

Mental Health:

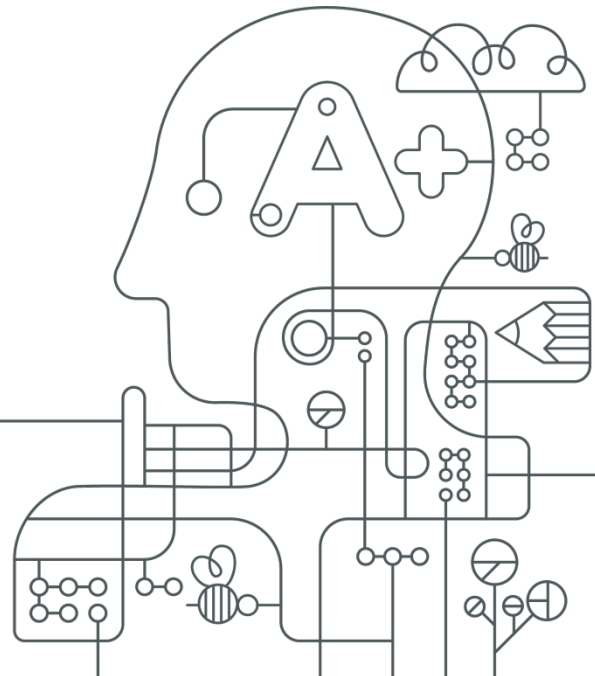
An important piece of the SEL puzzle

PAGE Conference

November 14-15, 2019

Director of Implementation, Allen Prendergast

Schools Manager, Ariana Minella



Today's Agenda

1

4 Corners Opening Activity

2

About EVERFI

3

Social Emotional Learning -
Instructional Resources

4

Getting Started

#1

What SEL focus does your district have? What SEL focus do you want your district to have?

#2

What systems or supports do you have in place at your school or in your classroom to support SEL?

4 Corners

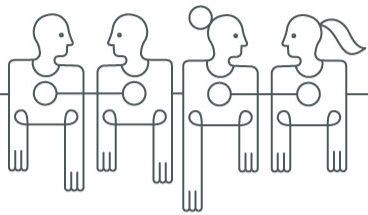
#3

Share an example of a conflict among your students. How did you work to resolve it?

#4

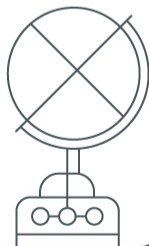
What SEL-related skill do you most want your students to practice?

EVERFI



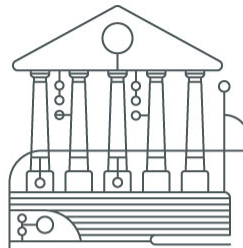
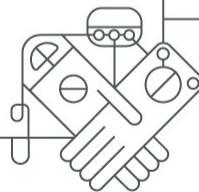
**20+ Million
Learners**

Across The United
States and Canada

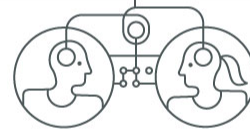


3,500
Partners

55,000+
Teachers



25,000+
K-12 Schools
1,500+
Higher Education Institutions

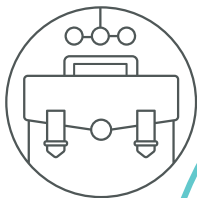


500 | Team Members

100+ | Former Teachers & Administrators

Whole Child Education

Career Readiness



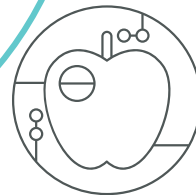
Social and Emotional Learning



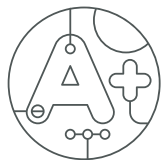
Financial Capability



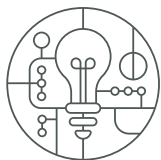
Health and Wellness



Our Expertise



15+ Years in Online Education



Content Developed with Subject Matter Experts



Aligned to State and National Standards



Dedicated Implementation Team



Educator Benefits

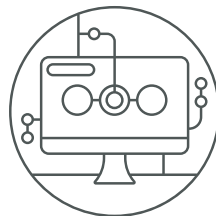
In addition to interactive digital resources aligned to your state standards, educators also receive:



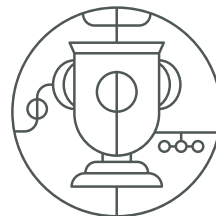
Real time Reporting
On Students'
Knowledge +
Growth



Lesson Plans and
Discussion
Questions



Access to EVERFI's
Growing Library of
Digital Curriculum



Student Scholarship
Opportunities



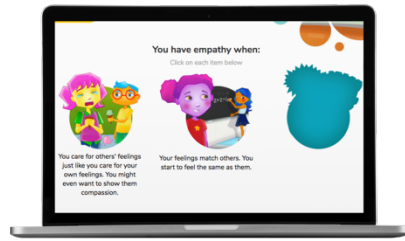
Instructional Resources

Financial Education	STEM & Career Exploration	Social Emotional Learning	Health & Wellness	Summer Learning	Cultural Literacy
Vault Understanding Money 4–6 th Grade	Future Goals Hockey Scholar – Math Edition 4–7 th Grade	The Compassion Project 2nd–4 th Grade	Healthier Me Nutrition & Wellness 1st–4 th Grade & 6–8 th Grade	Summer Slugger Math & Literacy 4–5 th Grade	306 African–American History 9–12 th Grade
FutureSmart 6–8 th Grade	Future Goals Hockey Scholar – Science Edition 4–7 th Grade	Ignition Digital Wellness & Safety 6–9 th Grade	Mental Wellness Basics 8–10 th Grade		
Venture Entrepreneurial Expedition 7–10 th Grade	Endeavor STEM Literacy & Career Exploration 7–9 th Grade	Character Playbook Character Education 7–9 th Grade	AlcoholEdu 9–12 th Grade		
EVERFI Financial Literacy 9–12 th Grade	Keys To Your Future College & Career 9–12 th Grade	Honor Code Bullying Prevention 8–10 th Grade	R_x Drug Safety 9–12 th Grade		
Marketplaces Investing Basics 9–12 th Grade					

