

I. Hazards of Screens and Tech:

- A. Physical: \_\_\_\_\_
- B. Mental changes: \_\_\_\_\_
- C. Social consequences \_\_\_\_\_
- D. Particular impact on teens \_\_\_\_\_
- E. Addictions \_\_\_\_\_
- F. Inappropriate content \_\_\_\_\_

II. How to reduce and manage screen time:

- A. Mitigate effect on vision and posture \_\_\_\_\_  
\_\_\_\_\_
- B. Help vestibular system recover from video games: \_\_\_\_\_  
Mitigate impact on sleep \_\_\_\_\_  
\_\_\_\_\_
- C. Protection from porn, predators, content \_\_\_\_\_  
\_\_\_\_\_
- D. Smartphones: pros, cons, and tips \_\_\_\_\_  
\_\_\_\_\_

III. Benefits of technology for people with learning challenges

- A. Assistive technology is \_\_\_\_\_
- B. Tools for communication disorders \_\_\_\_\_  
\_\_\_\_\_
- C. Tools for dyslexics: \_\_\_\_\_  
\_\_\_\_\_
- D. Tools for dysgraphia: \_\_\_\_\_  
\_\_\_\_\_
- E. More tools every week: \_\_\_\_\_  
\_\_\_\_\_

**Best Sources for more information**

Joan Green's site, [innovativeSpeech.com](http://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.

Virginia has 8 regional Technology Training and Assistance Centers, called TTACs. “VDOE’s **TTAC Online** is a resource for professionals and family members of children and youth with disabilities (birth to 22). The website offers a wide range of resources, events (trainings, conferences, and webinars/webcasts) and free online training opportunities.” Our local TTAC at GMU (and probably yours) will lend technology so you can try it out and see what is effective for your student.

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

**A few of many options**

Text-to-speech readers, e.g. [NaturalReaders.com](http://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](http://LiveScribe.com) Software help with writing 1) *Free trial of WordQ* [QuillSoft.ca](http://QuillSoft.ca) 2) [Dragon Speech Recognition Software](#)

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

**Other Resources**

Tools to help with focus, sensory integration, and organization: [HeadsUpNow.com](http://HeadsUpNow.com). See also [TherapyShoppe.com](http://TherapyShoppe.com) and [abilitations.com](http://abilitations.com)

[Timetimer.com](http://Timetimer.com): a visual 60-minute timer in various sizes with optional brief beeping. Great for those who have trouble judging time as it passes. See also Kathy's blog.