

# GAIA BERNSTEIN

Seton Hall University School of Law  
One Newark Center, Newark, NJ 07102  
Tel: 973.642.8494  
[gaiabernstein@shu.edu](mailto:gaiabernstein@shu.edu)  
Website: <https://gaiabernstein.com/>

## RESEARCH INTERESTS

■ Law and Technology ■ Addictive Technologies ■ Artificial Intelligence  
Regulation ■ Social Media Regulation ■ Information Privacy Law ■ Health law  
and technology

## COURSES

■ Introduction to Intellectual Property ■ Copyright ■ Information Privacy Law ■  
Law and the Technologies of Life ■ Property ■ Health Privacy ■ Patent Law ■ Law  
and Genetics ■ Law and the Technologies of Life and Death

## **ACADEMIC APPOINTMENTS**

*Brookings Institution*

## 2025-2026 Visiting Fellow

*Seton Hall University School of Law*

2020-present. Professor of Technology, Privacy and Policy

2016-present Founder and Co-Director of the Seton Hall Institute for Privacy Protection

- ***School Outreach Program:*** Created and spearheaded program for children and parents on privacy and technology overuse. Program received national recognition and was featured by the Washington Post, CBS Morning News and Common-Sense Media

2015-present Co-Director of the Gibbons Institute of Law Science and Technology

2015-2020	Michael J. Zimmer Professor of Law
2009-2015	Professor of Law and Margaret Gilhooley Research fellow
2004-2009	Associate Professor of Law

### ***Cardozo Law School***

2022-2023	Visiting Professor of Law
-----------	---------------------------

### ***New York University School of Law***

2001-2004	Fellow at the Information Law Institute
2001-2003	Donald Brown Fellow at the Engelberg Center for Innovation Law & Policy

### **HONORS AND GRANTS**

2026	Rockefeller Foundation's Bellagio Residency
2025	Iconic Women Award, Women Economic Forum, Poland
2024	University Merit Award
2023-2024	Law School Researcher of the Year
2020-present	Professor of Technology, Privacy and Policy
2015-2020	Michael J. Zimmer Professor of Law
2009-2015	Seton Hall University School of Law, Margaret Gilhooley Research Fellowship
2010-2011	Nominated for Professor of the Year
2010-2009	Nominated for Professor of the Year
2009	Selected to the Stanford-Yale Junior Faculty Forum
2007-2008	Nominated for Professor of the Year
2000-2004	Full merit-based stipend, New York University school of Law
1994-1995	Edward F. Hennessey Scholar, Boston University School of Law

### **PUBLICATIONS AND FORTHCOMING WORKS**

#### **BOOK**

- TECHNOLOGIES OF LONELINESS (book project in progress)
- UNWIRED: GAINING CONTROL OVER ADDICTIVE TECHNOLOGIES (Cambridge University Press 2023)

- Selected by the Association of American Publishers (AAP) as a finalist for the PROSE award in Legal Studies and Criminology
- Selected as a [Next Big Idea Must Read Book](#)
- Selected as a finalist for the International Book Awards in General Non-Fiction
- Selected by the American Book Fest as a finalist for the 2023 Best Book Awards in the Business-Technology
- Selected by the Association of University Presses for the 2023 University Press Week Gallery
- Selected by [Teach Privacy](#) and [Privacy + Security Academy](#) as a Notable Privacy and Security Book of 2023
- Excerpted in *Wired Magazine*, “[Technology Addiction Has Created a Self-Help Trap.](#)”
- Excerpted in *Time Magazine*, “[Chat GPT is the Wake-Up Call Schools need to Limit Tech in the Classroom.](#)”
- Excerpted in *Fast Magazine*, “[Self Help – And Self Blame – Won’t Fix the Tech Addiction Problem.](#)”
- Featured in the *Boston Globe*, Yvonne Abraham, “[Screen Addiction? Don’t Feel Bad, Feel Angry.](#)”
- Recommended on the [Ezra Klein Show](#), New York Times,
- [48\(3\) SEATTLE LAW REVIEW 2025](#) - symposium volume dedicated to Unwired.
- Featured in Bloomberg Business Week Podcast, Doug Kriz and Jess Menton, [What to Do About Society’s Technology Problem.](#)
- Featured in *Tech Policy*, Justin Hendrix “[Gaia Bernstein on Gaining Control over Addictive Technologies](#), April 2<sup>nd</sup>, 2023
- Featured in *In Conversation with Andrew Keen - Keen on*, [Gaia Bernstein on How to Gain Control over Addictive Technologies](#)

