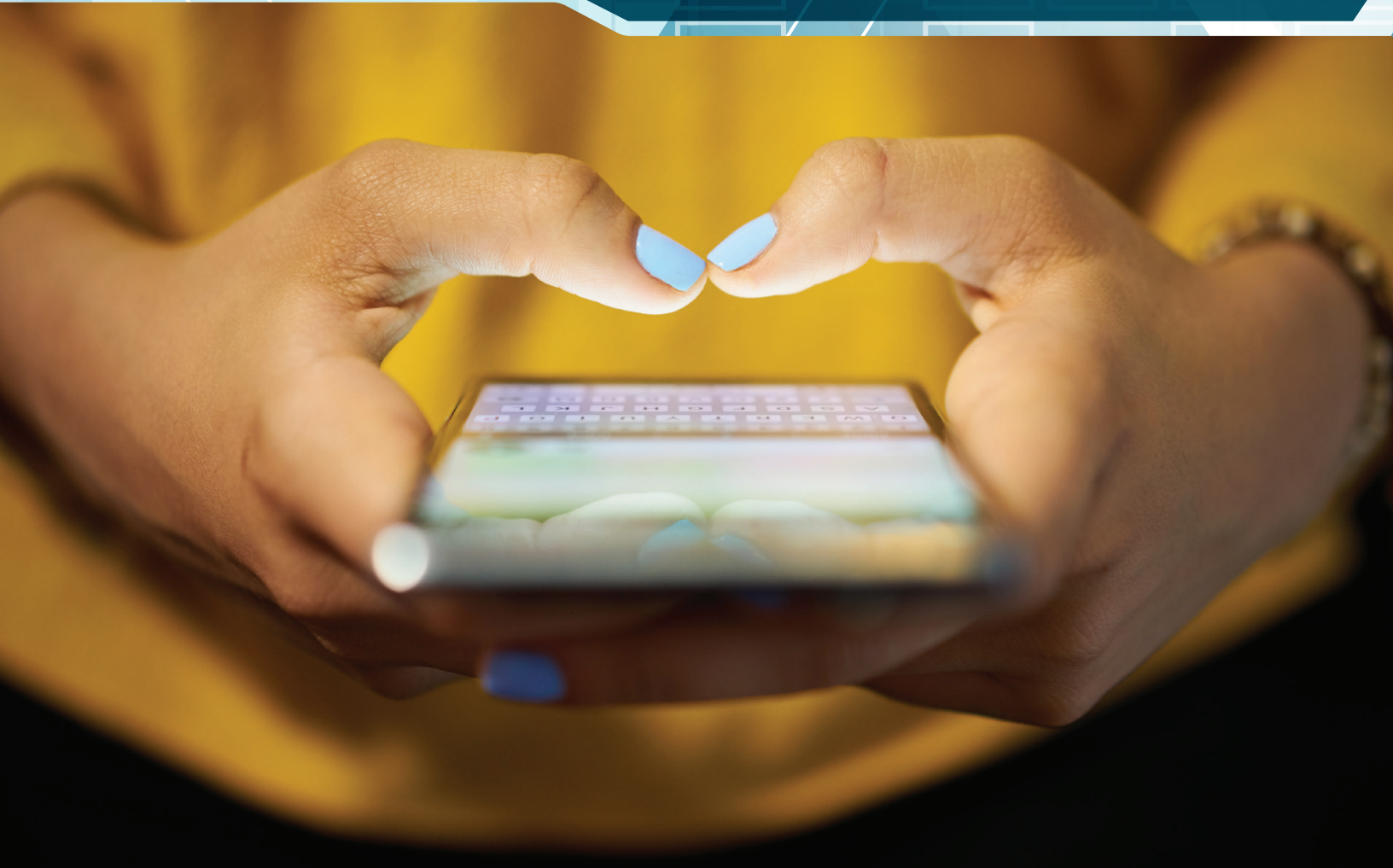


2018 Invitational Research Colloquium

# Growing Up Digital in Alberta: From Distraction to Addiction

PROGRAM AND WORKBOOK



The Alberta Teachers' Association



## The Alberta Teachers' Association

Interested in educational research? Visit [www.teachers.ab.ca](http://www.teachers.ab.ca) and click on Public Education > Education Research or scan the QR code to the right.



