

"Designed Addiction"
Fatemeh Rezaee, Seoul National University
Mental Health Symposium 2019
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[2019/04/26 16:04] Carolyn Carillon: Hello everyone.
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A little explanation about this service.
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In the transcription record, speakers will be identified by their initials.
FR: The Radiance FatemehRezaee / Fatemeh Rezaee

[2019/04/26 16:05] Carolyn Carillon: <<transcription starts>>

[2019/04/26 16:06] Larre Leborski: Hello and welcome to Virtual Ability's 2019 Mental Health Symposium.
I'm Larre Leborski and I have High Functioning Autism.
I do not have the equipment to speak, so I will be using a keyboard while I have a Narrator speak for me.
I have been in SL for ten years and I love adventures, whether they are created by me or wandering through an adventure created by other residents.
I also work in Minecraft as a host for many servers.
In RL I am a grocery store clerk and have worked at a supermarket for 20 years.

Today I would like to introduce Fatemeh Rezaee.
She is a PhD candidate at Seoul National University.
Her research interests are in the area of cyberspace, focusing on the design behind social media platforms that lead to users' obsessive behaviors.
Her talk is titled "Designed Addiction."
In her talk she's going to share with us some of the ways that Facebook, Google, and Apple are using Attention to gain profit,
as well as the psychology of how they and other platforms are exploiting our need for attention via Smartphones for monetary gain.

Audience, please hold your questions and comments to the end, so as to not interrupt our presenter, who is very new to the things of Second Life.
Welcome Fatemeh Rezaee, the floor is yours.

[2019/04/26 16:09] FatemehRezaee Resident: Hello everyone! I am very excited to be in this virtual conference! And thank you for inviting me.
Now! We are going to look at this picture! What do you see in it?
Yes! Everybody, even the baby in that stroller is looking down on some shiny device, and I am pretty sure this is a very familiar scene for most of you.
And you might have wondered what is it about these devices that steal everyone's attention.

(next)
My presentation is titled "Designed Addiction."

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An average smartphone user spends a hundred and forty-five (145) minutes on their devices every day,
and the number is two hundred and fifty-five (255) minutes for heavy users.
This data is almost 3 years old, and I am pretty sure these numbers have increased.

(next)
This pie chart shows that services and applications developed by two giant companies, meaning Alphabet and Facebook,
get nearly half of all interactions.

(next)
There is a correlation between depression and smartphone addiction among both adults and teenagers.

(next)
As you can see, the more depressed individuals are, the more addicted they are to their devices.

(next)
And this chart shows that increase in the amount of time spent on electronic devices also increases suicide attempts among teenagers.

(next)
Researchers have also concluded that heavy usage of smartphones, aside from depression and suicidal thoughts,
is associated with impaired attention, reduced numerical processing capacity,
changes in social cognition, and reduced right prefrontal cortex excitability.
The blue violet light emitted from phone screens is harmful to eyes, and hunching while staring at phones hurts back, neck and shoulders.

(next)
So how did smartphones become so addictive?
Well, Silicon Valley started with good intentions.

They wanted free and accessible internet for everyone, but to survive they turned to digital advertising,

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and that was when the “attention economy” came into play.

Engineers and designers with the help of psychologists designed very addictive apps and platforms,

because they wanted people to engage as much as possible so they get to show more advertisements and increase the ad revenue.

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For example, this is how Facebook looked like in 2004...

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the next year, there’s an ad on the left...

(next)

and this is how it looks like now.

There are more ads and sponsored contents than posts from friends and family.

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And this graph shows how Facebook's ad revenue has increased since 2009.

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Now we are going to look at some responses to this problem, from movements, challenges and publications, to apps and dumbphones.

Of course, I am not able to cover all of the responses because recently there have been a lot of them.

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In 2013, a former Google employee named Tristan Harris raised his concern about constant attention disturbance and the lack of respect for users’ time.

He shared his concerns with Google and was promoted to work as product philosopher.

After three years of advocating for a more humane approach to technology, Harris left Google.

His proposals were not welcomed because his ideas were in conflict with the attention economy business model of the company.

Harris founded the non-for-profit organization named Center for Humane Technology

where he continues to raise awareness about the Silicon Valley’s attention monopoly.

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The pioneer of virtual reality, Jaron Lanier, in his book “Ten Arguments for Deleting Your Social Media Accounts Right Now”

argues about the harmful effects of behavior modification caused by social media.

His response to this problem is to urge users to delete their accounts

until a humane business model replaces the current attention economy-based business model of Silicon Valley.

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The Royal Society for Public Health (RSPH) in UK have announced the first Scroll Free September in 2018

aimed at encouraging young people to take a break at different levels, from completely cutting themselves off from social media to limiting the use of it to certain hours for the month of September.

