Goal:

To develop leaders who will support healthy technology habits in their local communities.

Overview:

Healthy Technology Community Leadership Program - Technology is negatively influencing our brains, our mental health, and our social relationships. This is clear from both personal experiences and scientific studies. Understanding the influences of social media, gaming, gamification, AI, and all sorts of technologies that exist through use of our devices is the first step toward making healthy technology choices and then developing healthy habits. However, doing this alone is virtually impossible. We need a societal shift. The goal of this program is to create that societal shift and aggregate individual efforts by developing leaders who will (and already do) pave the way within their local communities, with the support of this mega community. This program is designed to support people who want to become *Leaders in Healthy Technology* by understanding the related neuroscience, developing specific skills in facilitation to inspire change within their communities, and joining the mission of a mega group of leaders. This mega group of leaders will be led by Dr. Mandy Wintink, Professor in Psychology and Research Director at Branch Out Neurological Foundation, and our own resident Curriculum Officer who is inspiring this grassroots change within her own child's school and has been doing so within her university courses since 2017. This program could start as early as May/June, if I got the first 15 people interested.

Who is this program for?

Anyone who is aspiring to become a Leader in Healthy Technology within any local community, whether that's in their children's schools, their own workplaces, their family, their friend group, or any other local group. Community leaders in this program will develop skills, be provided with resources and science, and be supported in their leadership journey.

Resources:

This program will make use of a variety of current scientific literature as well as the literature that has been curated through these and other important organizations:

- Child and Mind Institute https://childmind.org/
- Center for Humane Technology:
- Handbook of Children and Screens: https://link.springer.com/book/10.1007/978-3-031-69362-5
- Children and Screens: https://www.childrenandscreens.org/

Module 1: Creating safe, open, and non-judgmental spaces

This module will introduce the group to community spaces and how to establish safety within this group as we would do with the LCC. Participants will have to organize their own communities to practice creating spaces for these discussions, to share the knowledge gained in this course more broadly, amplify knowledge sharing in general, create a community of practice, and foster widespread adoption.

Module 2: Tech and the Brain Overview

And overview of the problematic devices, platforms, features, by-products of the features, and general brain and mental health concerns. Also addressing the known benefits of technology, including the benefits for those with accessibility needs.

Module 3: Tech and the Brain: Adults

An overview of adult behaviors and problems with technology and how it affects the brain and mental health, specific challenges of this age group, including parenting and teacher challenges. The focus here will be on looking inward at our own healthy and problematic tech behaviors and habits, in a non-judgemental manner. Our own behaviour will be revisited throughout the program.

Module 4: Tech and the Brain: Youth, Teens, Pre-Teens

An overview of teen behaviors and problems with technology, how it affects the brain and mental health, specific challenges of this age group, including parenting and teacher challenges. A special focus is on how parents, caregivers, and teachers struggle with these challenges, including managing children's behaviour, staying abreast of current science and best practices, and adjusting values to meet the systems around us.

Module 5: Tech and the Brain: Little Kids

An overview of issues specific to little kids, how it affects the brain and mental health, specific challenges of this age group with a specific focus on parenting and caregivers.

Module 6: Tech and the Brain: Postpartum and Infancy

An overview of issues specific to postpartum parents and use of technology, including a focus on breastfeeding/nighttime parents' uses of technology and infant brain development.

Modul 7: Tech in the Workplace

An overview of specific workplace challenges around technology, including "zoom fatigue", technology at night, bluelight filters, multitasking, technology etiquette…

Module 8: Artificial Intelligence: At Present and Into the Future

An overview of AI, what it is, and how it's affecting our culture, including the [limited] known influence on the brain.

Technology Features	Vehicles	Apps	Core Psychological Neurological Feature Exploited	Brain & Mental Health Issues
Infinite Scroll (Functional, Gamification)	Smart Phone, Tablet, Laptop		Attention, Wanting/Yearning, Tactile, Fidget, Gamification, Perception	Attention, Addiction
Push Notifications (Alerts)	Smart Phone, Tablet, Laptop		Attention, Fight & Flight/Sympathetic Nervous System	Attention, Compulsive Checking, Addiction
Size: Small, Portable (Functional)	Smart Phone, Tablet, Dumb Phones, Smart Watch		Tactile	Sleep Deprivation, Attention, Compulsive Checking, Impeeded Language Development, Impeeded Social Development, Emotional Dysregulation
Chat/Messaging (Social)	Smart Phone, Tablet, Laptop, Gaming Console, Smart Watch		Communication/Language, Social Development/Relationships	Impeeded Language Development, Impeeded Social Development, Compulsive Checking, Emotional Dysregulation, sexting, sextortion
Likes (Social)	Smart Phone, Tablet, Laptop, TV, Smart Watch		Social Development/Relationships	Anxiety, Depression, Suicide/Suicidal Ideation, Impeeded Social Development, Impeeded Language Development, Emotional Dysregulation, Bullying
Followers (Social)	Smart Phone, Tablet, Laptop, Smart Watch		Social Development/Relationships	Anxiety, Depression, Emotional Dysregulation, Low Self Esteem, Bullying, Social Anxiety
Comments (Social)	Smart Phone, Tablet, Laptop, Smart Watch		Communication/Language, Social Development/Relationships	Anxiety, Depression, Suicide/Suicidal Ideation, Impeeded Social Development, Low Self Esteem, Bullying, Social Anxiety
ChatBots (Social)	Smart Phone, Tablet, Laptop, Gaming Console		Communication/Language, Social Development/Relationships	Reality Distortion, Impeeded Social Development
Bright Colors (Visuals)	Smart Phone, Tablet, Laptop, TV, Gaming Console, Smart Watch		Sensory/Aesthetics	Attention, Sleep Deprivation
Speed (Functional)	Smart Phone, Tablet, Laptop, TV, Gaming Console, Smart Watch		Perception	Attention, Reality Distortion, Time Distortion

Tracking (Safety)	Smart Phone, Tablet, Laptop, TV, Gaming Console, Smart Watch	Social Development/Relationships, Trust	Impeeded Social Development, Mistrust, Communication Breakdown
Advertisements (Alerts)	Smart Phone, Tablet, Laptop, TV, Gaming Console, Smart Watch	Persuasion	Attention, Reality Distortion
Suggested Content (Alerts)	Smart Phone, Tablet, Laptop, TV, Smart Watch	Persuasion	Anxiety, Depression, Suicide/Suicidal Ideation, Reality Distortion
Cameras (Function)	Smart Phone, Tablet	Sensory/Aesthetics	Low Self Esteem, Body Dysmorphia, Bullying, Sexual Abuse, sexting, sextortion
Cart (Shopping)	Smart Phone, Tablet, Laptop, TV, Smart Watch	Wanting/Yearning	Money Problems, Addiction
In-App Purchases (Shopping)	Smart Phone, Tablet, Laptop, TV, Smart Watch, Gaming Console	Wanting/Yearning	Money Problems
Prizes (Gamification)	Smart Phone, Tablet, Laptop, Gaming Console, Smart Watch	Gamification	Attention, Addiction
Streaks (Gamification)	Smart Phone, Tablet, Gaming Console, Smart Watch	Gamification, Social Development/Relationships	Anxiety, Compulsive Checking, Panic
Blue Light	Smart Phone, Tablet, Laptop, Smart Watch	Circadian Rhythm	Sleep Deprivation, Emotional Dysregulation
Near Misses	Smart Phone, Tablet, Gaming Console, Laptop	Gamification, Attention	Attention, Addiction, Time Distortion