- “Bernstein skewers the tech industry... in her damning debut... This trenchant clarion call rings loud and clear.” – *Publisher’s Weekly*
- “Mixing expertise and passion [Unwired] sets an agenda to rein in the tech behemoths that have run rampant for years.” – *Kirkus Reviews*
- “Unwired is neither a screen-junkie confessional nor a recovery handbook. Bernstein regards framing the issue as ultimately one of self-control as part of the problem.... Bernstein is shrewd about the political maneuvers and public relations options available to industries challenged for doing harm to the general welfare.” – *Inside Higher Education*
- Unwired is not, and does not aspire to be, a comprehensive account of the screen-addiction phenomenon. It exists to be used: an agenda for social change through legal action. It is a knife, not a brush. But it’ll be of much more than academic value to those of us whose parenting years were overshadowed by feelings of guilt, frustration and anxiety, as we fought our hopeless battles, and lost our children to TikTok and Fortnite.” – *The New Statesman*
- Unwired is a compelling, accessible, and vital intervention into the overuse of technology. Instead of offering overly simplistic self-help strategies that are doomed to fail, Professor Bernstein rightly targets the manipulative design of technologies and the need for us to work together to hold the tech industry accountable. This book vividly blends personal stories with the latest research and lessons from history to paint a clear picture of our struggle with screens and what it’s going to take to improve things. Everyone should read this book.” **Woodrow Hartzog**, Professor of Law at Boston University and author of *‘Privacy’s Blueprint: The Battle to Control the Design of New Technologies’*
- “In this important and powerful book, Gaia Bernstein shows us how to reclaim our power and our humanity from the Big Tech cartel that have intentionally addicted us to their devices and platforms.” **Nicholas Kardaras**, PhD, Author of *‘Glow Kids and Digital Madness’*
- “Gaia Bernstein’s Unwired offers a compelling roadmap for tackling one of our most pressing problems: the irresistible pull of technology. Over the course of our lives, we and our children will spend between fifteen and twenty years glued to our screens. As Bernstein shows, though, there are regulatory remedies at hand to help us retain our time and our wellbeing.” **Adam Alter**, Professor of Marketing and Psychology, NYU Stern School of Business, author of *‘Irresistible and Drunk Tank Pink.’*
- Inviting and intelligent, Gaia Bernstein’s extraordinary book masterfully combines honest personal reflections about her experiences with the creep of digital tech

together with a sobering academic account of our collective public struggles to deal with technologies designed to addict, manipulate, and even control our behavior. Throughout, Bernstein maintains a can-do attitude that inspires change.” **Brett Frischmann**, The Charles Widger Endowed University Professor in Law, Business and Economics, Villanova University School of Law.

- “Unwired is a powerful rejoinder to voices that would seek to minimize the threat technological manipulation poses to human freedom. But Gaia Bernstein goes beyond a mere accounting of the harms and proposes systemic changes that can help us take back control. Comprehensive in its scope and clear-eyed in its analysis, Unwired is an indispensable guide to the landscape of digital technology reform. Anyone who cares about the future of technology should read this book.” **James Williams**, *author of ‘Stand Out of Our Light.’*

## **ARTICLES**

- *The Movement to Protect Kids from Addictive Technologies* (invited Keynote Speech as part of a symposium on UNWIRED: GAINING CONTROL OVER ADDICTIVE TECHNOLOGIES, 48(3) SEATTLE UNIVERSITY LAW REVIEW 613 (2025))
- *Gatekeeping Screen Time: Configuring the Regulation of Addictive Technologies and Kids’ Privacy Rights* 69 VILLANOVA LAW REVIEW 949 (2024) (invited symposium piece)
  - Reviewed by the University of Pennsylvania’s Regulatory Review
- *A Window of Opportunity to Regulate Addictive Technologies*, 2002 WISCONSIN LAW REVIEW FORWARD 64 (invited essay)
  - Reviewed by the University of Pennsylvania’s Regulatory Review
- *The End User’s Predicament: Standing to Sue in Patent Litigation*, 96 BOSTON UNIVERSITY SCHOOL OF LAW 1929 (2016)
  - Selected for Plenary Presentation at PatCon6
- *Incentivizing the Ordinary User* 66 FLORIDA LAW REVIEW 1275 (2015)
  - Selected for Plenary Presentation at the Intellectual Property Scholars Conference (IPSC)
- *The Rise of the End User in Patent Litigation*, 55 BOSTON COLLEGE LAW REVIEW 1443 (2014)
  - Published with a response by Professor Brian Love, *Inter Partes Review as a Shield for Technology Purchasers: A Response to Gaia Bernstein’s The Rise of the End User in Patent Litigation*, 56 BOSTON COLLEGE LAW REVIEW 1075 (2015)