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and the “National Day of Unplugging” movement, a project by the Jewish organization Reboot, distributes Cellphone Sleeping Bags as a means for stopping smartphone use one day a year.

In 2018 they have already sent 35,000 bags to people who want to put their phones to sleep for a day so as to “start living a different life”.

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Changing the purpose and design of the phone itself is another kind of initiative that has been launched

to meet the desire in the market for less addictive, overwhelming and distracting phones.

“Dumb phones,” opposite to smartphones, have communication as their core function.

Dumb phones are among successful responses that help people minimize distraction while staying connected.

Punkt Mp01 designed by Jasper Morrison is a phone that only provides the basic function of making and receiving calls, messaging, an alarm and a calendar.

Punkt sells 100,000 pieces every year and is popular with celebrities.

The Light Phone by Joe Hollier and Kaiwei Tang is another successful project.

Initiated on Kickstarter, the Light Phone has two versions:

Light Phone1 with only the capacity to make and receive calls;

and a second version with added functions such as alarm and texting.

However, comparing to iPhone, they are not doing well in the market at all.

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and there are so many apps on app stores that try to somehow solve the problem of addiction.

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Now we are going to look at the responses from the creators of smartphone addiction...

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The 2016 Donald Trump presidential campaign powered mainly by social media shed light on how easy it is

for Facebook to contribute to mass manipulation and spread of fake news.

This rise of awareness motivated Silicon Valley to act in response to concerns regarding smartphone addiction.

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On June 2018 Apple added new features named Screen Time in iOS 12, to help reduce the amount of time spent on smartphones. Features include detailed Activity Reports which show the time spent on each app in various categories, the amount of received notifications and how many times the phone has been unlocked.

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And the users can choose to limit the usage of certain apps by using Time Limit feature.

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Do Not Disturb mode silences the phone and notifications are not displayed until the mode is turned off.

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There is also a grayscale feature that takes away the colorful screen of the phone.

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On July 2018, Google announced similar features for Android Pie named Digital Wellbeing.

Features are Time Dashboard (time spent on every app statistics),

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App Timer (limitation set on desired apps),

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Do Not Disturb mode,

[2019/04/26 16:20] Sandar Gausman: if you are driving an iPhone will not allow you to use it

It detects your movement

[2019/04/26 16:20] FatemehRezaee Resident: (next)

and Wind Down that turns the phone display into grayscale, which is easier to find and use than Apple's grayscale feature.

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Now we are going to see what is wrong with Silicon Valley's newly added features.

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1) The newly developed features by the Silicon Valley giants to address the serious problem of smartphone addiction are unavailing, inadequate and possibly harmful.

They are unavailing because the addictive and seductive engineering is still in place, and the business model of the attention economy is still fully intact.

All the new "well-being" features do is return the responsibility to the user by telling them that they are in control of their well-being and that addiction can be addressed with a little bit of willpower.

This approach fails to recognize that smartphone addiction rewards the brain with dopamine

and users cannot easily change their behavior because controlling impulses stimulated by dopamine requires taking major life-changing actions. Silicon Valley's solutions to smartphone addiction rely solely on addicts [having the will power] to activate the optional limitations and stick to them through self-discipline, which users often lack.

2) For Google, Facebook and Apple time equals money, meaning they have made, and continue to make, profit through getting people to look at ads as long as possible. The fact that their entire business model is in conflict with people using their services less, makes the recent attempt to add screen time features disingenuous.

3) Timers, self-designated app limits, Do Not Disturb mode, and Grayscale Mode seem to be the very first and easiest solutions to propose for such a complex issue of addiction. A user who is aware of their smartphone habit is able to modify the phone without the help of such features. For instance, Airplane Mode, or turning off the phone, is an alternative to Do Not Disturb mode. The Grayscale Mode is a tasteless and quick response to making the phone uglier, while an enormous amount of engineering and design has been dedicated to making the icons, menus and notifications look as alluring and attractive as possible. Facebook is the largest client of Neurons, a company that measures "the electrical activity of the brain while a consumer is interacting with a phone." However, when it comes to tackling the complicated problem of addiction, the easiest and most superficial solutions are implemented. The App Limit feature with its constant reminders, makes tapping on the Ignore Limit, or modify the limit more of a routine for people who cannot control their impulses. These quick and tasteless responses are harmful because they hinder real conversation and efforts for addressing the core issue of addiction.

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Smartphone addiction is a serious problem of our time that was created by neglecting the negative aspects of technology in the pursuit of making the most profit.

Technology is not neutral.