# CONTENTS

Welcome .....	4
Program .....	5
Speakers .....	6
Working journal.....	8
Bibliography .....	17

# WELCOME

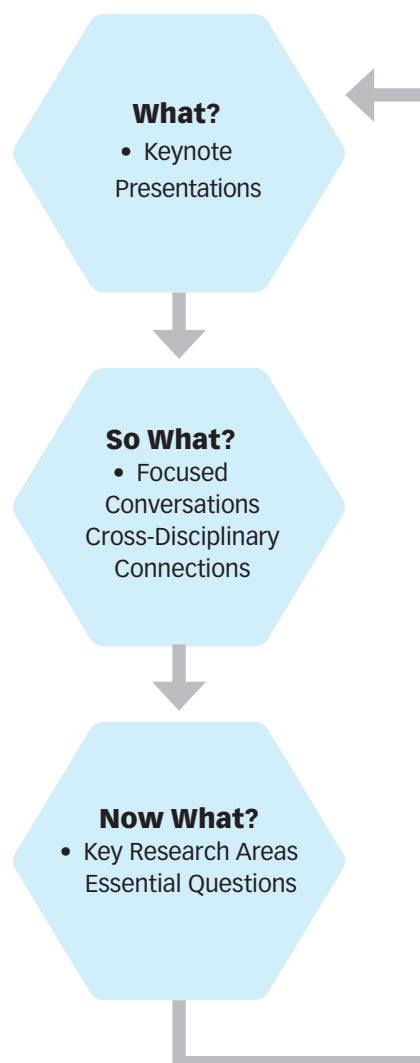
## Welcome to the Invitational Research Colloquium

Emerging technologies are paradoxical in that they hold both promise and peril for individuals, families and communities. As technologies (re)shape our society at an unprecedented rate, those who work with children, youth, families, schools and communities need to understand the impact of online digital activities on offline health and mental well-being.

This colloquium has been structured to allow time for thoughtful conversations about the psychosocial and physiological impacts of technology on children and youth. By definition, a colloquium is an event that gives people from diverse specialties and fields an opportunity to share their research interests. Individual reflection and facilitated focused conversations will help draw out the collective wisdom of participants.

### The goals of the colloquium are as follows:

- To consider the extent to which technologies are (re)shaping the minds and bodies of children and youth
- To explore the neuroscience and psychology of digital distraction(s) and behavioural addiction(s)
- To identify the issues, perspectives and contentions emerging from current Canadian and American research
- To discuss the 2018 findings of the Harvard University, Alberta Teachers' Association and University of Alberta longitudinal study on Growing Up Digital (GUD) in Alberta
- To generate key questions to guide policy decisions and future research on emerging technologies, learning, teaching and the well-being of children and youth



*Everyone has wisdom  
in this room.*

*We need all of this  
wisdom for the best  
results.*

*There are no wrong  
answers, only powerful  
questions.*

# PROGRAM

0800–0845	Registration and Breakfast
0845–0850	Welcome and Greetings <ul style="list-style-type: none"><li>• Greg Jeffery, President, Alberta Teachers' Association</li><li>• Honourable Sarah Hoffman, Deputy Premier and Minister of Health</li></ul>
0850–0900	Setting the Context <ul style="list-style-type: none"><li>• Philip McRae, PhD, Alberta Teachers' Association (colloquium chair)</li></ul>
0900–1000	<b><i>iGen: Understanding the Smartphone Generation</i></b> <ul style="list-style-type: none"><li>• Jean Twenge, PhD, San Diego State University</li></ul>
1000–1030	Table Discussions and Focused Conversations
1030–1045	Break
1045–1130	<b><i>The Impact of Pervasive and Mobile Technology on Canadian Youth —Panel Discussion</i></b> <ul style="list-style-type: none"><li>• Michael Rich, MD, MPH, Harvard University (moderator)</li><li>• Valerie Steeves, PhD, University of Ottawa</li><li>• Jean Twenge, PhD, San Diego State University</li></ul>
1130–1200	Moderated Question-and-Answer Session
1200–1300	Lunch
1300–1400	<b><i>Problematic Interactive Media Use (PIMU): Growing Up Digital (GUD) Alberta</i></b> <ul style="list-style-type: none"><li>• Michael Rich, MD, MPH, Harvard University</li></ul>
1400–1430	Table Discussions and Focused Conversations
1430–1445	Break
1445–1530	Synthesis of Key Research Areas/Questions from Focused Conversations
1530–1545	Future Research Considerations: Emerging Patterns
1545–1600	Closing Remarks and Adjournment <ul style="list-style-type: none"><li>• Dennis Theobald, Executive Secretary, Alberta Teachers' Association</li></ul>

# SPEAKERS



## Michael Rich, MD, MPH

### Keynote Speaker

*Associate Professor of Pediatrics at Harvard Medical School, Associate Professor of Social and Behavioral Sciences at the Harvard School of Public Health*

Michael Rich came to medicine after a 12-year career as a filmmaker. He practices Adolescent Medicine at Boston Children’s Hospital and has a world-renowned clinic specializing in the effects of media and digital technologies on health. His current areas of health research and clinical work combine his experience and expertise in medicine and media, making him the world’s first “mediatrician.” Cognizant of the potency of the image and of the primacy of electronic and print media as a source of information and influence, Rich studies media as a force that powerfully affects child health and behavior and uses media as a tool for medical research, education, health care policy and patient empowerment.



