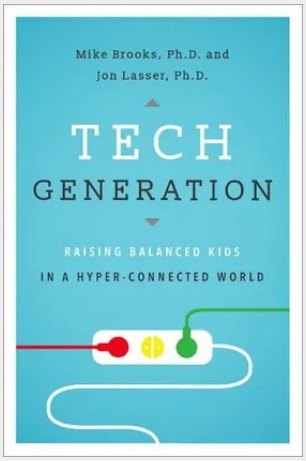
Brooks / Lasser

# Tech Generation

Raising Balanced Kids in a Hyper-Connected World




Parents often worry about raising kids in a tech-saturated world - the threats of cyberbullying, video game violence, pornography, and sexting may seem inescapable. And while these dangers exist, there is a much more common and subtle way that technology can cause harm: by eroding our attention spans. Focused attention is fundamental to maintaining quality relationships, but our constant interaction with screens and social media is shortening our attention spans - which takes a toll on our personal connections with friends and family and our ability to form real relationships. Tech Generation: Raising Balanced Kids in a Hyper-Connected World guides parents in teaching their children how to reap the benefits of living in a digital world while also preventing its negative effects. Mike Brooks and Jon Lasser, psychologists with extensive experience working with kids, parents, and teachers, combine cutting-edge research and expertise to create an engaging and helpful guide that emphasizes the importance of the parent-child relationship. They reject an "all or nothing" attitude towards technology, in favor of a balanced approach that neither idealizes nor demonizes the digital. Brooks and Lasser provide strategies for preventing technology from becoming problematic in the first place; steps for addressing problems when they arise; and ways of intervening when problems are out of control. They also discuss the increasingly challenging issue of technology use in schools, and how parents can collaborate with educators when concerns arise over kids' use of technology.

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