All the designs and tools are there to serve a purpose, and in this case, the purpose is to extract as much time and attention from users' life as possible – for profit.

Deep negative psychological effects of this neglect on the brain and society needs to be profoundly studied before jumping to a self-serving conclusion, proposing shallow solutions and hoping that things will get better.

[2019/04/26 16:25] Carolyn Carillon: FR: Thank you for your attention

[2019/04/26 16:25] Gentle Heron: Thank you Ms. Rezaee. You've given us a lot of insights into a significant problem with smart phones.

QUESTION- I don't think we consumers should trust the producers to do less to addict us. Is there anything individuals can do to help ourselves?

[2019/04/26 16:26] Roxie Marten: Ad blocker is your friend

[2019/04/26 16:26] Carolyn Carillon: FR: yes, some people do a lot of things for themselves

But often it doesn't help

It stimulates your brain

So you use your phone less for a week or two

But you give up

Because your brain needs stimulation

Some people use an old phone

Or do a digital detox

Where you go to nature and don't take your phone

You relax

That refreshes your brain

But as long as you have a smartphone, it's not easy

[2019/04/26 16:27] iSkye Silverweb: I've had games on my phone that I use to occupy me while waiting at appointments. The higher you level up, the longer the ads get. I pretty much delete the games once they have those ads running longer than 30 seconds

[2019/04/26 16:27] Gentle Heron: [16:26] JJ Drinkwater: Find other sources of dopamine?

[2019/04/26 16:27] Carolyn Carillon: FR: other sources of dopamine?

[2019/04/26 16:27] JJ Drinkwater: Rather, other dopamine-generators

[2019/04/26 16:27] Sandar Gausman: read books

[2019/04/26 16:27] Carolyn Carillon: FR: something that's beneficial to you

If it's good for you

Why not?

If it's harmful, it's not ok

[2019/04/26 16:27] Gentle Heron: [16:27] Sandar Gausman: I read books a lot of the time. Is that an addiction?

[2019/04/26 16:27] iSkye Silverweb: books are good - no ad popups

[2019/04/26 16:28] Carolyn Carillon: FR: reading books isn't an addiction

It's good for your brain

It's not a waste of time

It's good for you

The platforms that try to draw you back

That's what isn't good for you

[2019/04/26 16:28] iSkye Silverweb: it's an addiction if it interferes with your normal life activities

You start skipping showers, or meals, or failing to go to classes, etc. then it's an addiction

[2019/04/26 16:28] JJ Drinkwater: Thank you, iSkye

[2019/04/26 16:28] Gentle Heron: [16:27] Jecy Lefevre: try and stop using your lizard brain when it comes to your phone since you cannot train it to not react

[2019/04/26 16:29] JJ Drinkwater: But how does one do that, Jecy?

[2019/04/26 16:29] Carolyn Carillon: GENTLE: is there something you can do to train your brain to deal with these addictive properties?

FR: Imagine the Silicon Valley giants

Imagine them as an army

Because they want profit

If you're a professional in training the brain, that can be possible

But you're one man against an army

People have tried but haven't succeeded

[2019/04/26 16:29] Amy Waverider: I think smart phones as well as computers can be used as tools. Such as reading books, calculators, calendars, reminders. For persons with disabilities these can be invaluable but it does lend to a dependence as well. Like most things take the good with bad.

If it's interfering with your life then it's not a good thing.

[2019/04/26 16:30] Carolyn Carillon: GENTLE: If we're looking to the phone as a tool

Are we dependent on it or addicted to it?

[2019/04/26 16:31] Carolyn Carillon: FR: I talked about smartphones in my presentation

In 5 years there will be something else

The device isn't to be blamed

It's the platforms and the business model

If you're using your phone as a tool, that's great

It empowers you

But if it's making you less productive, then that kind of negative thing should be out of that device

We're not supposed to serve the technology

So that companies can make money

The device itself is great

You can't live without technology

But when it's harming us, it should stop somehow

[2019/04/26 16:32] Gentle Heron: Can you tell us more about Cellphone Sleeping Bags? Where do we get them?

[2019/04/26 16:32] Carolyn Carillon: FR: actually, in the last two years, this whole topic is hot

So some people are making money from it

They sell these anti-addiction merchandise

You can search online

The Reboot, they sell sleeping bags

[2019/04/26 16:34] Roxie Marten: I had to threaten to break my son-in-law's phone because he kept using it during dinner time

[2019/04/26 16:33] Gentle Heron: Roxie asks: what is the difference between this and our advertising driven society where ads have historically been presented to us on everything they can be painted or printed upon?