## Jean Twenge, PhD

### Keynote Speaker

*Professor of Psychology, San Diego State University*

Jean Twenge is the author of more than 140 scientific publications and six books, the latest of which is *iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood*. Twenge frequently gives talks and seminars on teaching and working with today’s young generation based on a dataset of 11 million young people. Her audiences have included college faculty and staff, high school teachers, military personnel, camp directors and corporate executives. Her research has been covered in *Time*, *Newsweek*, *The New York Times*, *USA Today*, *U.S. News and World Report*, and *The Washington Post*, and she has been featured on *Today*, *Good Morning America*, *CBS This Morning*, *Fox and Friends*, *NBC Nightly News*, *Dateline NBC* and National Public Radio. She holds a BA and MA from the University of Chicago and a PhD from the University of Michigan.

# SPEAKERS



## Valerie Steeves, PhD

Panellist

*Professor, Department of Criminology, University of Ottawa*

Valerie Steeves's main area of research focuses on the impact of new technologies on human rights. As the lead researcher for MediaSmart's Young Canadians in a Wired World research project, she has been tracking young people's use of new media since 1999, and her research has been used to inform Canadian law and policy dealing with privacy and digital literacy. She is also the principal investigator for the eQuality Project, a seven-year partnership of academics, educators, policy-makers and youth funded by the Social Sciences and Humanities Research Council of Canada. The eQuality Project is using participatory action research methodology to work with young people to explore the impact of online commercial profiling on their identities and their social relationships. Steeves has appeared as an expert witness before a number of parliamentary committees and has worked with MediaSmarts to develop award-winning privacy education curriculum and materials.



## Philip McRae, PhD

Colloquium Chair

*Executive Staff Officer, Alberta Teachers' Association, and Adjunct Professor of Education, University Of Alberta*

Phil McRae earned his PhD from the University of Alberta. His research, teaching and scholarship focus on two key areas: curriculum studies and the impact of emerging technologies on education and on society. He was the director of the Alberta Initiative for School Improvement (AIS) at the University of Alberta from 2005 to 2009, where he taught graduate courses in the Master of Education in Educational Studies program.



# WORKING JOURNAL



We shape  
our tools and  
thereafter our  
tools shape us.

—John M. Culkin



0900– **What?** Perspectives/Issues/Contentions  
1000



**Jean Twenge**  
iGen: Understanding the Smartphone Generation

## 1000– So What? Focused Conversations 1030



**Objective Question:** What information really caught your attention?

**Reflective Question:** What was the biggest surprise in what you heard?

**Interpretive Question:** How does this information challenge or affirm current practices and policies?

**Decisional Question:** What key research areas or essential questions require further exploration?

1045– **What?** Perspectives/Issues/Contentions  
1130



**Michael Rich, Valerie Steeves and Jean Twenge**  
(moderator)

Panel Discussion

## 1300–1400 **What? Perspectives/Issues/Contentions**



**Michael Rich**

Problematic Interactive Media Use (PIMU):  
Growing Up Digital (GUD) Alberta



## 1400– So What? Focused Conversations 1430



**Objective Question:** What information really caught your attention?

**Reflective Question:** What was the biggest surprise in what you heard?

**Interpretive Question:** How does this information challenge or affirm current practices and policies?

**Decisional Question:** What key research areas or essential questions require further exploration?

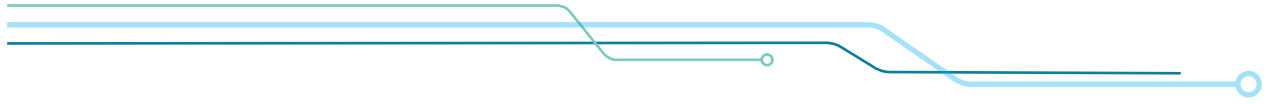
## 1445– 1530 **Now What? Key Research Areas, Essential Questions**



Based on all of your work today, what key research areas or essential questions do you believe require further exploration?

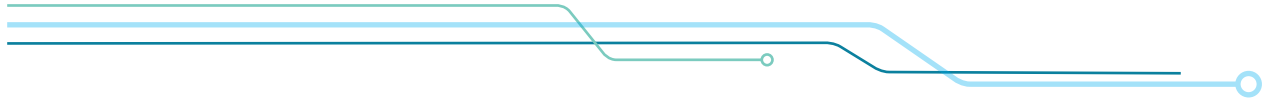
Synthesis

# Notes



Personal Reflections

# Notes



Personal Reflections



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2018 Invitational Research Colloquium

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This is the fourth research colloquium on emerging technologies that the Association has sponsored. Information on past colloquia are available at [www.teachers.ab.ca](http://www.teachers.ab.ca); click on Public Education > Education Research > Promise and Peril Research Index or scan the QR code to the right.