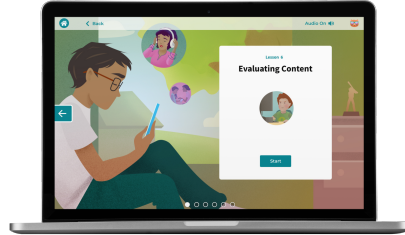


SEL

Social Emotional Learning



The Compassion Project
Grades 2-4



**Ignition:
Digital Wellness & Safety**
Grades 6-9

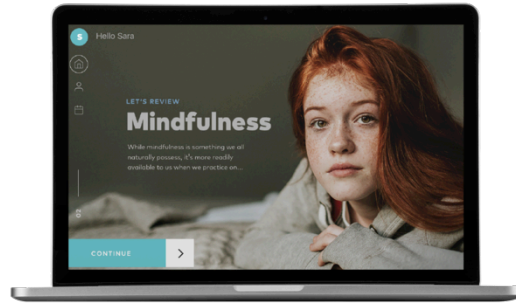


Character Playbook
Grades 7-9



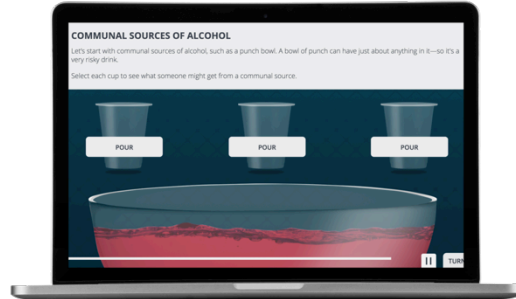
**Honor Code:
Bullying Prevention**
Grades 8-10

Comprehensive Prevention Education



Mental Wellness Basics

Grades 8-10



AlcoholEdu for High School

Grades 9-12



Prescription Drug Safety

Grades 9-12

Bringing Mental Wellness into your Classroom

Reframe Mental Health

Mental health is not a problem. Think of mental health like physical health. You can improve and strengthen them both through your actions.

Focus on Yourself

Taking care of your own mental health is an opportunity to model positive self-care for students and support your own well-being.

Support Your Students

Establish a classroom environment that positively supports mental health and support your students individually when needed.

Combat Stigma

Model positive mental health messaging and habits while actively speaking out against false or misleading understandings of mental health.

Ross Szabo
Wellness Director
Geffen Academy, UCLA

Teachers: The First Line of Defense

First and foremost, relationships matter.

Understanding Warning Signs

- Each child is different. A warning sign for one student may not be for another.
- Take note when thoughts, emotions, or behaviors:
 - Last longer than is typical for them
 - Are more intense than usual
 - Or stop them from completing daily tasks as they typically would

Michelle Sircy, Counselor Specialist
Jefferson County Public Schools

Teaching Resilience + Coping Strategies

What are ways to help students cope and take mental health breaks?

- Learning to understand and manage stress
- Seeing warning signs in yourself and others
- Taking breaks from social media
- Teaching breathing techniques
- Offering naturally calming physical spaces

Michelle Sircy, Counselor Specialist
Jefferson County Public Schools

The Compassion Project

Grade Level: 2nd -4th

Total Lessons: 15 lessons (3 digital), 25-30 minutes each

Aligns with CASEL SEL framework; CCSS ELA Standards



At-a-Glance

Through storytelling, reflection, and rich interactive experiences, this curriculum helps to build a foundation for compassion to take root. Videos, digital activities, and classroom lessons invite students to engage with compassion in context and apply new skills, strategies, and insights to their daily lives.

Course Highlights

- Short videos to model key themes and concepts
- Interactive scenarios help students practice compassion
- Guided classroom discussion

Course Topics

- Defining compassion
- Empathy and perspective taking
- Mindfulness and growth mindset



Character Playbook

Building Healthy Relationships

Grade Level: 7th -9th

Total Lessons: 6 lessons, 20-25 minutes each

Aligns with NHES; CASEL SEL framework



At-a-Glance

Character Playbook is an innovative digital course that uses evidence-informed strategies to educate students on core social and emotional competencies.

Using true-to-life scenarios, students learn concrete strategies for managing their emotions, communicating effectively with others and making responsible and healthy decisions.

Course Highlights

- Guided practice and scenario-based activities with targeted feedback
- National resources for students to dive deeper in specific topics

Course Topics

- Analyzing Influences
- Understanding and Managing Emotions
- Communicating Effectively
- Resolving Conflicts

Honor Code

Beyond Bullying

Grade Level: 8th -10th

Total Lessons: 6 lessons, 10-15 minutes each

Aligns with NHES; CASEL SEL framework



At-a-Glance

Honor Code takes a practical approach to bullying prevention education by providing students with the skills and empowerment they need to affect a positive school culture. Students gain the skills to both positively influence their peers to discourage bullying today and become stronger leaders tomorrow.

Course Highlights

- Interactive scenarios help students practice skills
- Capstone project allows students to put learning into action

Course Topics

- Identifying bullying
- Recognizing leadership potential in oneself
- Developing a sense of resilience
- Contributing to a positive school community

Mental Wellness Basics

Grade Level: 8th-10th

Total Lessons: 4 lessons, 10-15 minutes each

Aligns with K-12 National Health Education Standards (NHES) as well as Common Core Literacy Standards (CCSS).



At-a-Glance

We all must work on maintaining mental health especially during challenging times. This course provides learners with the knowledge and skills necessary to build, maintain and promote positive mental health. By helping all students develop a positive mindset, and normalizing the discussion of mental health concerns, this course reduces stigma and empowers students to help themselves and others.

Course Highlights

- Four interactive modules with videos that promote learning through practice.
- Offline activities that allow teachers and students to extend learning as a class or individually.

