TUES. OCT. 6TH



6:30-7PM

PTA MEETING VIA ZOOM*



7PM

GUEST SPEAKER VIA ZOOM*
DOREEN DODGEN-MAGEE

**Zoom details will be emailed out a few days before.*

Odyssey PTA Presents Special Guest Speaker
Doreen Dodgen-Magee, PsyD
Balancing Life & Technology in a Digital World

As parents, we must actively make choices about technology for our children. this may seem overwhelming as our dependence on screens has increased during the pandemic and will continue with distance learning through the fall.

Research tells us that Americans spend, on average, 12 hours and 28 minutes a day with screens. This time is taken from family talk time, social practice, sleep and physical engagement. As these experiences diminish and engagement with technology increases in private, educational, and professional settings, impacts are being made neurologically, relationally, and intra-personally. Far from encouraging technology avoidance, Doreen discusses what's happening and how we might use technology in healthier ways. Doreen is a psychologist with 25 years of experience who has traveled the globe researching and speaking about the effects of technology. She is the award winning author of *Devised! Balancing Life and Technology in a Digital World*.

Click on the link below to submit questions to Doreen. Questions must be recieved by Tuesday Sept. 22nd. She will do her best to answer them all during her scheduled time with us!

<https://form.jotform.com/202508935611049>