[2019/04/26 16:34] Carolyn Carillon: FR: it's very different

You go on Facebook

And then whatever you do

You're being watched

They're tracking your every movement

They know everything about your personal life

And target ads to you

They're showing targeted ads

They've designed the whole platform based on the ads

They bring you back to show you ads

That's different from commercials on TV

They don't know what you like

What you've been eating

What you've been searching for on Google

Targeted ads follow you everywhere

[2019/04/26 16:34] Eme Capalini: My husband says, if the product is Free, you are the product.

[2019/04/26 16:35] Roxie Marten: I get targeted ads for things I never use or need. so something in FB is broken

[2019/04/26 16:35] Gentle Heron: What do you think of this?

[16:33] Eme Capalini: Several years ago I was visiting my parents and they were watching a news station all day. This station kept having a sound like you might hear when a breaking news story would happen but it was playing for almost every story. It was like a Pavlovian effect and my parents didn't want to leave the station because they didn't want to miss something important. It was scary to watch this happening.

[2019/04/26 16:33] Kali Pizzaro: interesting Eme

[2019/04/26 16:33] Sonitus Randt: Interesting, Eme

[2019/04/26 16:35] Jady Firehawk: "FOMO" - "fear of missing out"

[2019/04/26 16:35] JJ Drinkwater: Also, the tone of urgency newscasters use for almost every story

[2019/04/26 16:36] Jecy Lefevre: drama even in newscasts

[2019/04/26 16:35] Carolyn Carillon: FR: yes

That's the same strategy

The same psychology

To bring back people

And get their attention

People always crave information

That's how we've evolved

It's like a notification sound

Or something you have to click on

It's the same psychology that they use

[2019/04/26 16:37] iSkye Silverweb: my folks have told me that the volume levels on ads on TV are significantly louder than the television programs so they RUN from the room for bathroom breaks or to get the mail or snacks, stir the stew, whatever. When it's not so loud anymore they go back to watch the program.

[2019/04/26 16:39] Amy Waverider: I wonder if they hear the same sound like in a department store or other places would be like a hypnosis trigger to provoke someone to turn on the phone to check the news or other programs. Like a knee jerk reaction? That makes it dangerous so many cues to trigger people reactions. I'm very worried about the affects on our brains as well. It's retraining society's minds. I agree our brains are becoming polluted.

[2019/04/26 16:36] Gentle Heron: [16:34] Amy Waverider: Cell phones are so designed now to provide maps, phone, social interaction and more. It is addictive but becoming part of modern life, almost a requirement now to keep up. Keeping us all addictive in a way. Do you think technology is making our society so addictive that our brains are forgetting to think for themselves.

[2019/04/26 16:37] Roxie Marten: yes I have a friend who says he can't drive to the store without GPS

[2019/04/26 16:37] Carolyn Carillon: FR: I think Amy's comment is true
I was reading this paper

That was saying that we're not bored anymore

That's when your brain starts to get creative

[2019/04/26 16:38] Eme Capalini: That's why so many good ideas happen in the shower

[2019/04/26 16:38] Carolyn Carillon: FR: we're missing these small moments
Because we don't want to be alone with ourselves

We have to look at our phones

If we don't address it now

It's going to change us and society

We've already forgetting what things were like before smartphones

The way I see smartphone addiction

Is how London was during the Industrial Revolution

The air was filled with smoke

Nobody thought it was harmful

What's going to happen in our future?

Phones are everywhere with you

[2019/04/26 16:39] Mook Wheeler: yes, an entire generation has grown up with smartphones, so being welded to one is just a way of life: they can't imagine anything else

[2019/04/26 16:40] iSkye Silverweb: reminds me of the Doctor Who episode with the Cybermen

People in hordes stopping stock still to "download" some thing to their brains

[2019/04/26 16:39] Gentle Heron: [16:36] Shyla the Super Gecko (krijon): I find there are apps which only work on my phone, and not my computer. I don't consider myself addicted, I find a cell phone hard to use. But I am on a screen of some sort most of the day, as I am homebound and it is my connection to social interaction. I

am assuming here that the 'ads' on computers have the same dopamine impact as those on phones. So do I get swept into the label of 'addiction' and is my option to sit silently, alone in my home (with the cat, of course).

[2019/04/26 16:40] Carolyn Carillon: GENTLE: are the ads on computers the same level of addiction?

[2019/04/26 16:40] Leandra Kohnke: Personally I find my cat better company than my phone.

