

1. Webinar 18 november (in Dutch) About the impact of smartphone usage on teenagers' wellbeing
2. Webinar 20 november (in Dutch) 'Adolescents, if you understand them they are quite fun!'
3. 20-20-2 that saves eyes
4. Ventilation in autumn and winter

## 1. Online ouderavond 18 november (for parents of teenagers 10-16 year, in Dutch)

You can register via the QR code or [Inschrijving webinar 'Liever m'n pink kwijt dan m'n telefoon'](#)

The webinar is about the impact of smartphone usage on teenagers' wellbeing

Team Gezonde School van GGD Kennemerland organiseert:

# 'LIEVER M'N PINK KWIJT DAN M'N TELEFOON'

*Een online ouderavond over de invloed van de smartphone op het welzijn van tieners*

Je komt ze overal tegen, op straat, in de trein, maar ook thuis op de bank: de telefoonzombie. Met de smartphone als inmiddels onmisbaar extra ledemaat. Alle ouders zien de grote aantrekkingskracht van de telefoon op hun kinderen en de gevolgen daarvan.

De invloed van de smartphone op de mentale gezondheid van jongeren is wereldwijd onderwerp van gesprek. Wat is nou precies deze link? Welke kinderen lopen meer risico? En hoe doe je het goed als ouder? Aldoor gekibbel in huis over schermtijd is geen feest, en je wilt je tiener ook niet de leuke dingen van de telefoon afpakken.

Dr. Justine Pardoën scheidt op deze online ouderavond feit van fictie en angst van gezond verstand. Zodat je als ouder bewuster je eigen keuzes kunt maken en beter in gesprek kunt met je tiener.



Aanmelden kan hier  
of via de QR-code:



**18 november  
19.30-20.30**

**Voor ouders  
van tieners  
10-16 jr**

Dr. Justine Pardoën leidt  
Bureau Jeugd & Media. Ze  
houdt zich al meer dan 20  
jaar bezig met  
mediaopvoeding.

Vragen? Mail [marjolein.klant@vrk.nl](mailto:marjolein.klant@vrk.nl)

## 2. Webinar 'Adolescents, if you understand them they are quite fun!' (In Dutch)

A journey through puberty and the adolescent brain.

**Date:** Wednesday 20 November 19:30 - 20:15

**For whom:** parents and carers of adolescents

**Register:** <https://ggd-west-brabant.webinargeek.com/pubers-als-je-begrijpt-zijn-ze-best-leuk?cst=ggd-kennemerland>



Do you ever feel that no matter what you do, discussions keep arising with your adolescent? Are you curious about how an adolescent thinks and where this comes from? Would you like to understand your adolescent better? Then sign up for this webinar.

Yfke van Kammen, Jolanda de Jong and Maarten Sorge are youth nurses and will take you on a journey through puberty and the adolescent brain. You will get practical tips to better understand your adolescent.

This webinar is an initiative of CJG Rijnmond, GGD Drenthe, GGD Hart voor Brabant, GGD IJsselland, GGD Kennemerland, GGD Regio Utrecht, Yuniö Jeugdgezondheidszorg, GGD West-Brabant and GGD Zaanstreek-Waterland.



3.

## 20-20-2 That saves eyes!

The proven 20-20-2 rule is a simple but effective way to prevent myopia (myopia) or reduce its degree.

Myopia, where you have trouble seeing things sharply in the distance, is increasing rapidly worldwide. In the Netherlands, 50% of young people now suffer from it. This is because the eye grows too long, which can lead to serious eye diseases later in life. Glasses or contact lenses do not always solve this problem, especially in the long term. The growth of the eye is influenced by our behaviour, which is why the **20-20-2 rule** is so effective.

### What is the 20-20-2 rule?

- After 20 minutes of looking close (as on your screen);
- 20 seconds of looking into the distance;
- Being outside for at least 2 hours a day.

These simple habits can help limit eye growth and reduce the risk of serious complications later in life.

It is important to apply the rule from an early age until about 25 years, as the eye grows during that period.

Click on the link) to learn more about myopia, (in Dutch) how to treat it and what the consequences may be later in life. [Bijziendheid \(myopie\) - Oogfonds](#)



#### 4. Ventilation in autumn and winter



As the days get cooler, the windows and doors are bound to open less often. This is not so healthy because the air inside is not as clean as the air outside. Good ventilation is therefore important. Dirty air can cause health problems.

That is why it is important to open windows for at least 15 minutes every day. Always leave window grilles open to allow fresh air into the room 24 hours a day. If there are no grilles, you can leave a window ajar. If there is mechanical ventilation it should never be turned off. More useful tips (in Dutch); look here: [Goed ventileren \(ggdleefomgeving.nl\)](https://ggdleefomgeving.nl)