

**RETHINK:
HOW WE TALK ABOUT TECH
TO OUR KIDS**

manoush zomorodi

#JOURNALISM

#TECH

#DIGITALANXIETYRESEARCH





1998

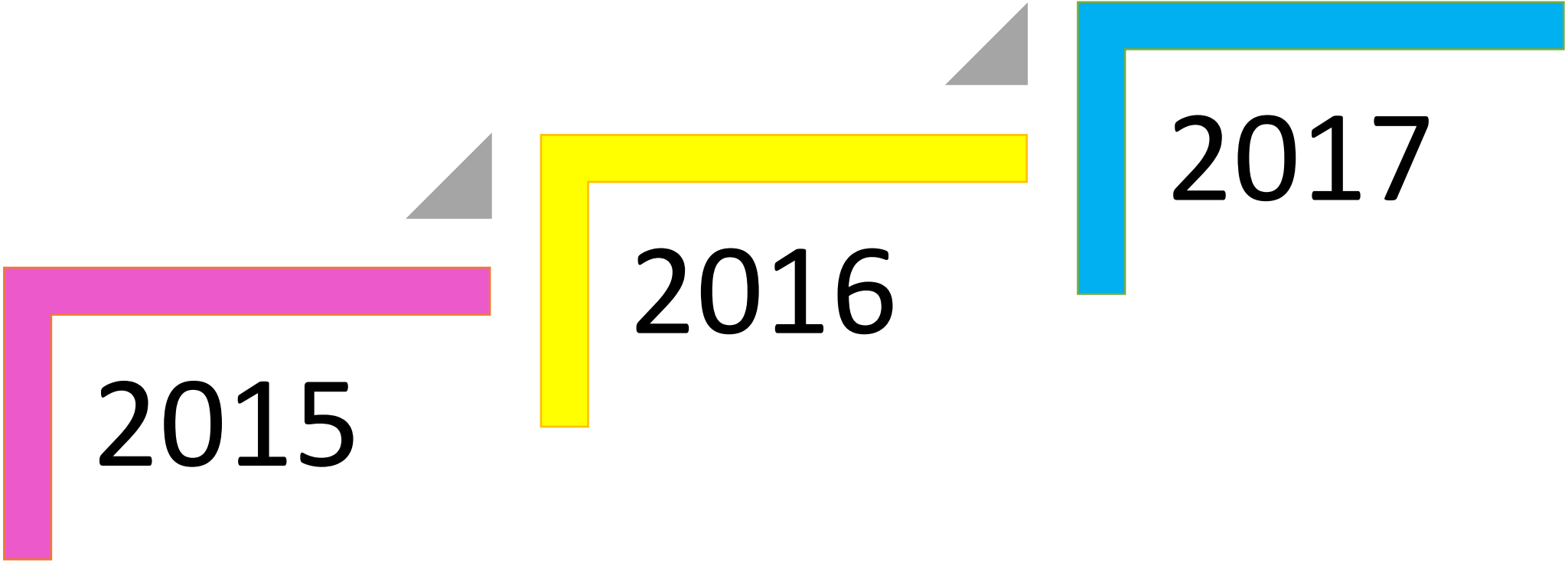




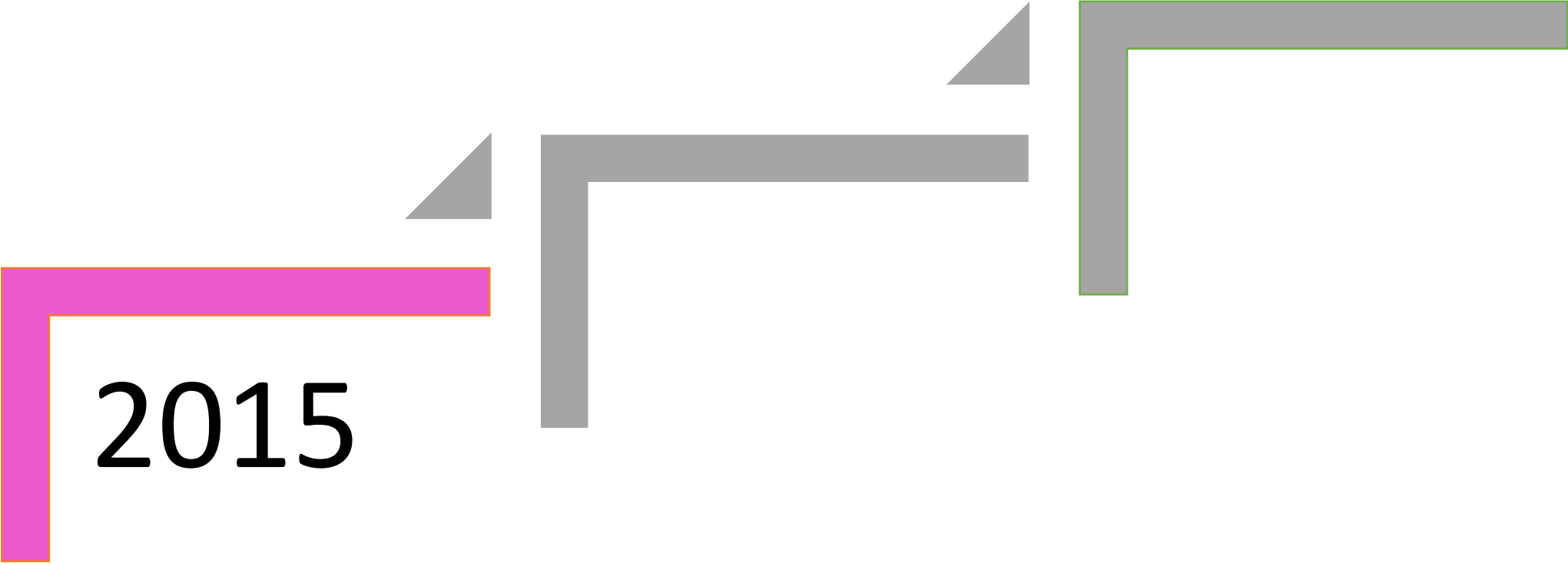


note
to
SELF

THREE PROJECTS