Course Topics

- Components that lead to mental health
- Strategies that help you cope with challenges
- Seeking treatment for self and others
- Symptoms and causes of mental disorders

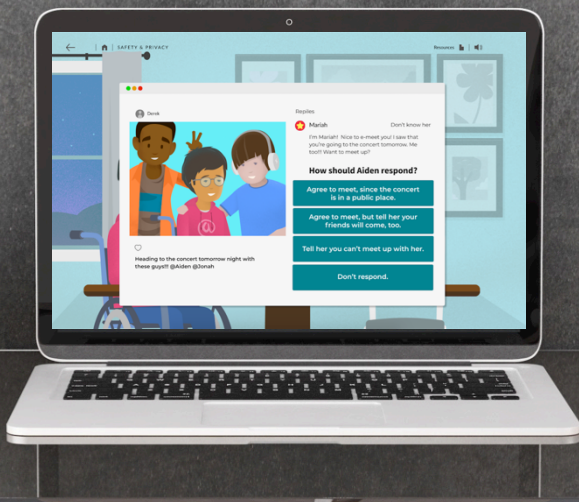
Ignition: Digital Wellness and Safety

Grade Level: 6th -9th

Total Lessons: 6 digital lessons, about 30 minutes each

Aligns with CASEL SEL Framework, CCTC (Common Career Technical Core); ISTE Student Standards

Suggested Class Fit: CTE, Computer Science, Library Science



At-a-Glance

Ignition is a digital literacy and citizenship course dedicated to providing middle school students with the skills they need to safely and confidently navigate the digital world. The course helps students acknowledge the benefits of digital communities and resources while guiding them to successfully navigate potential pitfalls in their digital lives.

Course Highlights

- Interaction scenarios help students practice healthy and safe behavior
- “Digital Tips” help students understand key course objectives
- Guided classroom discussion guides
- Parent Materials

Course Topics

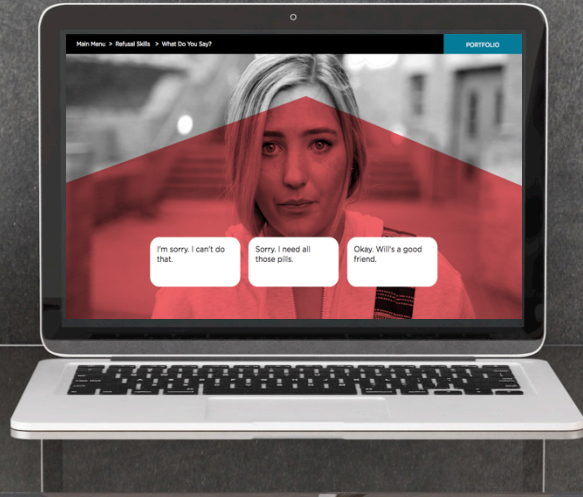
- Digital safety and privacy, including data protection
- Screen time vs. Offline time
- Evaluating digital sources and content
- Managing online connections and communities
- Digital rights and restrictions

Prescription Drug Safety

Grade Level: 9th -12th

Total Lessons: 6 lessons, 10-15 minutes each

Aligns with NHES



At-a-Glance

Prescription Drug Safety is an innovative digital course that arms high school students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. Through interactive scenarios and self-guided activities, students learn the facts about drugs, how to properly use and dispose of them, and how to step in when faced with a situation involving misuse.

Course Highlights

- Evidence-based, universal, public health approach to learning
- Interactive, true-to-life scenarios that reinforce key learning objectives
- Supplemental materials, including curriculum guide and lesson plans

Course Topics

- Opioids, stimulants, and depressants
- The science of addiction
- Misuse refusal skills
- Supporting others

AlcoholEdu for High School

Grade Level: 9th -12th

Total Lessons: 5 lessons, 20-25 minutes each

Aligns with NHES standards



At-a-Glance

Incorporating evidence-based methods and a highly engaging user experience, *AlcoholEdu for High School* takes public health approach to preventing alcohol abuse. From leveraging personal values and goals to resisting peer pressure, students learn to make smart decisions around alcohol.

Course Highlights

- Goal-setting tools & student portfolio
- Pre- and post- behavioral survey data for your school
- Companion parent course

Course Topics

- Peer Pressure
- Underage drinking laws
- Alcohol and the brain & body
- Tips for talking to parents

The background is a solid teal color with a dense pattern of white line-art icons. These icons represent various fields of study: a lightbulb for science, a hand for technology, a globe for earth science, a person's head for psychology, a calculator for mathematics, a microscope for biology, a pencil for art, and a classical building for history. The icons are interconnected by a network of thin white lines, creating a complex, web-like pattern.

STEM

Future Goals - Hockey Scholar Math Edition

Grade Level: 4th -7th

Total Lessons: 6 lessons, 20-25 minutes each

Aligns with Common Core Math Standards, State Academic Standards



At-a-Glance

Hockey Scholar - Math Edition uses the game of hockey to teach students about important but difficult to teach math concepts. Students apply their math skills to real world scenarios in each of 6 lessons that scaffold students through problems of increasing complexity. Students receive tailored feedback along the way, and get an experience they both love and learn from.

Course Highlights

- Utilizes game of hockey to explore real-life STEM concepts
- Bonus STEM career video content

Course Topics

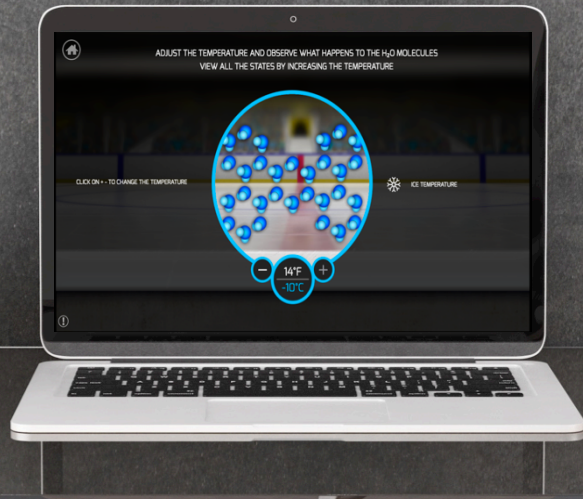
- Data and graphical analysis
- Calculating area
- Distance vs. time
- Coordinate planes

Future Goals - Hockey Scholar Science Edition

Grade Level: 4th -7th

Total Lessons: 6 lessons, 20-25 minutes each

Aligns with Next Generation Science Standards, State Academic Standards



At-a-Glance

Hockey Scholar - Science Edition uses the game of hockey to teach students about important but difficult to teach science concepts. Each of the 6 lessons uses the framework of the Scientific Method to scaffold students through applications of their scientific knowledge to real world scenarios. Self-paced digital activities and interactive content create an experience that students both love and learn from.

