surviving digital

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LOG OUT, LIVE NOW INTERVIEW

What are the challenges that are faced by the professionals and individuals, especially parents of young children in the fight of screen addiction phenomena?

Professionals and caregivers are often adults that need to bridge generation gap. Often parents, teachers etc are unfamiliar with sites and app that their children are using. They don't know the risk and the consequences and for this reason it is essential to inform continuously. Adults needs to establish use's rules to avoid screen's overexposure. Smartphone should not be used as pacifier to avoid discussion and need to talk to them and show them by example (using less the phones). They should restore the balance between private and work life. With the pandemic is even more underlined this issue, because adults bring work at home so it is almost impossible to disconnect completely. They also need to know the psychological levers used by tech companies to make us addicted. Adults are compulsory checking emails, social media etc because neuroscientists use persuasive design to push people to be addicted to the mobile etc. Knowing this, adults can start to be more detached and will avoid an addicting behavior. Adults should balance online and off-line activities with their children and create alternatives, remembering always to use parental control to check on the the time spent online and track also the site and app visited.

Quote: "Bridging Generation Gap - adults VS youngsters digital Universe!"

Adults should understand more and cope with all the tricks of the "digital world" in which young people are born in, to help them recognize the "net threats" and use the devices for the right purposes".

By Materahub, Italy

IMPACT OF CONTRIBUTORY APPROACHES:

What is the impact of such approaches?

-Consciousness: there will be a more conscious use aimed at enhancing the positive aspects of digital devices.

-Sharing: Social Impact because people will share what they have learned by sharing it with their loved ones and people close to them.

-Improvement: People will improve in many aspects of their lives and will gain well-being, time and productivity.

- Empowerment: Technology will be seen finally for what it is meant: empowering tool to improve as person and professional.

LOGOUT LIVENOW

CONDITIONS FOR SUCCESSFUL CONTRIBUTION AND POSITIVE OUTCOMES: What are the appropriate conditions for successful contributions and positive outcomes of implementing such interventions in the working or everyday environment?

- Awareness of severity of the negative effects of addiction.
- Flexibility in not completely ban or demonize the use of digital device because they are also really useful and important in our daily life.
- Training on digital education and digital wellbeing by parents / teachers / coaches / HR managers.
- Create always alternatives supporting outdoor activities, sport, hobbies, relationships.