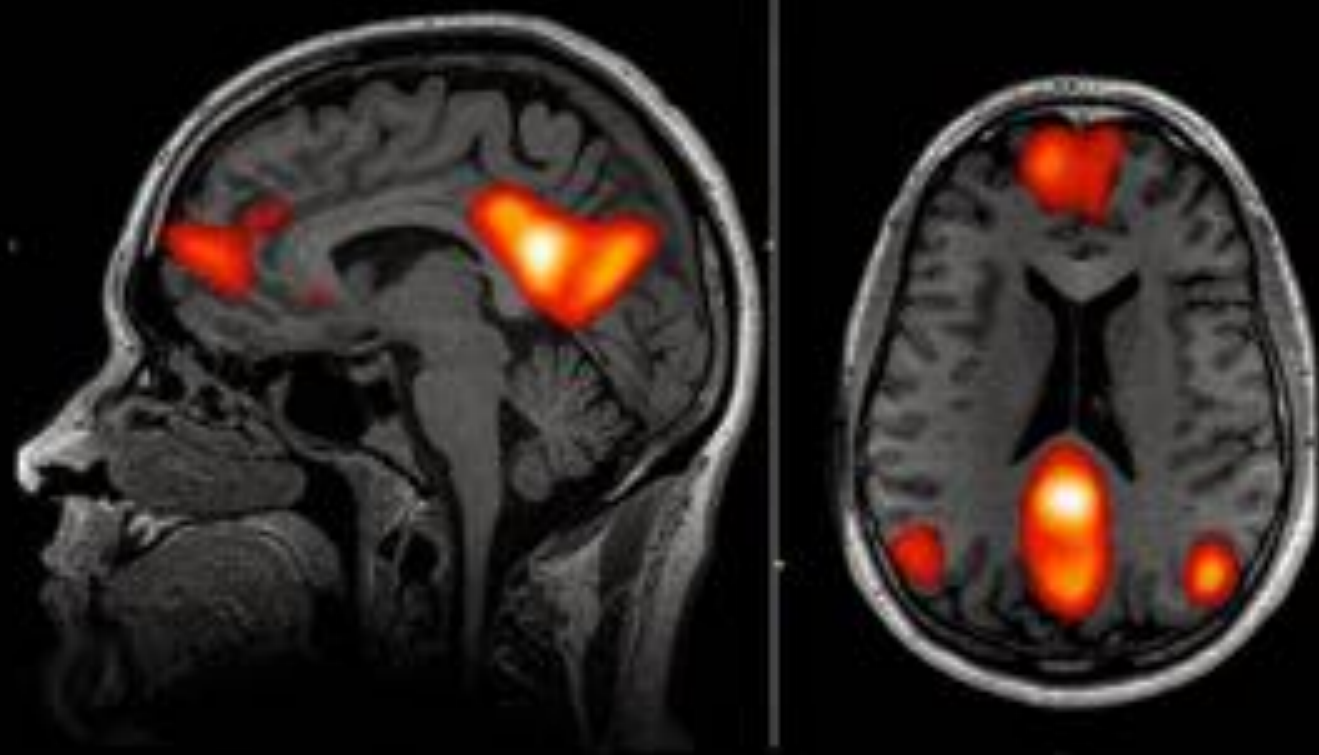
PROJECT ONE



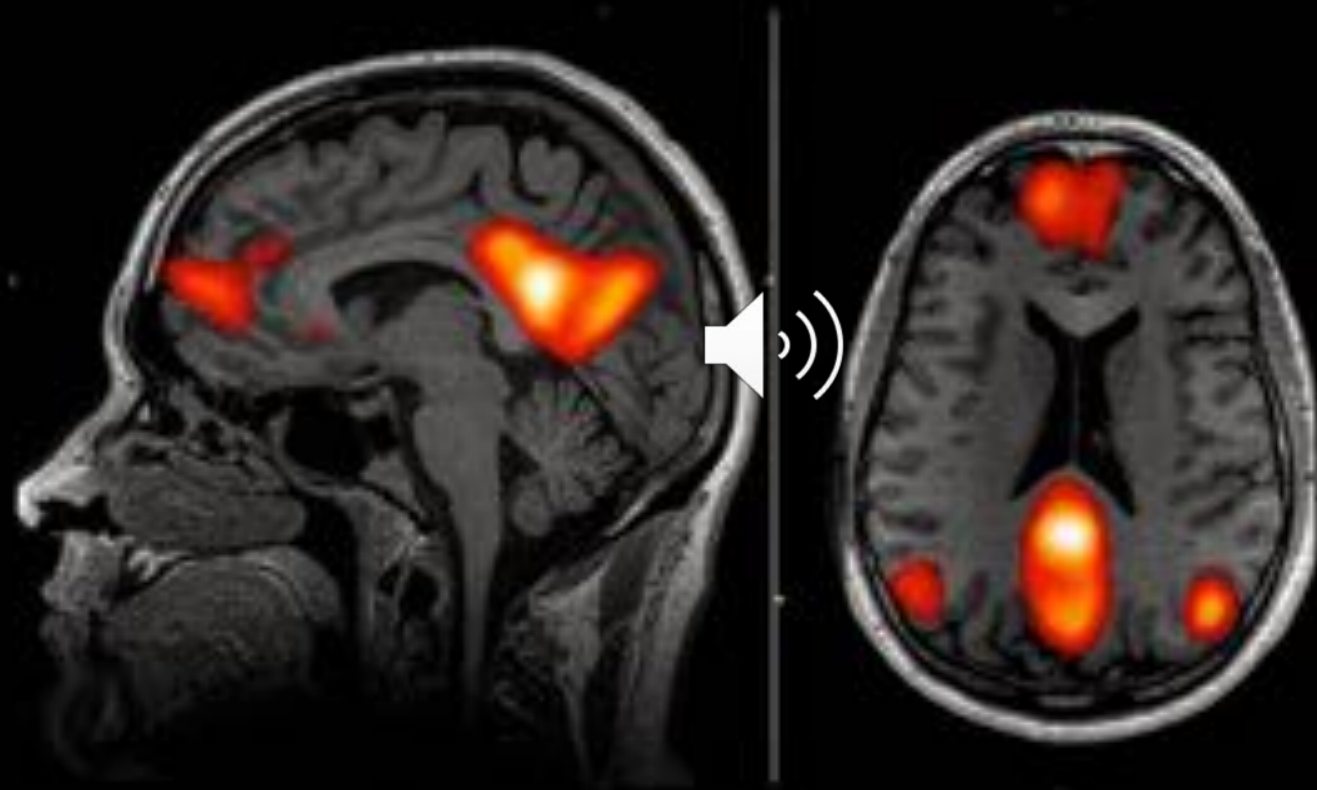
BORED AND BRILLIANT
The Lost Art of
Spacing Out