Course Highlights

- Utilizes game of hockey to explore real-life STEM concepts
- Bonus STEM career video content

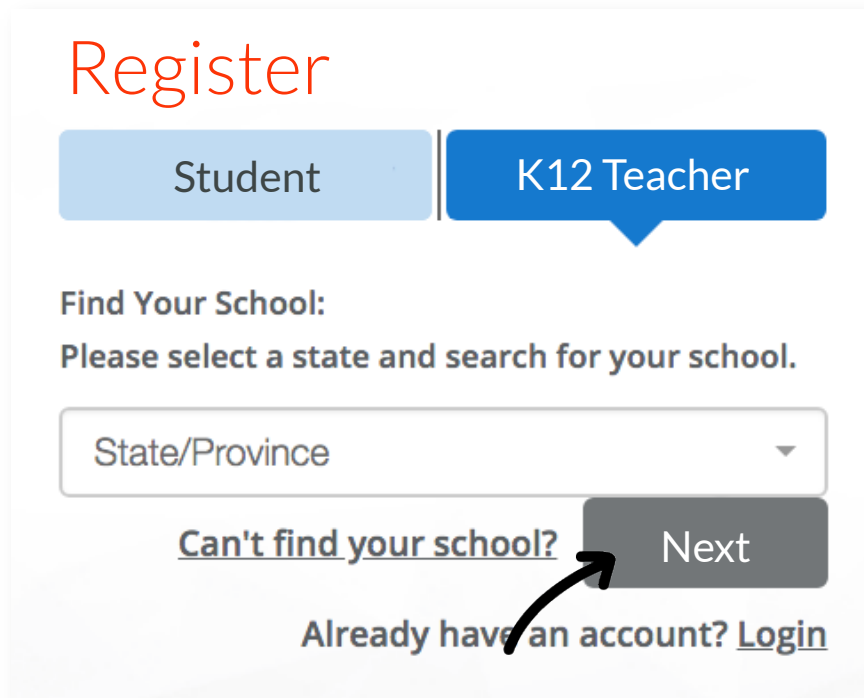
Course Topics

- Experimental variables
- Types of forces
- Body systems
- Kinetic & potential energy

Register

everfi.com/newteacher

- ▶ Find Your State
- ▶ Enter Your School



The screenshot shows the 'Register' page for K12 Teachers. At the top, the word 'Register' is in orange. Below it are two buttons: 'Student' (light blue) and 'K12 Teacher' (dark blue). The 'K12 Teacher' button is highlighted with a speech bubble. Below the buttons, the text 'Find Your School:' is followed by 'Please select a state and search for your school.' There is a dropdown menu labeled 'State/Province'. Below the dropdown, there is a link 'Can't find your school?' and a 'Next' button. A black arrow points from the 'Can't find your school?' link to the 'Next' button. At the bottom, there is a link 'Already have an account? Login'.

Register

Student | K12 Teacher

Find Your School:
Please select a state and search for your school.

State/Province

Can't find your school? Next

Already have an account? Login

Your Profile

- ▶ Complete Your Profile
- ▶ Select a Course
- ▶ Agree to Terms of Service

Register

Student

K12 Teacher

First Name

Last Name

Enter your school email address

Create a Password

Password Confirmation

Show password

Select a course

?

☐

I agree to the terms of service

Next

Creating Your Class Codes

The screenshot displays the EVERFI user interface. At the top, the header includes the EVERFI logo, navigation links for HOME, CATALOG, and SUPPORT, and a user profile for Eric Johnson with a Help icon. A secondary navigation bar contains links for COURSES, CLASSES, STUDENTS, and REPORTS, along with an INVITE A TEACHER button. Below this, an 'Add Course' button is visible. The main content area features two course cards. The first card, 'Financial Literacy for High School, Grades 9-12', is highlighted with a dark blue header. It includes the text 'EVERFI *NEW*', grade levels 'Grade: 10, 11, 12, 9', and subject 'Subject: CTE, Economics, Financial Education, Math'. A black arrow points to the green 'CREATE CLASS' button. To the right of this button are 'VIEW COURSE' and 'RESOURCES' buttons, and a 'REMOVE' link. Below the course title is the 'Course Details' section, which describes the program's goals. The second card, 'Digital Wellness & Safety, Grades 6-9', is partially visible below the first, showing 'Ignition *NEW*', grade levels 'Grade: 6, 7, 8, 9', and similar action buttons.

EVERFI

Help Eric Johnson

HOME CATALOG SUPPORT

INVITE A TEACHER

COURSES CLASSES STUDENTS REPORTS

+ Add Course

Financial Literacy for High School, Grades 9-12

EVERFI *NEW*

Grade: 10, 11, 12, 9
Subject: CTE, Economics, Financial Education, Math

CREATE CLASS VIEW COURSE RESOURCES X REMOVE

Course Details

EVERFI: Financial Literacy for High School is a digital financial education program that teaches students how to make wise financial decisions to promote financial well-being over their lifetime. The interactive lessons will translate complex financial concepts and help students develop actionable strategies for managing their finances. Students will understand the different ways to acquire income, develop a savings and investing plan, create a budget, track expenses, make informed purchases, monitor and protect their money, and navigate financial institutions and financial products.

EVERFI
Supported By

Digital Wellness & Safety, Grades 6-9

Ignition *NEW*

Grade: 6, 7, 8, 9

CREATE CLASS VIEW COURSE RESOURCES X REMOVE

Creating Your Class Codes

The screenshot displays the EVERFI teacher dashboard. A modal window titled "Registration Code" is open in the center. The modal contains three sections for creating registration codes:

- Registration Code for All Courses:** A text input field contains the code "5aeb1962", followed by a "Copy" button. Below this, a note states: "Students who register using this code will see all courses in this class".
- Hide Registration Code for Individual Courses:** A link with this text is present, followed by a note: "Students who register using individual registration codes will only see one course".
- Registration Code for Endeavor:** A text input field contains the code "584f60b0", followed by a "Copy" button.
- Registration Code for EVERFI *NEW*:** A text input field contains the code "fd0a1cd3", followed by a "Copy" button.

The background interface includes a top navigation bar with "HOME", "CATALOG", and "SUPPORT" links. A "Create Class" button is visible on the left. The user's name "Eric Johnson" and a "Help" icon are in the top right. A "Show All Classes" dropdown is also present. At the bottom left, a URL is visible: <https://platform.everfi-staging.net/teacher/classes#>.

