



# #DisconnectionChallenge

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**CHILD HEALTH 2.0**

# Youth Participatory Action Research

- 6 youth between ages of 13-17
- Concerned about effects of media on their well-being
- Co-designed project with researchers input
- Focused on connections
  - With selves
  - With others
  - With nature

# Media Fast

- Diary of media use for 7 days over a 14 day period (5 school days, 2 weekend days)
- 7 day fast
  - No devices that connect to the Internet (phones, iPads, iPods, laptops)
  - Exceptions
    - School work
    - Paid work
    - Coordinating rides with parents
    - Music and movies/TV shows unless with family or group of friends
- Follow-up individual interviews (60-90 minutes)

# Thoughts about disconnecting before the fast

- This is going to be bad
- A disaster
- Difficult
- Worried
- Annoying
- Seemed like it'd be a big thing to do
- I didn't think I'd be able to do it or if I did do it it would be miserably
- Nothing to do, I would be super bored

# Thoughts about disconnecting after the fast

- At first it was kind of annoying ... I got used to it eventually
- Interesting, wow this isn't that bad
- Didn't find it as hard as I thought it would be
- Surprised and proud
- More open-minded
- The first day I was wondering [about my shows] but then I sort of forgot ... It was OK
- Whatever, I don't really care
- I actually didn't really miss it much
- Once you try it, it's not that bad

Things I did during the fast: “[the day] just kinda got stretched out and I did more stuff”

- Hung out with friends in person
- Did homework well before deadlines
- Listened to music with friends and family
- Thought deep thoughts
- Ended my Snapchat streaks
- Read a lot more
- Baked cookies
- Went downtown
- Was more social with my family

How does networked technology effect my connections with myself, with other people and with nature?

# I use technology a lot ...

- I don't think we realize how much we do use technology. We just think that it is...it is just part of our routine and so we don't realize what we are doing. But then when I wasn't using it for a week I realized that I do use it a lot even though I didn't think that I did.
- I was more aware of how much I wanted to use it and to talk to my friends and send a bunch of stuff. So that was cool to think about. And then I realized how much I do use technology every day.

... especially for school (and work/activities)

- When I was on the fast I realized that I still had to use it for so many things like school and communication. So even though I didn't use it for recreational kind of things, there was still a lot of stuff that I needed to have it for.
- the stuff that the school uses. I didn't think-- I didn't think I used it that much but then I realized that I used it a lot to check homework.

# It can be tiring and time-consuming

- I think that it is really mentally exhausting and it takes a lot of effort to keep track of and do all of those things. It is like a whole new aspect to your life that you have to take care of ... It was just a lot of added pressure onto your life.
- I realized, like how much time I had left when I wasn't allowed to use social media or anything.
- during the media fast it was easier for me to fall asleep. I think that was because there wasn't the distraction there for me. So I went to bed easily.

# It's not as important to me as I thought

- I realized that it doesn't have too much meaning to it and it isn't a really important part of my day
- [Technology] It's not a big of a part as you think it is. Like, you never really notice that until you just take it away.
- I think that I realize that I spend a lot of time on my phone on social media and that it is not a really important part of my life, because when I stopped doing it my life didn't dramatically change.
- No [real difference to friendships] because ... I'd see them – the people – all the time
- I think it has but I would not keep up the fast forever. I don't think that is something that I would do. But it made me realize that it wasn't as important as I thought it was.
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# There are benefits to disconnecting

- It felt good not to worry about social media
- I do think technology does affect how you think and how you socialize with people. If you use technology way too much then that is bad and you will have no social skills. I feel that it is important to have some, unplug the screen time and go outside.
- I learned that whole thing about just using it to fill in time, and you don't like feel better afterwards and you can do other stuff that actually makes you feel good.
- it felt like more special if I saw them [friends], like, in person, because I couldn't just talk to them whenever I wanted.

# Even though I don't need it, there are benefits

- I absolutely don't need this to survive. But I would still rather have it.
- the part that surprised me the most was actually how much I shared jokes with people
- I would just be worried [if I didn't have my phone] that I would get an important text from my mom or that she would need to contact me and she couldn't that day
- But I think that technology is also really important. It can be social in the sense that you can meet people through technology and you can socialize and learn about what is going on. Also it makes people open minded. Because if you hear about what is going on around the world then that is interesting.

# I'll use it differently now

- Not too worried [if I didn't have technology in the future] because I know what I can do now and I have my strategies
- check my phone a lot less often.
- haven't been spending as much time on Snapchat
- I will just Snapchat my close friends.
- I am toning it down a bit. I haven't been caring about it as much
- And so when I am bored I will be like, okay I should go outside. And then I will go outside and actually have fun.

# Things I learned about technology (1)

- when it's still like a new thing and after you've gotten used to it it's like... less interesting, it grows less interesting over time. So... yeah, something about how technology how it grows less and less interesting, but you still want to use it, because you're so used to using it.
- I'm gonna use less time on Instagram and stuff, but it also makes me value the time have to ... watch a movie or play Wii games more, because it's like, felt more special right after the fast

# Things I learned about technology (2)

- Well if you're really into it, it'll suck you in and you won't have time-- some people won't talk to other people face to face, they won't spend time with the family, they won't go outside, they won't do stuff that-- they won't experience stuff that they-- they might never do stuff because they don't wanna get out.

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