



## Childhood in the Digital Age

*Technology*

### **Nathalia Gjersoe:**

How is digital technology changing childhood - and how can adults keep up?

The entertainment and interactivity of tablets and smartphones has made them attractive to children. Touch-screen interfaces mean that digital technologies are now accessible for children as young as 3. But do children find digital technologies exciting for reasons beyond simple entertainment?

The amount of digital technology available to my young son is massively different to that in my own childhood.

As both a parent and a psychologist, I've found it difficult to make sense of media reports and research findings in this controversial area.

Is technology beneficial or detrimental to child development? Does screen time lead to increased distractibility, obesity and loneliness? Or does it offer opportunities for autonomy and experimentation beyond anything imagined when I was growing up?

As the generation gap widens between adults and children's understanding of new technologies, how will we protect them from the risks while allowing them to benefit from the opportunities new technologies offer?

Join in the discussion as we explore the different sides of this heated debate.