

# TITLE IV-E COLLABORATIVE Presents

## Impacts of Technology on Young People: I'd Rather Text than Talk-(morning session)

**Gabriel Kram** has a deep and abiding interest in and practice of mindfulness, emotional self-awareness, and somatics work. Over the past eighteen years, these modalities have transformed his life, and he is committed to training organizations and individuals in these tools to transform quality of life and organizational culture. He is the founder of Applied Mindfulness, Inc., an intervention design, training, and consulting firm that provides transformative experiential training to empower clients of all ages to discover and cultivate the inner resources, tools, and competencies to live healthier, more fulfilling, and effective lives. He previously directed The Mind Body Awareness Project, whose innovative mindfulness-based interventions for incarcerated youth are being scaled into new models of rehabilitation, and are the subject of both dissertations and peer-review journal articles. Gabriel studied neurobiology at Yale College, and narrative at Stanford University. He brings a reverence for indigenous culture, eighteen years of mindfulness practice, ten years of mindful movement, and a lifetime of wilderness exploration, nature awareness, and creative expression to his work. He is the author of *Inner Life Skills for Youth and Transformation through Feeling: Awakening the Felt Sensibility*.

With

*Gabriel Kram*

Tuesday, November 13, 2018

9:00 AM to 12:00 PM (morning session)

Registration 8:30 AM

West Valley Campbell Community Center  
One West Campbell Avenue, Campbell, CA

Room J-69

**Registrants are encouraged to register for both the  
AM & PM sessions, although it is not required**

Our society is presently engaged in the largest experiment on young people's attention (without an ethical review board) in the history of humanity. Young people's moment-to-moment experience of reality is increasingly mediated by their devices, which have in many ways become inextricably linked to their sense of self. Teens would rather text than talk. They are exposed to an ever-increasing amount of information and fragmentation of attention by an internet that has profound power to acculturate young people in ways very different from the value systems of most of their families and caregivers.

Implications of technology on young people's ability to create meaningful relationships

- what is the social engagement system and why is it so important to developing meaningful relationships?
- how does the way that young people are interacting with technology support or fail to support the development of the social engagement system?
- how do we address negative impacts of technology on young people's ability to create meaningful relationships?

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

\*Must obtain Supervisor approval prior to registering\*

### Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/ClassDetail.aspx?pk=1281495>

If you have questions please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)