[2019/04/26 16:41] Mook Wheeler: Internet sites and advertisements have what are called 'dark patterns' that influence the user

[2019/04/26 16:40] Carolyn Carillon: FR: if they're using the computer the same way

If she's using Facebook maybe

Windows 10 now has this notification function

But computers don't really notify you

So that's a bit different

If the computer is helping, she can decide for herself

If it's empowering you, you're not addicted

But if it's making you depressed, maybe she can find other ways to spend her time

[2019/04/26 16:41] Shyla the Super Gecko (KriJon): thank you

[2019/04/26 16:41] Leandra Kohnke: I quit Facebook. It was wasting my time.

Facebook has a setting so if you are working on one thing in your computer a

Facebook message pops up. I found I quit working to go check the message. That's when I quit it.

[2019/04/26 16:42] Roxie Marten: you can turn that off

[2019/04/26 16:41] Gentle Heron: [16:37] Mook Wheeler: OBSERVATION: "All the new 'well-being' features do is return the responsibility to the user" -- this is the key point to me, the fulcrum point.... Would you place, equally, a food-addict in front of a 24/7 feast and claim you have taken legitimate steps to tackle their addiction, because you have told them that they have the choice of picking up the fork or not? These 'well-being features' sound like the minimal token satisfaction conducted for some legislation we need more information on.

[2019/04/26 16:42] Carolyn Carillon: FR: Mook, yes, that's a very good observation
You can say you cannot live without food

And you can't live without phones

If a food addict is told here's food but you cannot eat

You need to regulate yourself

The same thing is happening with phones

Here's a new feature

It does what you want

But you can deactivate it if you want

[2019/04/26 16:43] Gentle Heron: [16:41] Roxie Marten: The phone everywhere is a generational thing, my kids take it every where. I keep forgetting to take mine out of the purse to charge it

[2019/04/26 16:43] Carolyn Carillon: GENTLE: Do you think it's a generational issue?

[2019/04/26 16:44] Carolyn Carillon: FR: yeah, teens use it more

But also middle aged people are playing Candy Crush all day
I see them on the subway
I see kids and teens
They use more
The next generation
They are living with the phone since they are a kid
[2019/04/26 16:44] Vivi Neko (VivienneAKittenn): and even kids - early ages around 4 years old and more they love to be at the smartphones
[2019/04/26 16:45] Mook Wheeler: teenagers are also subject to extreme peer pressure to maintain mobile phone/social media legitimacy with their friends, much more than older people with phones

[2019/04/26 16:44] Gentle Heron: [16:43] Sonitus Randt: Humankind lived without these devices for endless years - have we changed so fast, in a few decades, or was there something or some things in human cultural life prior to this that functioned in the same way as these phones in the sense of fulfilling something "missing" or thought to be missing in human lives?

[2019/04/26 16:45] Shyla the Super Gecko (KriJon): Sonitus - we visited our neighbors before cell phones, played with our kids, stuff like that..

[2019/04/26 16:45] Catseye Tennen (Katsii Tennen): made music on the porch
But then we lived near family...

My family is so far flung.. the phone connects us

[2019/04/26 16:45] Carolyn Carillon: FR: Humans love attention

They love affection

They crave more information

They want to relate to people

They want to connect

That's what phones are providing on a superficial level

Our brains can't distinguish

What's worth spending time on

I have so many friends on these platforms

But are they real friends?

We want to have a lot of friends

That's natural

These platforms take advantage of these needs

And turned it into a money making machine

[2019/04/26 16:47] Catseye Tennen (Katsii Tennen): yes.. the memes and ads are definitely manipulative and addicting for some

[2019/04/26 16:46] Roxie Marten: Is cell phone addiction dumbing down the population ?

[2019/04/26 16:46] Mook Wheeler: grins at Roxie

[2019/04/26 16:46] Roxie Marten: Mook: I am serious - I know people [who] can't read a map because the phone tells them how to get around

[2019/04/26 16:47] Mook Wheeler: nods at Roxie

[2019/04/26 16:46] Gentle Heron: [16:45] دبع ملا (phantom7970): I spend 5 hours on Second Life, is that considered ill usage of Second Life

[2019/04/26 16:47] Carolyn Carillon: FR: it depends on you and how you feel about it

[2019/04/26 16:47] دبع ملا (phantom7970): I feel great actually

[2019/04/26 16:47] Carolyn Carillon: FR: if you feel great, then great

But most people don't feel great when they waste time on tech

[2019/04/26 16:47] دبع ملا (phantom7970): I see

[2019/04/26 16:47] Carolyn Carillon: FR: But they cannot stop

Because it's addictive

[2019/04/26 16:47] دبع ملا (phantom7970): No I can stop if I wanted, I just enjoy Second Life's atmosphere

[2019/04/26 16:47] Gentle Heron: [16:46] Roxie Marten: Is cell phone addiction dumbing down the population ?

