

# **ATTENTION: Parents, Teachers, and Health Professionals**

## **Teens and Screens: How much is too much and how to keep the balance**



**The UTS Health Psychology Unit presents a parenting talk by popular psychologist and father-of-six Dr. Justin Coulson PhD.**

Computer and internet gaming, and social media engagement, are overtaking many of our children's lives, impacting on their sleep and relationships, their academic experiences, and even their health and wellbeing.

This presentation, delivered by one of Australia's best-known and leading experts in this area, is designed to help parents and their children understand why screens, games, and social media are so compelling and how their children can enjoy them in healthy, balanced ways so that the other parts of their lives can be as successful as their advancement through the levels of their favourite game.

**Date:** 7 September 2016  
**Time:** 6:30pm-  
**Venue:** Health Psychology Unit, UT  
Ground Floor, 174 Pacific Highway  
St Leonards NSW 2065  
**Cost:** \$15.00  
**Booking:** <https://www.trybooking.com/MPJL> OR  
<https://www.trybooking.com/221297>

Numbers limited.

Any questions please call the Health Psychology Unit, UTS on 9514 4077 or email: [health.psychology@uts.edu.au](mailto:health.psychology@uts.edu.au)