

## **Local Researchers Study Challenges of Parenting in a Wired World** *Technology and the Developing Brain: Smartphones and Adolescents*

**Fort Worth, TX** - If it feels as though the evolution of the smartphone has outpaced your ability to gauge its impact on daily life, you're not alone. North Texas researchers are delving into how these devices are changing our habits, relationships and possibly even the developing brain.

Join us at the Research and Learning Center at the Fort Worth Museum of Science and History on Saturday, April 7 from 10:30 to noon, to learn more about how smartphone usage impacts the adolescents in your life and discuss ways to support your child's digital responsibility. "One of the most useful skills for children and adolescents to acquire will be the ability to effectively use this universe of information," says noted expert Dr. Jay Giedd, of the National Institute of Health. "They must learn to critically evaluate the data, to discern signal from noise, to synthesize the content, and to apply it to real world problem-solving."

Noted research psychologists will lead a discussion in neuroscience, educational technologies, and psychology to learn more about how smartphones and other technology affect the lives of our teens and our own. The agenda includes the following experts:

- "Adolescents, Addictive Technology and Multitasking," Dr. Lin Lin, Professor of Learning Technologies, UNT
- "Technology and the Brain," Dr. Thomas Parsons, Professor of Psychology, UNT
- "How Can Smartphones Support Mental Health in Youth? A Look at Mental Health Apps for Depression and Resilience," Dr. Jennifer Hughes, Assistant Professor of Psychology, UTSW

[The Research and Learning Center](#) is a collaboration between the Fort Worth Museum of Science and History and the Southwest Center for Mind, Brain, and Education. Our goal is to support the research of local scientists and their students by providing space, participants and support in a natural research setting.

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About the Fort Worth Museum of Science and History

*The Museum was established in 1941 and is accredited by the American Alliance of Museums. Anchored by its rich collections, the Museum is dedicated to lifelong learning. It engages guests through creative, vibrant programs and exhibits interpreting science and the history of Texas and the Southwest. The Museum is open daily, except Thanksgiving, Christmas Eve and Christmas Day. Visit [www.fortworthmuseum.org](http://www.fortworthmuseum.org) for more.*