[2019/04/26 16:47] Carolyn Carillon: FR: Roxie, well there are

This is a new issue

It's hot

And nobody knows what's happening

They're doing research on kids

They've found kids who are exposed to screens

They're learning slightly slower

[2019/04/26 16:48] Roxie Marten: I mean over all life skills

[2019/04/26 16:48] Carolyn Carillon: FR: it's having some effect on the brain

We're going to see what's going to happen in the future

My personal opinion is that it is dumbing us down

[2019/04/26 16:49] Mook Wheeler: Fatemeh: "smart phones and dumb people"

[2019/04/26 16:48] Carolyn Carillon: GENTLE: that's like a bumper sticker

[2019/04/26 16:48] Amy Waverider: In response to Roxie I also wonder if [smartphones] in some ways are making us stupid. I do. We are dependent on them. Similar to a calculator - if you use the calculator all the time you become dependent and forget how to do math without it. I think it is making us stupid.

[2019/04/26 16:49] Roxie Marten: Map reading, for example

[2019/04/26 16:49] iSkye Silverweb: anybody remember how to use a slide rule? Abacus?

[2019/04/26 16:49] Shyla the Super Gecko (KriJon): yes

[2019/04/26 16:49] Gentle Heron: can use a slide rule and an abacus

[2019/04/26 16:49] Carolyn Carillon: FR: yeah before smartphones we used to memorize numbers

We're losing these skills

But I don't know if that makes us more stupid

Because we can use our brains in other ways

[2019/04/26 16:50] Mook Wheeler: has noticed that phones are producing young people with less patience and less ability to concentrate for long periods

[2019/04/26 16:50] Roxie Marten: I used to live near a factory and I could always tell a trucker [was] following his phone, because he would be on our street and not the next one over that takes you to the plant

[2019/04/26 16:50] Shyla the Super Gecko (KriJon): I've heard you twice suggest that if the user is happy or empowered they are not addicted. If addiction is self-defined, why are so many not aware that walking down the street and into a wall might indicate over-attachment?

[2019/04/26 16:51] Carolyn Carillon: FR: Shyla, well I don't know how to answer that

You have to talk to people who are endangering themselves

If something happens to them, they're not going to be happy about it

People don't know how to stop

They want some devices that serve them

But they have smartphones

They have to use these services

And they don't want to

[2019/04/26 16:52] Mook Wheeler: @Shyla and Fatemeh --- one of the key markers of addiction is actually the illusion of control, pleasure, happiness, etc.

[2019/04/26 16:52] Leandra Kohnke: This is like any addiction. Some people are more affected than others. Perhaps we should be looking at why some people get addicted and some don't.

[2019/04/26 16:52] Roxie Marten: Smart phones have their place, it's a tool and people forget that

[2019/04/26 16:52] Amy Waverider: Could it possibly lead our minds to not remember or contain basic information. We will all become Alzheimer like. Not remembering numbers names basic information that our brains are made to do instead relying on what we are visually fed through the screen, voice or sounds. This can be very scary.

[2019/04/26 16:52] Gentle Heron: [16:50] iSkye Silverweb: thing is when technology fails us - those sunstorms knocking out our technology grids for example - do we know how to use fallbacks to keep going?

[2019/04/26 16:52] Carolyn Carillon: FR: iSkye, that's something I think ... no Not in a lot of places

Maybe some places where they have backup plans

But for society as a whole ... no

If we have a sunstorm, everything will blow up

And we'll go back to the stone age

[2019/04/26 16:52] Erik Mondrian: Great question, iSkye

[2019/04/26 16:52] Shyla the Super Gecko (KriJon): I suspect most people could not start a fire without a match if they had to in an emergency.

[2019/04/26 16:53] Sandar Gausman: the Carrington event Blew up telegraph lines

[2019/04/26 16:53] Gentle Heron: [16:52] Kali Pizzaro: Q Hi Do you think we have to accept that we live in a digital panopticon (where we are watched from all sides) and although we may wish to protect our privacy to be able to use some of the tech to 'live' in a modern world we have to sell a bit of our soul...? Or do we hold them to account.....

[2019/04/26 16:53] Carolyn Carillon: FR: Kali, well there's always an alternative business model to this chaos

They don't have to use our attention to provide us with services that make life easier
I mentioned the attention economy
Another model is the efficiency model
You pay for the service
You use it
And it makes you more cautious about what you're buying
You don't really have problem with companies competing for your attention
But that has its own problems
It centralizes
It kills the competition
The large companies will get most of the subscriptions
There are alternatives
We don't have to sell our souls
[2019/04/26 16:55] Kali Pizzaro: thank you

[2019/04/26 16:55] Gentle Heron: [16:54] Erik Mondrian: Q: What are your thoughts on the additional risks and rewards of Augmented Reality? Not just by using smartphone screens to see the world in a different way, but also the rise of AR headsets and glasses that may (eventually) be more common?