- Selected for the ABA-IPL First Intellectual Property Scholarship Symposium at the 29th ABA Annual Intellectual Property Conference.
- Cited by the Federal Circuit in *Akamai Technologies v. Limelight Networks*, 786 F. 3d 899 (2015 Fed. Cir.).
- *The Rise of the End User in Patent Litigation and Attorney Fee Shifting*, 3(2) NTUT J. OF INTELL. PROP. L. & MGMT. 199 (2014)
- *Unintended Consequences: Prohibitions on Gamete Donor Anonymity and the Fragile Practice of Surrogacy* 10 INDIANA HEALTH LAW REVIEW 291 (Symposium) (2013)
- *Over-Parenting* 44 U.C. DAVIS LAW REVIEW 1221 (2011) (with Zvi Triger)
  - Featured in the New York Times, Forbes, ABC News, ABA Journal Magazine, ABA Journal Website, Psychology Today, Israel's National Radio, Time-Out Tel Aviv and Yediot's 7 Days
- *In the Shadow of Innovation* 31 CARDOZO LAW REVIEW 2257 (2010)

Selected to:

- Stanford-Yale Junior Faculty Forum
- Junior Professors May Gathering, Virginia Law School
- Junior-Senior Scholars Intellectual Property and Communications Workshop, Michigan State University School of Law
- *Regulating Reproductive Technologies: Timing, Uncertainty and Donor Anonymity*, 90 BOSTON UNIVERSITY LAW REVIEW 1189 (2010)
- *Direct to Consumer Genetic Testing: Gatekeeping the Production of Genetic Information* 79 UMKC LAW REVIEW 1 (2010) (symposium)
- *The Role of Diffusion Characteristics in Formulating a General Theory of Law and Technology*, 8 MINNESOTA JOURNAL OF LAW SCIENCE AND TECHNOLOGY 623 (2007) (symposium)
- *Toward a General Theory of Law and Technology: Symposium Introduction*, 8 MINNESOTA JOURNAL OF SCIENCE LAW AND TECHNOLOGY 441 (2007)
- *The Paradoxes of Technological Diffusion: Genetic Discrimination and Internet Privacy*, 39 CONNECTICUT LAW REVIEW 241 (2006)
- *When New Technologies are Still New: Windows of Opportunity for Privacy Protection* 51 VILLANOVA LAW REVIEW 921 (2006) (symposium)

- *Information Technologies and Identity* COMPUTER LAW REVIEW INTERNATIONAL 1 (2005)
- *Accommodating Technological Innovation: Identity, Genetic Testing and the Internet*, 57 VANDERBILT LAW REVIEW 965 (2004)
- *The Socio-Legal Acceptance of New Technologies: A Close Look at Artificial Insemination* 77(4) WASHINGTON LAW REVIEW 1035 (2002)

## **COMMENTARIES**

- *Why AI Companions Need Public Health Regulation, Not Tech Oversight*, Brookings Institution, December 16, 2025
- *Why is the House Caving to Tech Lobbyists Instead of Protecting Children*, The Hill, October 22, 2024
- *California is Right: Addictive Take Design is Not Free Speech*, The Hill, October 24, 2023

## **TEDx TALK**

[Should Big Tech be Held Responsible for Screen Time?](#) TEDx Reno, 2024

## **RECENT SELECTED CONFERENCE PRESENTATIONS AND INVITED TALKS**

- Presenter, Human Change House, World Economic Forum, Davos, January 2026
- Annual Fall Lecture, AI Companions and the Crisis of Human Connection, IPIL, University of Houston, November 2025
- Keynote Speaker, The Economy of Loneliness, Women Economic Forum, Warsaw, Poland, October 2025
- Spotlight Lecture, The AI Companion Crisis: A Public Health Case for Protecting Human Connection. Lazarski University, Warsaw, Poland, 2025
- Presenter, The Danger of Artificial Intimacy, a Human Change Webinar, July 2025
- Presenter, The AI Generation: Balancing Technology and Socialization in Education, The Brookings Institution, Virtual Webinar, May 2025
- Presenter, AI Companions and Children's Digital Wellness, Webinar for Community Leaders in Kenya, May 2025
- Keynote Luncheon Panel Presenter, NY's Phones in School Ban Law, NYSUT Representative Assembly of New York Teachers Union, April 2025
- Presenter (testimony) in Support of the Vermont Age-Appropriate Design Code Act, Vermont State Senate and House Committees, February and April 2025

