



## ENHANCING

**71%** of Alberta teachers say educational technology enhances inquiry-based learning.



Teachers use digital technologies most often to



provide access to a variety of learning resources.



enable communication with parents.



determine teaching resources and materials for students who have a variety of learning needs.

## DISTRACTING

### MULTI-TASKING STUDENTS

**76%** of teachers frequently or very frequently observe students multi-tasking with technology.



### DISTRACTED STUDENTS

**67%** of Alberta teachers say that the number of students who are negatively distracted by digital technologies in the classroom is growing.



**3 out of 4** teachers believe students' ability to focus on educational tasks has decreased.

### DISTRACTED TEACHERS

But it's not just students who are distracted by technology.



**More than half** of Alberta teachers feel that digital technologies are a negative distraction in their own lives.



“ I see youth who used to go outside at lunch break and engage in physical activity and socialization. Today, many of our students sit all lunch hour and play on their personal devices. ”

— Junior high teacher

# CONNECTING

## WHAT DIGITAL ACTIVITIES ARE STUDENTS TALKING ABOUT THE MOST?



**#1**  
Playing video games



**#2**  
Watching videos online



**#3**  
Using social media  
(Instagram, Snapchat, Facebook)

## READINESS TO LEARN



**66%** of Alberta teachers are observing students coming to school tired, and their ability to focus has declined.



**62%** of teachers say that students' ability to bounce back from adversity has decreased.

“ I believe children are becoming passive learners; they don't know how to figure things out or think on their own. They come to school with less and less reading readiness. Many have [issues with] fine motor skills and do not know how to properly hold a pencil, scissors, or use crayons. ”

— Elementary school teacher

## EMPATHY AND CYBERBULLYING

“ I see how many kids are 'ruled' by their use of technology. I also see how technology is used for bullying purposes regularly. If this is our reality, then why is the push for technology in schools increasing? ”

— High school principal

**56%**

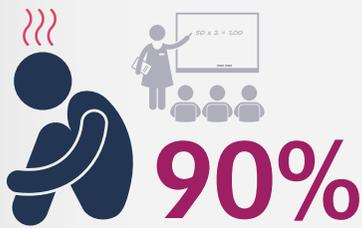
of teachers say that the number of students who have discussed being cyberbullied has increased.



# DISCONNECTING

Alberta teachers have observed dramatic changes in their student populations over the past three to five years.

## EMOTIONAL AND SOCIAL CHALLENGES



**90%**  
of teachers say that the number of students with emotional challenges has increased.



**86%**  
of teachers say that the number of students with social challenges has increased.

**85%**

of teachers say that the number of students who need behaviour support has increased.



“ Is a student's increasing online presence decreasing real-world satisfaction and positive peer-to-peer interaction? ”

— Elementary school teacher

## MOOD DISORDERS

**3 out of 4** teachers say that the number of students with cognitive challenges has increased.

PERCENT OF TEACHERS WHO REPORTED AN INCREASE IN THE FOLLOWING DIAGNOSED DISORDERS IN THEIR STUDENT POPULATIONS:

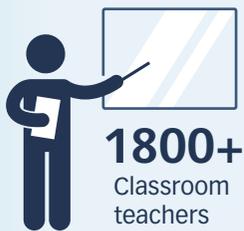


**ANXIETY DISORDER 85%**

**DEPRESSION 73%**

## GUD SURVEY PARTICIPANTS

2272 survey participants were randomly selected from Alberta's K-12 teachers and principals.



Source: <http://bit.ly/promise1214>

## Growing Up Digital (GUD) Alberta

Growing Up Digital (GUD) Alberta is a collaborative research project that examines the scope of the physical, mental and social consequences of digital technologies on Alberta's children and youth.

**For more information about this research study, please contact**

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### PARTNERS