Viewing Created Classes

EVERFI

Help Eric Johnson

HOME CATALOG SUPPORT

INVOKE A TEACHER

COURSES CLASSES STUDENTS REPORTS

Create Class

All Courses Show All Classes

Eric's Homeroom Advisory 2

Courses: Endeavor, EVERFI *NEW*

REGISTRATION CODE Edit Hide

Students

Eric's Homeroom Advisory

Courses: Endeavor, EVERFI *NEW*

REGISTRATION CODE Edit Hide

Students

Dive Into the Course Experience

[HOME](#) [CATALOG](#) [SUPPORT](#) [INVITE A TEACHER](#)

[COURSES](#) [CLASSES](#) [STUDENTS](#) [REPORTS](#)

[+ Add Course](#)

Financial Literacy for High School, Grades 9-12

EVERFI - Classic

Grade: 9, 10, 11, 12
Subject: Economics, Math, CTE

EVERFI
Supported By

[CREATE CLASS](#) [VIEW COURSE](#) [RESOURCES](#) [X REMOVE](#)

Course Details

Teach students about banking, budgeting, saving, FAFSA and investing. (A newer version of this course is available.)

View Teacher Resources

The screenshot displays the EVERFI Teacher Resources interface. A central modal window titled "Resources" lists various teaching materials. The background shows two course cards: "The Compassion Project" (Grade: 2, 3, 4; Subject: ELA, Morning Meeting) and "FutureSmart" (Grade: 6, 7, 8; Subject: Business, Economics, Social Studies). Both courses are supported by the "Palace" logo. The top right of the interface includes a "Help" icon and the user name "Cory Benavente".

Resources

- ☒ Reflection Questions
- ☒ Glossary
- ☒ Module 4: Investing in You - Lesson Plan
- ☒ Standards Alignment
- ☒ Module 3: Ways to Pay - Transaction Type Worksheet
- ☒ Module 2: Smart Shopping - Celebration Budget Worksheet
- ☒ Curriculum Guide
- ☒ Course Outline
- ☒ Module 1: Welcome Mayor! - Lesson Plan
- ☒ Module 4: Investing in You - College and Career Planning Worksheet
- ☒ Module 4: Investing in You - Assessment Answer Key
- ☒ Module 5: Growing a Business - Lesson Plan
- ☒ Module 5: Growing a Business - Building a Business

The Compassion Project
Grade: 2, 3, 4
Subject: ELA, Morning Meeting
Supported By: Palace

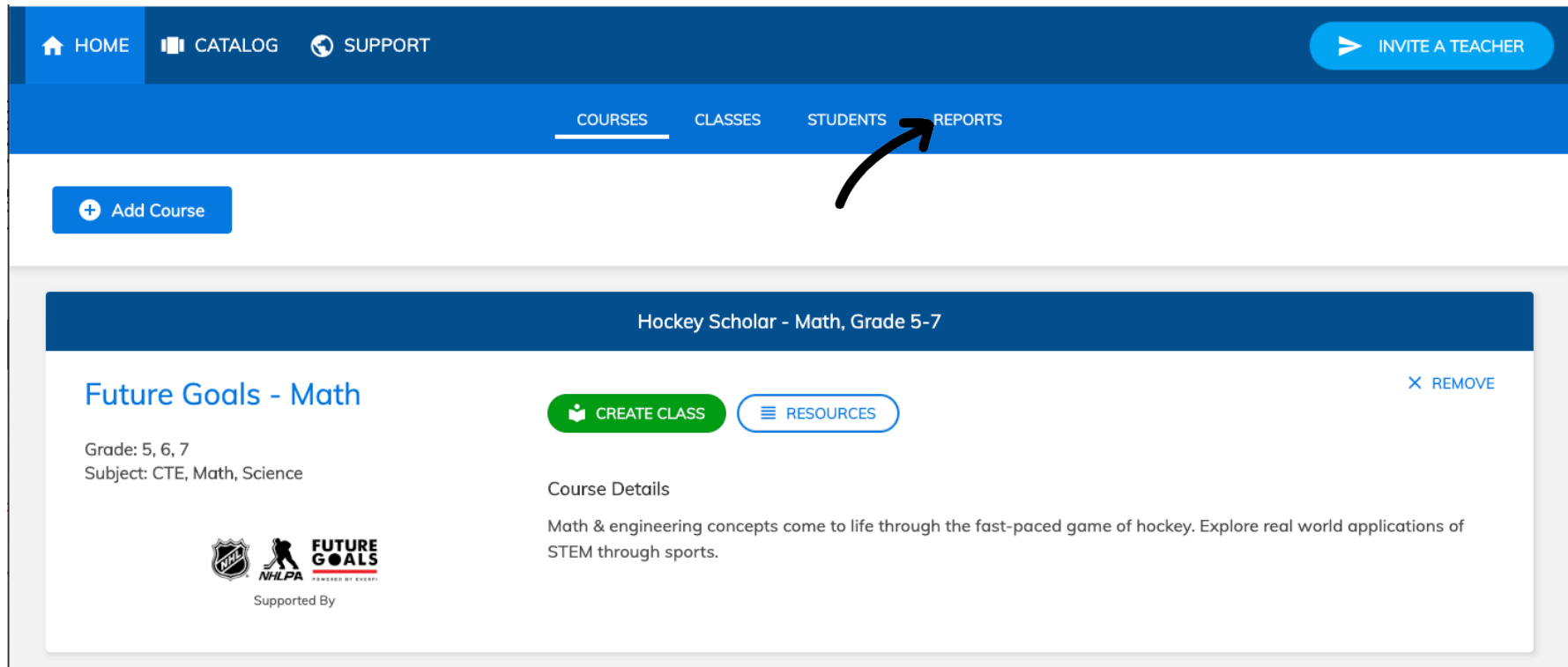
FutureSmart
Grade: 6, 7, 8
Subject: Business, Economics, Social Studies
Supported By: Palace

Help Cory Benavente

REMOVE REMOVE

EVERFI

Viewing Student Progress



The screenshot displays the EverFI user interface. At the top, a dark blue navigation bar contains links for HOME, CATALOG, and SUPPORT, along with an 'INVITE A TEACHER' button. Below this is a blue secondary navigation bar with tabs for COURSES, CLASSES, STUDENTS, and REPORTS. A black arrow points to the 'REPORTS' tab. On the left side of the main content area, there is a blue button labeled '+ Add Course'. The main content area features a course card for 'Hockey Scholar - Math, Grade 5-7'. This card has a dark blue header and contains the title 'Future Goals - Math', a 'Grade: 5, 6, 7' and 'Subject: CTE, Math, Science' description, and logos for NHL and NHLPA. To the right of the title are buttons for 'CREATE CLASS' and 'RESOURCES', and a link to 'REMOVE'. Below the title, the 'Course Details' section describes the course as exploring real-world applications of STEM through sports.