DEFAULT MODE



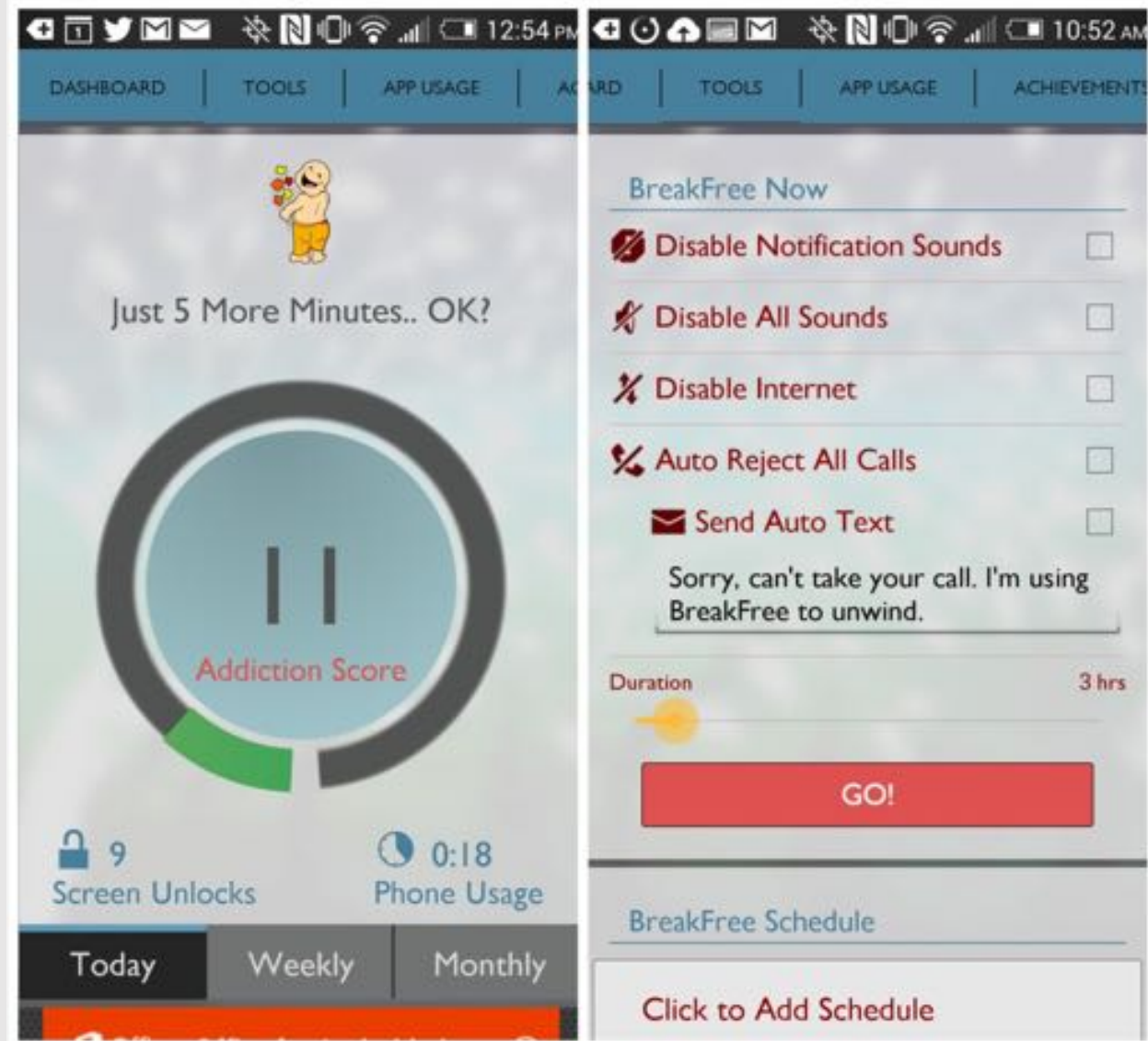
DEFAULT MODE







