

TECH GENERATION:

RAISING BALANCED KIDS IN A
HYPER-CONNECTED WORLD

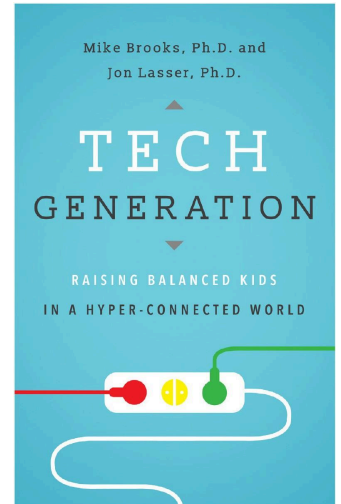
Mike Brooks, Ph.D., LSSP

About the Presentation

Our lives are becoming increasingly intertwined with technology. While it offers tremendous benefits, parents have legitimate concerns about how screen time affects our children's development and well-being. Now, with artificial intelligence tools like ChatGPT readily available to students, parents face unprecedented challenges in guiding their children through this rapidly evolving digital landscape. In this presentation, Dr. Brooks shares insights from the latest research on screens' effects, explains why technology has such a powerful grip on us, and provides practical strategies to help your family find balance in our hyper-connected world. These evidence-based approaches will help your children succeed academically while maintaining deeper, more meaningful connections. Dr. Brooks is the author of [*Tech Generation: Raising Balanced Kids in a Hyper-Connected World*](#) (Oxford University Press), which offers a balanced, research-based approach to these challenges that remains highly relevant as technology continues to transform our lives.

About Dr. Mike Brooks

Dr. Brooks is a licensed psychologist, author, and expert in technology's impact on well-being, with over 25 years of experience serving Austin area families. His work combines scientific research, practical clinical experience, and deep understanding of how technology shapes both individual and societal well-being. Through his Psychology Today blog [Tech Happy Life](#), he helps people navigate the challenges of our rapidly evolving digital world. He is co-founder of the [One Unity Project](#) and co-host of *Talking with Tomorrow*, a YouTube channel where he engages with AI in fascinating conversations about how to use this powerful technology skillfully and ethically to enhance our lives. His expertise has been featured in numerous media outlets, and he frequently presents on finding balance in our technology-saturated lives. As a father of three boys, he understands firsthand the parenting challenges of raising children in this unprecedented era of technological change.



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