HOME CATALOG SUPPORT INVITE A TEACHER

COURSES CLASSES STUDENTS **REPORTS**

+ Add Course

Hockey Scholar - Math, Grade 5-7

Future Goals - Math X REMOVE

Grade: 5, 6, 7
Subject: CTE, Math, Science

CREATE CLASS RESOURCES

Course Details

Math & engineering concepts come to life through the fast-paced game of hockey. Explore real world applications of STEM through sports.

NHL NHLPA FUTURE GOALS
POWERED BY EVERFI
Supported By

Viewing Student Progress

HOME

CATALOG

SUPPORT

INVOKE A TEACHER

COURSESCLASSESSTUDENTSREPORTS

Report

Ignition *NEW*

EVERFI *NEW*

Keys To Your Future

The Compassion Project

FutureSmart

306

All EVERFI *NEW* ClassesCertified and Not Certifiede Hidden StudentsThis Year

Search by Name

Showing 1 to 2 of 2 entries

Previous1Next

Save as CSV

Details	First Name	Last Name	Login	Banking Basics	Banking Basics	Budgeting	m05-a05-p02	m05-a07	Income and Em...	Credit and Debt	Certified
View	Justin	Windholtz	cbenavente+l...								NO
View	Roshi	Razavi	cbenavente+t...								NO

View the EVERFI Course Catalog

HOME

CATALOG

HOME

CATALOG

SUPPORT


INVOKE A TEACHER

+

 Add Course

Future Goals

Grade: 5, 6, 7
Subject: CTE, Math, S



Featured



Ignition *NEW*

+ ADD

Grade: 6, 7, 8, 9
Subject: CTE, Social Studies

EVERFI

Supported By



EVERFI *NEW*

✓ ADDED

Grade: 9, 10, 11, 12
Subject: Economics, Math, CTE

EVERFI

Supported By

Recently Updated

Digital Wellness & Safety, Grades 6-9

Ignition *NEW*

+ ADD

Grade: 6, 7, 8, 9
Subject: CTE, Social Studies

Teach modern digital health concepts like digital emotional intelligence, digital dependency, and evaluating content for accuracy & perspective.

EVERFI

Supported By

Financial Literacy for High School, Grades 9-12

EVERFI *NEW*

✓ ADDED

Grade: 9, 10, 11, 12
Subject: Economics, Math, CTE

Updated and gamified - Students develop a savings and investing plan, create a budget, track expenses, and make informed financial decisions.

EVERFI

Supported By

College and Career Readiness, Grade 9-12

Keys To Your Future

✓ ADDED

Grade: 12, 9, 10, 11
Subject: Advisory Period, Counseling, CTE, Social Studies

Empower students to make informed, goal-oriented decisions about their futures whether preparing for higher-education or embarking on a career.

