



Matt Miles

Teacher, Coach and Author of “Screen Schooled, How Technology Overuse is Making Our Children Dumber”

Matt's 2017 book, *Screen Schooled, How Technology Overuse is Making Our Children Dumber*, drew on his experiences as an award-winning teacher and coach in Northern Virginia for the last 16 years. Over that time, he has taught psychology, sports psychology, government, political science, and world history. He's also worked as a high school football coach. He has taught a wide range of students, including in special education, English language learner, honors, and advanced placement settings. He and his wife Didi have two wonderful elementary aged kids. Matt has been a critic of screen overuse and its intrusion into schools for the last seven years. His work has been featured in seven countries spanning three continents. He's been featured on NPR, the Washington Post, Psychology Today, Fox News, and even on the floor of the House of Lords.