[2019/04/26 16:56] Carolyn Carillon: FR: Erik, living together in public space has no meaning anymore

People are in their own world

They don't share a world

I can't predict what society is going to look like if everyone is using those devices

[2019/04/26 16:56] Erik Mondrian: Thank you

[2019/04/26 16:56] Jady Firehawk: bubble worlds

[2019/04/26 16:56] Carolyn Carillon: FR: Everyone is living in their own world

And it's a world designed for them

In Instagram, the explore page is designed for you

You don't know what other people are thinking

What issues exist for others

You're going deeper into your bubble

[2019/04/26 16:57] Erik Mondrian: Excellent point. Those bubbles already exist
nods

[2019/04/26 16:57] Carolyn Carillon: GENTLE: some dire predictions here

[2019/04/26 16:58] Mook Wheeler: The public space will (and already has) moved from the physical arena into the public space of the Internet

[2019/04/26 16:54] Amy Waverider: Now I'm thinking of the movie I believe was the Matrix where people just sat there connected to the computer for every life function like an alternate world.

[2019/04/26 16:58] Roxie Marten: I have to admit I do have an addiction to my phone. I listen to tunes while driving, it's my favorite thing LOL

[2019/04/26 16:58] Amy Waverider: Are we developing an alternate state of mind or a new mindset that has not been fully explored by psychology? A different state of being?

[2019/04/26 16:57] Gentle Heron: One last question anyone?
[2019/04/26 16:58] Shyla the Super Gecko (KriJon): Cell phones are a sign of business people to me. Do corporations overly encourage employees to own and use cell phones? Are they responsible too?
[2019/04/26 16:58] Erik Mondrian: Good question, Shyla
[2019/04/26 16:58] Carolyn Carillon: GENTLE: Shyla has the last question here!
FR: I'm happy to answer
Shyla, corporations are encouraging people to own a cell phone
That's also a problem
When you have a smartphone, everyone expects you to be available all the time
They can send work emails at any time
They're responsible too
There are some cases
I think in France
They made it illegal to send work related email after work hours
There are some things happening
Some companies already know how bad it is
We all expect our friends to respond in 2 minutes
Or we ask why are they ignoring us?
People used to call [on the old type house phones] or send us letters
And we didn't have that expectation
That's a part of the problem, too
A stationary phone[?]
[2019/04/26 17:00] Roxie Marten: land line
[2019/04/26 17:00] Jadyn Firehawk: landline phone
[2019/04/26 17:00] Shyla the Super Gecko (KriJon): thank you

[2019/04/26 17:00] Gentle Heron: Thank you kindly Ms. Rezaee, for sharing your research results with us. That certainly gives me pause. Maybe I'm glad I don't own a cell phone (no coverage where I live).
[2019/04/26 17:00] Roxie Marten: thank you
[2019/04/26 17:00] Erik Mondrian: claps!
[2019/04/26 17:00] Jadyn Firehawk: so interesting!
[2019/04/26 17:00] Sandar Gausman: yay
[2019/04/26 17:00] Kali Pizzaro: thank you
[2019/04/26 17:00] Jadyn Firehawk: thank you
[2019/04/26 17:00] millay Freschi: yes, thank you so much!
[2019/04/26 17:00] Erik Mondrian: Thank you
[2019/04/26 17:00] Mook Wheeler: thank you
[2019/04/26 17:00] JJ Drinkwater: Brava, brava!
[2019/04/26 17:00] Sonitus Randt: fascinating talk
[2019/04/26 17:01] Larre Leborski Â (Larre Leborski): Thank you!
[2019/04/26 17:01] Tori Herbit Landau (Tori Landau): Applauds and thank you!
[2019/04/26 17:01] iSkye Silverweb: It's really intriguing to see the research being done about purposeful addiction of customers
[2019/04/26 17:00] Carolyn Carillon: GENTLE: I'm really glad I don't own a cell phone
Because I live in a place where there's no coverage
I can't receive or send cell phone messages

[2019/04/26 17:01] Leandra Kohnke: I don't either.
[2019/04/26 17:01] Roxie Marten: It's cheaper for me to have a cell than landline
[2019/04/26 17:01] Erik Mondrian: I'm both horrified and also quite envious :)
[2019/04/26 17:01] JJ Drinkwater: The "phone" part of my smartphone is what I use the least
[2019/04/26 17:01] Carolyn Carillon: FR: How do you feel about that?
GENTLE: I'm fine with that

[2019/04/26 17:01] Carolyn Carillon: FR: Two weeks ago, I got another phone
A new series by Nokia
Nostalgia I think
It's like an old phone
It's been great
I told my friends I'm not going to be on
I'm not going to reply instantly
I'm going to respond once a day
And I can do things I enjoy
I'm not tied to a phone

[2019/04/26 17:02] Erik Mondrian: Good strategy

[2019/04/26 17:02] Leandra Kohnke: The phones don't work where I am. I have a minimal 'pay as you go' just for when I am driving since most areas I drive in have some cell service.