UBS Financial Education Program

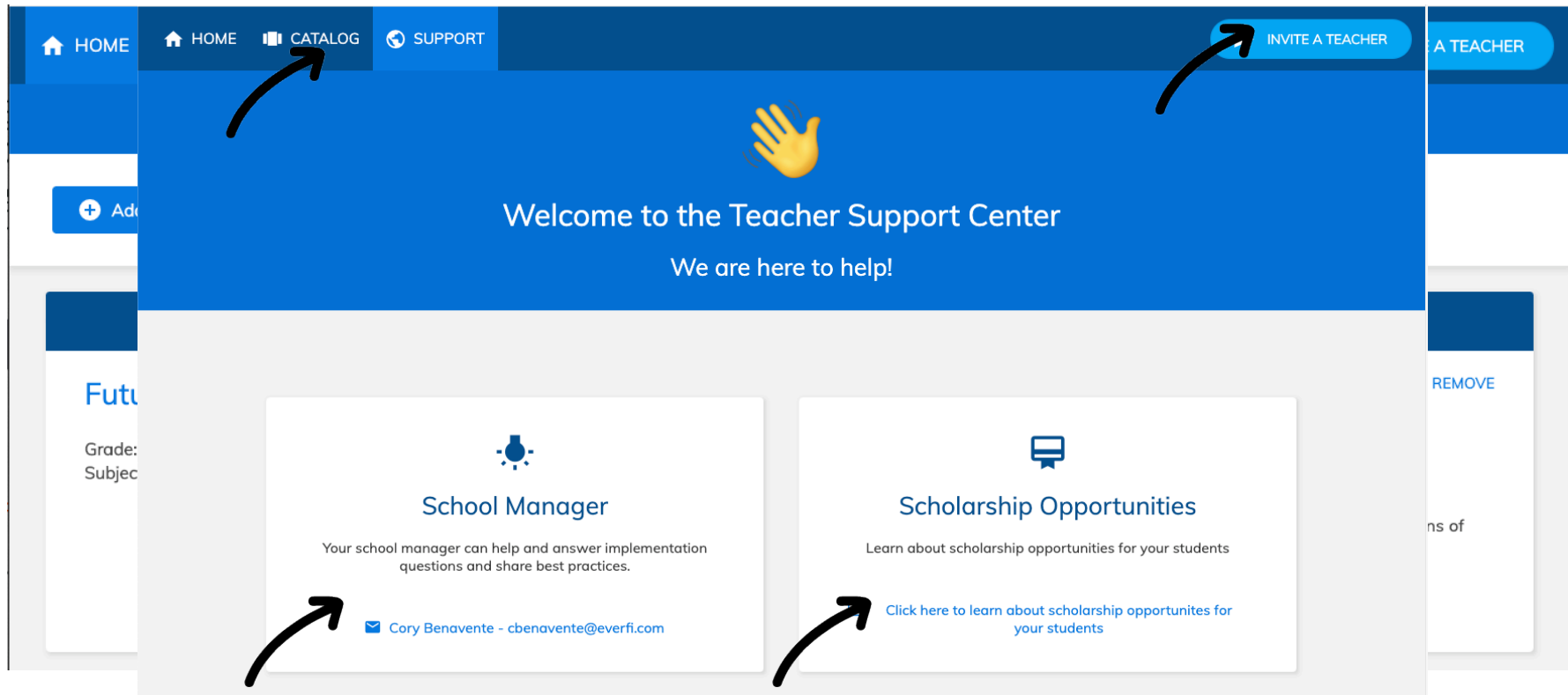
Supported By

X REMOVE

d applications of

EVERFI

Navigating Your Home Screen



Student Registration

everfi.com/register

- ▶ Enter Course Code

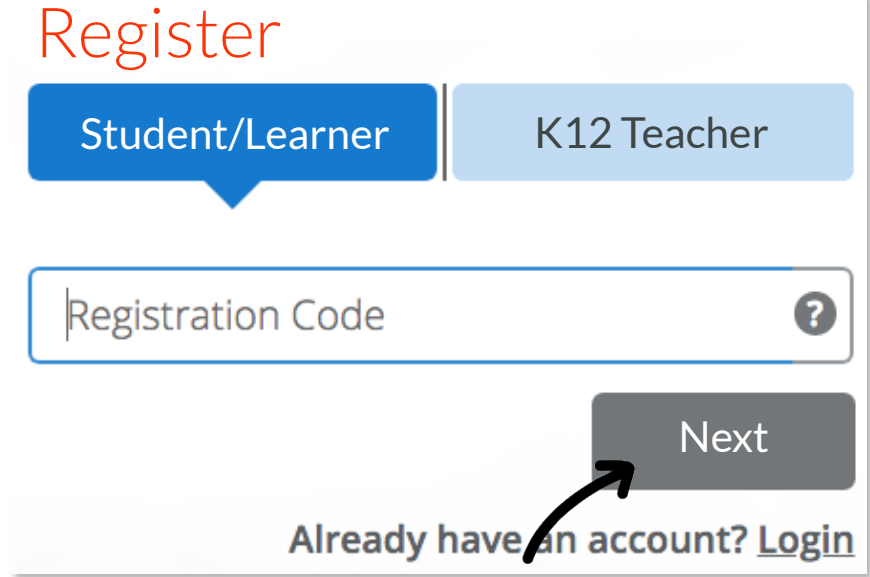
Register

Student/Learner | K12 Teacher

Registration Code ?

Next

Already have an account? [Login](#)



Student Profile

- ▶ Enter Birthdate
- ▶ Complete Profile
 - Unique Username
 - Password
 - 6 characters
 - 1 special character or number
- ▶ Agree to Terms of Service

The screenshot shows a registration form titled "Register" in red. There are two tabs: "Student/Learner" (active, blue) and "K12 Teacher" (light blue). The form includes the following fields and options:

- Birthdate:** Three dropdown menus for "Month", "Day", and "Year".
- First Name:** Text input field.
- Last Name:** Text input field.
- Email Address (optional):** Text input field.
- Username:** Text input field with a help icon (?) on the right.
- Create a Password:** Text input field.
- Retype Password:** Text input field.
- ☐ Show password
- ☐ I agree to the [terms of service](#)
- Next:** A dark grey button with white text, indicated by a black arrow.
- Already have an account? [Login](#)**



Thank you!

Allen Prendergast
aprendergast@everfi.com

Ariana Minella
aminella@everfi.com

Video Links

Elementary School

Healthier Me - Elementary School

<https://vimeo.com/243371182>

The Compassion Project

<https://vimeo.com/309172397>

Summer Slugger

<https://vimeo.com/203036092>

Future Goals: Hockey Scholar

<https://vimeo.com/132331177>

Vault: Understanding Money

<https://vimeo.com/128880647>

Middle School

Ignition: Digital Literacy & Responsibility *Classic*

<https://vimeo.com/104105567>

Healthier Me - Middle School | No Middle School specific video

Character Playbook

<https://vimeo.com/171117502>

FutureSmart

<https://vimeo.com/238947908>

Endeavor: STEM Career Exploration

<https://vimeo.com/240829123>

Honor Code: Bullying Prevention

<https://vimeo.com/327315399>

High School

Venture: Entrepreneurial Expedition:

<https://vimeo.com/84633870>

Mental Wellness Basics | Video to come

AlcoholEdu: <https://vimeo.com/210326382>

Prescription Drug Safety:

<https://vimeo.com/230963291>

306: African American History:

<https://vimeo.com/87870600>

EVERFI: Financial Literacy *Classic*

<https://vimeo.com/103535489>

Marketplaces:

