

Hazards of Screens and Tech:

Physical: _____

Mental changes: _____

Social consequences _____

Particular impact on teens _____

Addictions _____

Inappropriate content _____

How to reduce and manage screen time:

Mitigate effect on vision and posture _____

Help vestibular system recover from video games: _____

Mitigate impact on sleep _____

Protection from porn, predators, content _____

Smartphones: pros, cons, and tips _____

Benefits of technology for people with learning challenges

Assistive technology is _____

Tools for communication disorders _____

Tools for dyslexics: _____

Tools for dysgraphia: _____

More tools every week: _____

Best Sources for finding assistive tech to help your student

Joan Green’s site, innovativeSpeech.com & book. Learn to use special tools built into your computer, tablet, and phone. Free webinars & consultations. Make the most of Chrome and Apple tools.

In the US, the Assistive Technology Act funds training centers in each state. For example, Pennsylvania has TechOWL- Technology for Our Whole Lives.

TechOWLpa.org “helps people with disabilities explore the tools and technology the need to be independent.” For example, they demonstrate and loan devices, reutilize devices, and offer some financing for devices, with nine resource centers

across the state. TechOWLpa.org offers resources, events (trainings, conferences, and webinars/webcasts) and free online training opportunities.”

Other states have training centers. Google “Assistive technology” + your state.

For general advice on assistive tech and the US laws providing help, see www.wrightslaw.com/info/atech.index.htm

A few of many tools to help

Text-to-speech readers, e.g. NaturalReaders.com, [reads aloud or converts MP3](#).

Recording lectures help students who cannot take notes.

SmartPens record and link audio to written notes. LiveScribe.com Software help with writing 1) *Free trial of WordQ* QuillSoft.ca 2) [Dragon Speech Recognition Software](#)

Recorded books: 1) Bookshare.org 2) LearningAlly.org (formerly Recordings for the Blind and Dyslexic) 3) Audio books 4) free audio books at Librivox.org

Resources cited

Nicholas Carr. *The Shallows: What the Internet is Doing to our Brains*.

Nicholas Carr. “Is Google Making Us Stupid?” *The Atlantic*, July 2008.

scientificamerican.com/article/q-a-why-is-blue-light-before-bedtime-bad-for-sleep/
Teens need more sleep: hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough

“What Screen Time and Screen Media Do to Your child’s brain and sensory processing ability,” Amy and Evelyn Guttman, handsonotrehab.com/screen-time-brain-sensory-processing/

“Fixated by Screens, but Seemingly Nothing Else” New York Times, May 9, 2011, Dr. Perri Klass nytimes.com/2011/05/10/health/views/10klass.html

Jean Twenge, *iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy and Completely Unprepared for Adulthood*. Expanded from her article theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/

Twenge interviewed in *Psychology Today*, psychologytoday.com/us/blog/our-changing-culture/201708/making-igens-mental-health-issues-disappear
Candice Dugger, on bullying and cyberbullying: Bulliedbrokenredeemed.com

ADDitude magazine free download, “*An ‘Ethics Manual’ for Your Teen’s Electronics*” by Wes Crenshaw, [ADDitudemag.com/download/too-much-screen-time-teen-electronics/](https://additudemag.com/download/too-much-screen-time-teen-electronics/)

Indiana Association of Home Educators’ article, “Three Steps to take when your child sees porn.” iahe.net/3-steps-to-take-when-your-child-sees-porn/

National Center on Sexual Exploitation endsexualexploitation.org

CovenantEyes.com discussed at by Hal and Melanie Young at RaisingRealMen.com

Fun, easy way to keep kids safe without being too explicit or frightening or vague. *My Underpants Rules* by Kate and Rod Power. kidsrulepublishing.com

Dept. of Justice justice.gov/coronavirus/keeping-children-safe-online

Paul Tripp. *Age of Opportunity: A Biblical Guide for Parenting Teens*.

Andy Crouch *The Tech-Wise Family* and *The Life We’re Looking For*.

Learn what pediatric occupational therapists can do to help your child in my post, which also covers getting OT remotely (during Covid and after.)

Learndifferently.com/2020/06/16/occupational-therapy-at-home-during-covid-19/

Shopping for assistive tech

For low-tech, see headsupnow.com abilitations.com therapyshoppe.com

For higher-tech options, Joan Green gives free consultations—sign up at innovativespeech.com and her Facebook group, IST Tech Savvy Solutions. Her book, *The Ultimate Guide to Assistive Technology in Special Education*, 3rd ed., Prufrock Press. She’s expert, pragmatic, and a great bargain hunter!

Federally funded assistive technology programs have centers in every state. Google “assistive tech child” plus the name of your state. At ours, you can borrow tech to try before you buy.

WordQ, SpeakQ

LearningAlly.org bookshare.org

AAC such as assistiveware.com, Proloquo2go app

ELARPLearning.com

LifeSherpa phone app to help autistic teens stay on task.

The Transporters video series teaches kids to read facial expressions.

Apps for Children with SN a4cwsn.tumblr.com

Assistive Tech at LDonline ldonline.org/contentfinder?search=assistive+tech

Tools to help with focus, sensory integration, and organization: HeadsUpNow.com. See also TherapyShoppe.com and abilitations.com timetimer.com or other visual 60-minute timers. Sets by turning dial (like an egg timer), but the time remaining appears as a fraction of the circle. Great for those who have trouble judging passage of time. See also Kathy's blog on time blindness.