[2019/04/26 17:02] Carolyn Carillon: GENTLE: thank you
That was good

[2019/04/26 17:02] Gabrielle (Gabrielle Carpaccio): thank you very much!

[2019/04/26 17:02] Erik Mondrian: Thank you for coming into SL to talk to us!

[2019/04/26 17:02] Seafore Perl: Thanks. Won't be able to look at my phone the same!

[2019/04/26 17:02] Lays (laysfarbonelima): thanks

[2019/04/26 17:02] Sandar Gausman: excellent

[2019/04/26 17:02] Carolyn Carillon: FR: Thank you

[2019/04/26 17:02] Gentle Heron: Unfortunately, Dr. Shakir, who is an MD at a hospital, had an RL emergency and can not be with us today.
We're definitely going to invite him back... his message is too important for us not to hear it. So stay tuned for that.

[2019/04/26 17:03] Carolyn Carillon: GENTLE: Dr. Shakir has done some research on teens that show they don't know when they've been bullied

[2019/04/26 17:03] Gentle Heron: Instead, we planned a social hour. A time to mix and mingle and get to know others who have similar interests in social media, virtual worlds, and mental health.

But first, let me thank all the people who made this conference possible.

The Conference Team of Mook Wheeler and iSkye Silverweb have been invaluable for the months long process of preparing and running the conference.

I usually let them take a week off once the conference wrap up work is completed before we begin planning for the International Disability Rights Affirmation Conference (IDRAC) in the fall.

I'd also like to give special recognition to our community members who introduced our conference speakers: Linda, Katsii, Moose, Lez, Millay, and Larre;
The community members who greeted you as you came into the auditorium: Carla, DR42, Phoenix, Isabella, Lorin, Vulcan, Lousonna, Leondra, Mrs Di, Gemma, Leandra, Ty, Sonitus and Vivi;

Eme Capalini who handles sim maintenance and security, and assists speakers with personalization of their avatars;

Pecos and Orange and Suellen and Alex who worked on our social media presence;

Our video team: Petlove Petshop, Marcus Llewellyn, and Joey Aboma;

[2019/04/26 17:06] Marcus Llewellyn: James Atloud took Joey's place. :)

[2019/04/26 17:05] Gentle Heron: Our fantastic transcribers who increase accessibility of the conference by at least 1000%: Lorivonne Lustre, Carolyn Carillon, and Elektra Panthar.

Go ice your wrists, please, ladies.

[2019/04/26 17:06] Carolyn Carillon: CAROLYN: ha! thanks, Gentle

[2019/04/26 17:06] LV (LoriVonne Lustre): My pleasure

[2019/04/26 17:06] Erik Mondrian: applauds the transcribers

[2019/04/26 17:06] Gentle Heron: And of course, the people without whom the conference wouldn't happen: our audience members. Thanks for your interest in mental health and how it can be supported in a virtual setting.

Now, let's adjourn the formal part of this conference and head outside the auditorium for the social hour.

[2019/04/26 17:04] JJ Drinkwater: cheers wildly

[2019/04/26 17:04] Kali Pizzaro: yahhhhhhhhhh

[2019/04/26 17:04] Erik Mondrian: applauds

[2019/04/26 17:04] Lays (laysfarbonelima): >>> AAaaaaplllaauuussssee !!! <<<<

[2019/04/26 17:05] JJ Drinkwater: Huzzah!

[2019/04/26 17:05] LV (LoriVonne Lustre): :-)

[2019/04/26 17:06] Erik Mondrian: Woot!

[2019/04/26 17:06] Kali Pizzaro: yahhhhh

[2019/04/26 17:06] iSkye Silverweb: WOOT!!!

[2019/04/26 17:06] Eme Capalini: whoo hoo, Great big thank you to Gentle for doing such a great job!

[2019/04/26 17:06] millay Freschi: Thank you to all of the organizers of this important conference! And to the transcribers!

[2019/04/26 17:06] The Radiance (FatemehRezaee): thank you! this was an amazing experience!

[2019/04/26 17:06] Carolyn Carillon: <<transcription ends>>