

Pediatric Occupational Therapist Cris Rowan presented
“Mixed Signals” workshop on Feb. 18, 2014
 for Literacy Association in **Delta, BC**

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	48%	46%	3%		3%
The workshop was well organized	55%	33%	9%		3%
The workshop was just the right length	30%	36%	18%	12%	3%
The instructor was well informed	79%	18%			3%
The workshop materials were useful	67%	24%	6%		3%
The workshop objectives were achieved	49%	36%	12%		3%

What was the most valuable thing you learned in the workshop?

- It's never too soon to start learning about this topic – the sooner the better.
- Recommended tech use for kids.
- Always be questioning and looking for facts and implications/consequences of “new” things.
- The statistics were very interesting.
- Research, interesting facts, good strategies.
- Found substantial supports to illustrate effects of technology on children & youth.
- It's all great info. I appreciate the questionnaires to use to assess individual tech use.
- Effects of games on brains.
- Guidelines for technology use.
- As to how addiction to tech, viewing media violence, causes aggression in children.
- Interesting and scary statistics and info to share.
- There is a lot of research and data to support this.
- Research synthesis
- That there is someone paying attention!! It's not too late. Shout loud and strong.
- Exposure to information and resources.
- Background information re. Violence and relationship between mental health diagnosis and gaming. Everything.
- Confirming what I had suspected/observed happening in younger children. Exercises interesting.
- Balance between use and activities.
- How to have a better understanding of how kids and adults are being affected by mis-managed use of technology.
- Research and stats to backup the disadvantages of technology.

- Effects of online violence on the brain.
- Wow. I knew a lot of this stuff. But did not know the numbers. Eye Opener.
- How damaging over exposure to technology can be. Insight into the effect and how to begin scaling back in my work with parents and as a parent myself.
- The things I knew intuitively are now backed by research.
- New information. Very useful. Presented usage between tech use ADHD and medications.
- The research information was very valuable.
- Information to share with families.
- Everything!

Was there anything not covered in the workshop that you felt should have been?

- The material was very one sided – especially with reference to medical field. Not all doctors prescribe drugs! Perhaps you depend too much on the American experience?
- The What-to-do part was rushed and Cris did apologize. A lot of info to give/receive.
- No.
- Newer forms eg Twitter & Facetime are more popular than Facebook now.
- Academics and technology (as I am a teacher).
- No.
- Pendulum reversal of means of discipline (What happened to picking up garbage in the school grounds).
- No, I think I got more information than I thought I would.
- Would have liked a little more time discuss interventions.
- Practical ideas for schools.
- The best way to engage parents of children under five years old, so they are able to work on "balance".
- No.
- F.O.M.S. Fear of missing something - as a motivator for youth cell phone use.
- No everything was great.

How could this workshop have been better or more helpful?

- If more young parents or parents with young children were in attendance.
- I think many ideas here good but repeated. Workshop could be more concise.
- Some short periods when people at each table could discuss info etc.
- Less lecture – more interaction.
- Not all behaviors / safe room issues etc are due to tech use increase.
- Bigger fonts on PowerPoint slides/handouts. Break up into two workshops: backgrounder & proactive approaches.
- Skip the medication video – awful!
- It could have been shorter, more concise but a lot was covered in too short a time.
- Maybe less long video and clips. The one about the "War on Drugs" seemed especially long - maybe just excerpts.
- More time to go over strategies, helpful guidelines, etc.. Take away helpful ideas.
- How to get parents away from the technology.
- Struggled with "War on Kids" video.
- Too big a topic to cover in 4 hours.
- Just a little long. It could've been the uncomfortable chairs though.
- More time.
- Couldn't have been!
- Lost interest when psychiatrist clip was on- have heard that numerous times.
- Longer with more opportunity for discussion.
- More time. Should be a full day course with more time for discussion.
- I don't think anything could have been better.

Would you recommend this workshop to others? If not, why not?

- Yes people in pre-natal programs should see this presentation and pre-school level parents.
- Yes bit could be shorter, less repetitive. Less content on overuse of mental health drugs.
- Yes. Lots of excellent information.
- Yes
- Yes, good speaker.
- Yes.
- Yes.
- Yes.
- I'd love to see parent groups take it.
- Yes
- Yes
- Absolutely! To educate more people and them more aware of the necessity of "balance" and the managing of technology in the right way, especially with children!
- Absolutely
- Absolutely! All parents should have the opportunity to see it and get this information.
- Yes
- Yes
- Yes
- Yes
- Yes would love to have one for parents and caregivers. Needs to be in evening or weekend, when childcare is not open.
- Yes. Want parents and educators to see this. Doctors (GP) need to recognize what is happening.

Any other comments?

- Looking forward to going to the website. Sounds like there is a lot there.
- I think the new guidelines for tech use are impractical in 2014. When guidelines are impractical they are tuned out.
- Lots of great info. Wish that more people could hear it, especially parents.
- Will check out your website for information and let others know about it too.
- Thank you.
- I think the "War on Kids" video was unnecessary as it was old, too long and off topic & biased. ADHD was around before the tech explosion.
- I would drop "War on Kids" it is 18 minutes long and not all that helpful. Other material is great.
- I found the "War on Kids" video somewhat insulting to teachers. It assumes that teachers just want well behaved kids because it is easier. I am not a teacher but the teachers I know go out of their way to help these kids. I also felt lectured at by that video. Overall an insulting biased video. Also too long.
- I have a student grade 1 that I will look deeper into technology exposure, and see what we can try before his next psychiatrist appointment.
- I would like to see this information available to child care providers, baby groups and new parents to be.
- Excellent information!
- I appreciate Cris's knowledge, enthusiasm, humour & commitment. THANK YOU.
- Lots of great useful information. Thank you.
- Cris's enthusiasm was amazing and her dedication to getting the info out is great.
- Guidelines 18 years. I believe this is the age for violent games. Don't know for sure if these are being sold to under 18's.
- Wanted more on how to dump/increase energy. Things to do.

Analysis: Considerable negative comments on “War on Kids” video indicating offense toward teachers, physicians re: overmedicating children; repetition; a lot of info (break up into info and proactive strategies sections); more interactive; more school-based info/strategies

Action: drop 18 min War on Kids video and replace with 3 min Generation Rx film trailer; decrease repetition and improve succinct/concise presentation; suggest to workshop coordinators to increase time from 3.5 to 4.5 hours for discussion and Q & A; determine in advance level of teachers in group and include more school based info/strategies (presenter unaware of this at time of workshop).