



Dr. Tracy Bennett Psychological Services, Inc.  
340 Rosewood Avenue, Suite A  
Camarillo, CA 93010  
[DrTracy@DrTracyBennett.com](mailto:DrTracy@DrTracyBennett.com)  
805-383-0882

## **In-Service Training Fee Schedule For Elementary, Middle, and High School Teachers and Staff**

### **In-Service Training Fee (6 hours):**

Live or webinar: \$4000 per day including travel days + travel fees as applicable\* applicable

Price includes one 45-minute planning session. Additional planning sessions can be scheduled at \$200/hr.)

\*\*\*

**With the rapidly changing hybrid (synchronous/asynchronous) educational environment, more is expected of teachers, parents, and students. We have many identities on-screen and off.**

### **Did you know?**

- ✓ Most kids spend an average of 10.5 hours a day on their screens, & 56% of parents worry their kids are screen-addicted.
- ✓ The average age of first exposure to online pornography is 11 years old, & 4 out of 5 tweens are on social media before age 12.
- ✓ 1 in 4 parents say their teen knows someone with depression, & 1 in 10 know a peer who's committed suicide.
- ✓ 20% of teens will experience depression before they reach adulthood, & teen suicide is the third leading cause of death among young people aged 10 to 24. Most clinicians agree that screen issues are a common contributing factor.
- ✓ Many of us are feeling lonely and isolated – is this how it's going to stay?

Dr. Bennett's 25+ years of experience as a Clinical Psychologist, Adjunct Faculty at California State University Channel Islands, and Screen Safety Expert offers insightful and immediately applicable strategies for more effective communication with students, and to help your teachers practice burnout-fighting wellness tools!

### **Screen Challenges for Students and Teachers:**

Since the COVID-19 Stay-at-Home Order, it is more difficult than ever to achieve a healthy balance between productivity, family time, and physical and mental health.

### **Objective for the In-Service Training:**

Dr. Bennett will offer expert information about the sources of digital injury, what the science says about screen addiction, and powerful psychological wellness strategies that Dr. B has tested in her practice to optimize the school/home life balance. For teachers in middle schools and high schools, she will also address the benefits of intentionally creating a positive digital footprint.

Upon completion of this six-hour in-service training, attendees will be able to:

- recognize 5 benefits of child and teen screen use based on brain development and research.
- recognize 5 risks of child and teen screen use based on brain development and research.
- offer 3 best-practice teaching strategies to encourage an ongoing screen-safety and digital citizenship dialogue.
- Apply 5 cognitive-behavioral coping strategies for overall psychological wellness.

## **Ask Dr. Bennett**

Have screens hijacked our brains? Are we screen-addicted? How can we achieve efficacy and screen sanity?

What are your top three concerns about screen risk? Top three benefits?

How are xGens different from iGens in the workplace?

Kids come unglued when parents take their screens away. Are screen management, safety, and a peaceful, happy home possible?

When is it OK for kids to play educational games? Do you have age guidelines for healthy screen use?

Now that kids must have screens for homework, how can parents get ahead of that?

Do screens help us learn better or are they a distraction? If parents don't allow screen use, are they harming their child's learning potential?

The terms of agreement for social media platforms is 13 years old, yet 4/5 tweens are on social media before the age of 12. Is it a big deal?

Millennials are sexting and freaking out their parents. Is this the new sexual norm?

We are reported to be the loneliest population despite being highly connected online. What drives the need for online "likes"? What are the risks and benefits of virtual connection?

*"I encourage every school principal to reach out to Dr. Bennett and invite her to speak to your parent community. She brings a lifetime of knowledge and understanding of the adolescent mind. Dr. Bennett uses scientifically based information and data to support her presentation. Running a middle school is a huge challenge, and Dr. Bennett was able to help parents understand that technology is not a bad thing, but we as parents must determine if providing our children with a cell phone or other technology is the right thing to do. Setting limits, monitoring usage, staying current on what apps kids are using, and being involved are all covered in the presentation. I will be bringing her back every year to help educate our parent community about the realities of today's technology. Thank you, Dr. Bennett!!!*

*Doug Hedin, Principal Sycamore Canyon School*