- Organizer, speaker and moderator, Virtual Symposium on AI Companions: The New Frontier of Kids' Screen Addiction and Online Harms, Seton Hall Law School, February 2025
- Presenter, Future House (Human Change and Project Liberty), World Economic Forum, Davos, January 2025
- Speaker and Session Leader, Project Liberty, Summit of the Future, November 2024
- Presenter, *Gatekeeping Screen Time: Configuring the Regulation of Addictive Technologies and Kids' Privacy Rights*, Fordham Law School Neuroscience and Law Center's Social Media Symposium (Webinar), October 2024
- Platform Design, Section 230 and First Amendment Workshop, Georgetown Law School, October 2024
- Keynote Address, *The Movement to Protect Kids from Addictive Technologies*, Annual Tile Program, Seattle University School of Law, September 2024
- Presenter and Participant, Workshop on Free Speech and Consumer Protection in the Era of Commercial Surveillance, Knight First Amendment Institute, Columbia University, September 2024
- Organizer presenter and moderator, Legal Responses to Addictive Technologies: Addressing the Impact of Screens, Social Networks and Online Games on Kids Conference, Seton Hall Law School
- Book Talk, 2024 Grimes Lecture, Kings College, March 2024
- Presenter, *Configuring the Role of Children's Privacy Rights in the Fight Against Technology Addiction*, Villanova Law Review Symposium, March 2024
- Presenter (testimony), Vermont State Senate Committee on Economic Development, Housing and General Affairs on the Vermont Kids Code Act, February 2024
- Presenter (comments). White House Task Force on Kids Online Health and Safety, January 2024
- Presenter, Panelist and Moderator, Human Change House, World Economic Forum, January 2024
- Presenter, *Configuring the Role of Children's Privacy Rights in the Fight Against Technology Addiction*, Privacy and Defamation Section, January 2024
- Book Talk, Cyber Alliance Speaker Series, Boston University, November 2023
- Book Talk, The Corporate Innovation Seminar, University of San Diego School of Law, October 2023
- Book Talk, Federal Trade Commission, May 2023
- Book Talk, Unwired, Cornell-Tech University, May 2023
- Book Event, Unwired, Harvard University (co-sponsored The Berkman-Klein Center and Petrie Flom Center), April 2023
- Book Event, Unwired, Harvard Club NYC, April 2023
- Book Event, Unwired, Cardozo School of Law, March 2023
- Presenter, Unwired: Gaining Control over Addictive Technologies, Digital Civil Liberties Seminar, Boston University School of Law, February 2023
- Presenter, Unwired: Gaining Control over Addictive Technologies, WIPIP conference, Northeastern School of Law, February 2023

- Presenter, Unwired: Gaining Control over Addictive Technologies,
- Commentator, Thirteenth Annual NYU Tri-State Region IP Workshop , NYU School of Law, January 2023
- Commentator, Joel R. Reidenberg Northeast Privacy Scholars Workshop, New York University School of Law, November, 2022
- Presenter, Unwired: Gaining Control over Addictive Technologies, IPSC, Stanford Law School, August 2022
- Presenter, Unwired: Gaining Control over Addictive Technologies, Governance of Emerging Technologies Conference, Arizona State University School of Law, May 2022.
- Presenter, Windows of Opportunity and the Regulation of Technology Overuse, Law, Legal Institutions and Technological Change Conference, University of Wisconsin School of Law, April 2022
- Plenary Presenter, Manipulating Time, Technologies of Deception Conference, Yale Law School, March 26, 2022
- Presenter, Antitrust and the Manipulation of Time, Big Tech and Antitrust Conference, Seton Hall Law School, February 2022
- Presenter, The Over-Users: Technology Addiction and the Illusion of Control, New York Area Family Law Scholars Workshop, January 2022
- Presenter, Children and Excessive Screen Time: An Emerging Public Health Crisis, Health Law Professors Conference 2021, Northeastern School of Law (virtual) June 2021
- Presenter, Technology Overuse: Reinventing the Myth of Consumer Responsibility, Rutgers Computer and Technology Law Journal Symposium, Rutgers Law School (virtual) April 2021
- Presenter, Limits on Private-Sector Collection and Use of Data, Certified Information Privacy, Professional U.S. Bootcamp, Seton Hall Law School (virtual) March 2021
- Opening Remarks and Overview, Seton Hall Law Review Annual Symposium: Privacy, Healthcare and Artificial Intelligence (virtual), November 2020
- Moderator, Privacy and Intellectual Property in the Age of Coronavirus (virtual) Seton Hall Law School, September 2020
- Plenary Presenter, The Illusion of Control and the Roads that Lie Ahead, Digital Well Being Festival, London (virtual), June 2020
- Commentator, Privacy Law Scholars Conference, George Washington Law School and Berkeley Law School, George Washington University Law School (converted to virtual), June 2020.
- Lecture to Parents (Outreach Program), St. Luke's School, New York, NY, January 2020
- Seminar Presentation, New York University School of Law, October 2019

