

A decorative graphic on the left side of the slide consists of a network of thin, light green lines. These lines are arranged in a way that resembles a circuit board or a neural network, with several small circles at the end of the lines, suggesting nodes or connections. The lines and circles are more densely packed on the left and become sparser towards the right.

# DIGITAL WELL- BEING

JAMES GLOVER 2018

1986

# TECHNOLOGY TIMELINE



Born



Amiga



Games Console



PC



Mobile



56K Internet



Camera Phone



WIFI



Social networks



Laptop



Online gaming



Smartphones



Mobile Data



Tablets



Social Media

2018

# HOW TECHNOLOGY BENEFITS OUR LIVES

- Better connected
- Automation of menial tasks
- Scientific break-throughs
- Medical break-throughs
- Entertainment
- Education
- Comfort/ Quality of life
- Manufacturing
- Convenience
- Finance
- Environmental understanding





# HOW TECHNOLOGY DISADVANTAGES OUR LIVES



- Always connected
- Social anxiety
- More stress
- Inescapable
- Sleep worse
- Social interactions
- Interpersonal skills
- Human memory
- Attention spans
- Sedentary lifestyle
- Digital divide
- Privacy

# TECHNOLOGY AND THE FAMILY

In today's world, families are pulled in different directions far too often. It is important for parents to seek out ways to enrich bonds and relationships instead of everyone going their separate ways. Technology has the ability to be used to lessen stress and time consuming tasks that steal precious moments away from the family.





# TECHNOLOGY AND THE FAMILY

Technology sometimes has a bad reputation for leading people down scary paths of sexting, identity theft, and introducing predators into their lives. However, technology can streamline schedules, simplify work and home businesses, coordinate activities, and much more.



# SEVEN STEPS TO GOOD DIGITAL PARENTING

Parenting today's tech savvy kids can seem overwhelming. But you can do it! Take these seven simple, though still challenging steps, to becoming a good digital parent.

1. Talk with your kids
2. Educate yourself
3. Use parental controls
4. Set ground rules and apply sanctions
5. Friend and follow (do not stalk!)
6. Explore, share and celebrate
7. Be a good digital role model



# “HOW LONG SHOULD I LET MY CHILD SPEND ONLINE A DAY?”

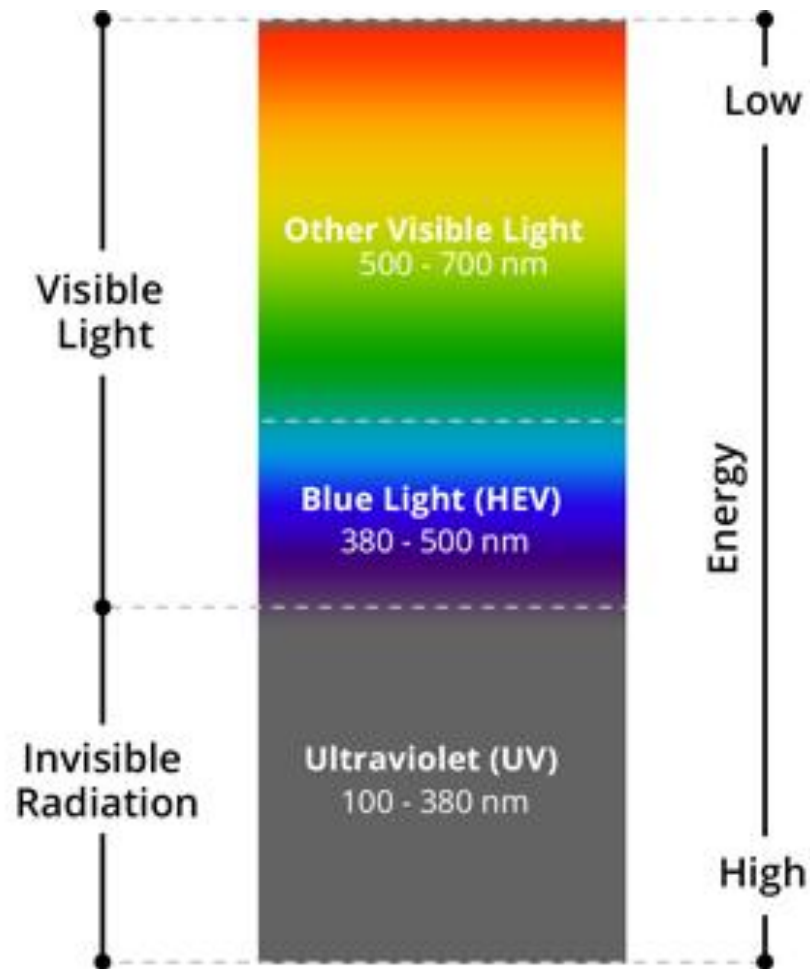


No right or wrong answer!

Balance, role modelling and strategies

In 2015 Family Online Safety Institute's research on [“Parents, Privacy & Technology Use”](#) found that 65% of parents said they have rules for the amount of time their child can use technology, while 54% of parents with children age 14 to 17 do not limit their child's amount of time online.





# SCREEN USE

- Blue light is everywhere
- Blue light can contribute to digital eye strain and increase the risk of macular degeneration.
- Blue light regulates your circadian rhythm (sleeping pattern) through the production of melatonin.
- Use a screen filter/night-shift mode on your device to limit the amount of blue light emitted during the evenings.

# SOCIAL MEDIA

What we feel as addiction is  
part of something much bigger.

Facebook, Twitter, Instagram, and Google have produced amazing products that have benefited the world enormously. But these companies are also caught in a **zero-sum race for our finite attention**, which they need to make money.



# SOCIAL MEDIA



**There's an invisible problem that's affecting all of society.**

Constantly forced to outperform their competitors, they must use increasingly persuasive techniques to keep us glued. They point AI-driven news feeds, content, and notifications at our minds, continually learning how to hook us more deeply—from our own behaviour.

# SOCIAL MEDIA

Unfortunately, what's best for capturing our attention isn't best for our well-being:

- Snapchat **turns conversations into streaks**, redefining how our children measure friendship.
- Instagram **glorifies the picture-perfect life**, eroding our self worth.
- Facebook **segregates us into echo chambers**, fragmenting our communities.
- YouTube **autoplay's the next video within seconds**, even if it eats into our sleep.

These are not neutral products.

They are part of a system **designed to addict us.**





# ANY QUESTIONS?

Visit [www.fosi.org](http://www.fosi.org)



Family  
Online Safety  
**Institute**

Visit [www.humanetech.com](http://www.humanetech.com)

[ Center for  
Humane  
Technology ]

Come and find my stall (Digital Well-being) in the main hall for advice on privacy, social media anxiety, parental controls, FREE blue light filters for all your devices and much, much more!