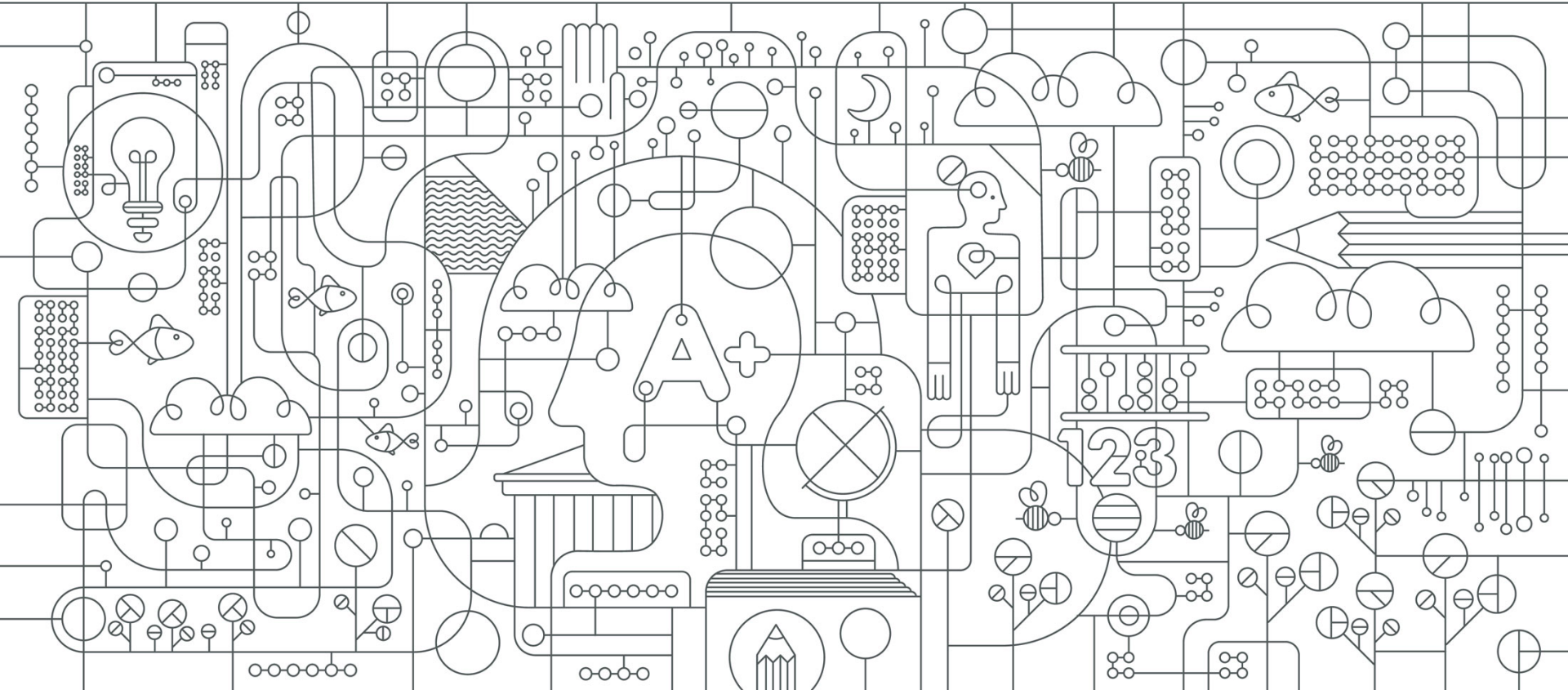
<https://vimeo.com/294677936>

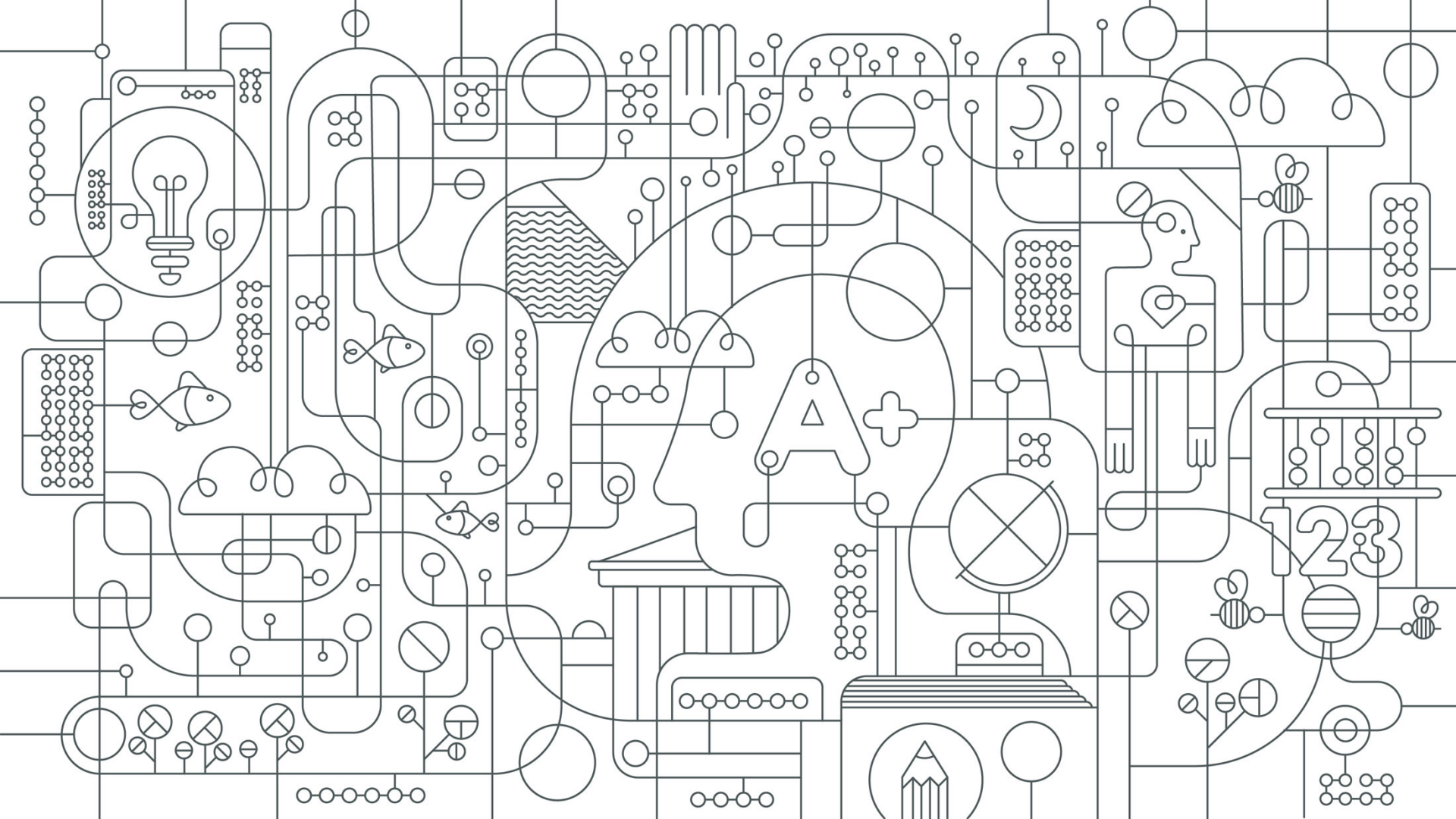
Keys To Your Future | Video to Come



Resource Demo Video

Transition Slide





Color Transition Slide



Subject Matter Expert



Dr. Larry Rosen

- Professor Emeritus and Past Chair of the Psychology Department, California State University, Dominguez Hills
- Author of seven books including *The Distracted Mind: Ancient Brains in a High Tech World* and *Rewired: Understanding the iGeneration and How They Learn*
- For the past 30 years, has studied reactions to technology, and its impact upon the brain, among more than 70,000 people

<https://drlarryrosen.com/>