- Certified Information Privacy Professional (CIPP) Boot Camp, Seton Hall School of Law October 2019
- Seton Hall Law School Summer Brown Bag, June 2019
- Lecture to Parents (Outreach Program), East Side Middle School, New York April 2019.
- Lecture to Parents (Outreach Program), Lady of Mercy School, Park Ridge, NJ April 2019
- Lecture to Parents (Outreach Program), First Avenue School, NJ, March 2019
- Faculty Colloquium, School of Law, College of Management, Israel, January 2019
- Faculty Colloquium, Haifa University Faculty of Law, Israel, December 2018
- Lecture to Parents (Outreach Program), Friends Seminary School, New York, December 2018
- Legal Scholarship Workshop, University of Chicago Law School, December 2018
- Lecture to Parents (Outreach Program), Our Lady of Mercy School, NJ, May 2018
- Lecture to Parents (Outreach Program), Friends Seminary? New York, May 2018
- Lecture to Parents (Outreach Program), St. Michael's, NJ, May 2018
- Lecture to Parents (Outreach Program), P.S. 41, New York, April 2018
- Women Law Society and Technology Symposium, UC Irvine Law School, April 2018.

## **SERVICE**

- Board Member, Fairplay for Kids, 2023-present
- Chair, AALS Section on Defamation and Privacy, 2013
- Chair, Organizing Committee of the Work in Progress in Intellectual Property Conference (WIPIP), 2013 (Committee Member since 2009 to present)
- Executive Board Member, AALS Section on Defamation and Privacy, 2011-2012
- Executive Board Member, AALS Section on Intellectual Property, 2012
- Co-Director, Gibbons Institute of Law Science and Technology, Seton Hall University School of Law
- Chair, Rank and Tenure Committee
- Chair and member, Appointments Committee
- Chair, Honor Code Committee
- Chair, Probation and Grievance Committee
- Chair, Academic Credentials Committee
- Chair Title IX Committee
- Member, Law School Strategic Planning committee

- Member, Rank and Tenure Committee
- Member, Admissions Committee
- Member, DASC Committee
- Member, Strategic Planning Curriculum Committee
- Member, Lateral Hiring Committee
- Member, Contract Renewal Committee
- Member, Curriculum Committee
- Member, By-Laws Committee
- Member, Dean's Law, Technology and Society Advisory Board.
- Students' Advisor for Intellectual Property Courses
- Initiator and Organizer, Law and Film Series
- Faculty Advisor, Jewish Law Students Association

### **LEGAL EXPERIENCE**

***Skadden, Arps, Slate, Meagher & Flom LLP***, New York

1998-1999 Associate

***S. Horwitz & Co, Tel Aviv***, Israel

1996-1998 Associate

### **ADDITIONAL ACTIVITIES**

- Peer reviewer for: The New England Journal of Medicine; National Science Foundation; National Institute of Health; Stanford University Press; Studies in Law Politics and Society; Jurimetrics: the Journal of Law, Science and Technology; Journal of Law, Culture and Humanities; Journal of Empirical Legal Studies; Yale Journal of Health Law and Policy; Genome Magazine; and Journal of Law and Bioscience
- Guest Contributor on After Babel, Concurring Opinions, TechTheory, Prawfsblawg, Bill of Health and the Conglomerate

### **ASSOCIATION MEMBERSHIP**

- New York Bar Association