Moment



BreakFree

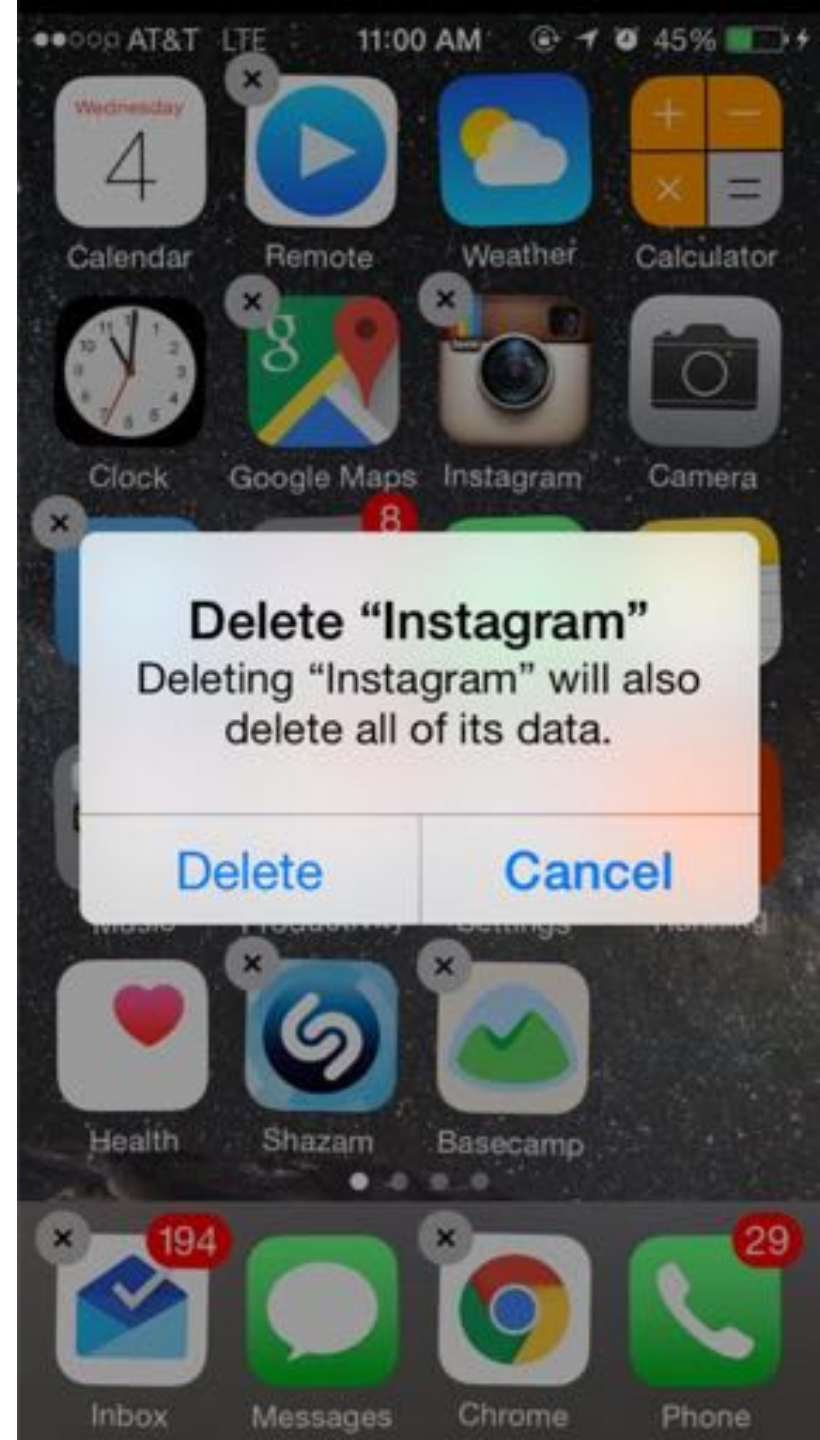
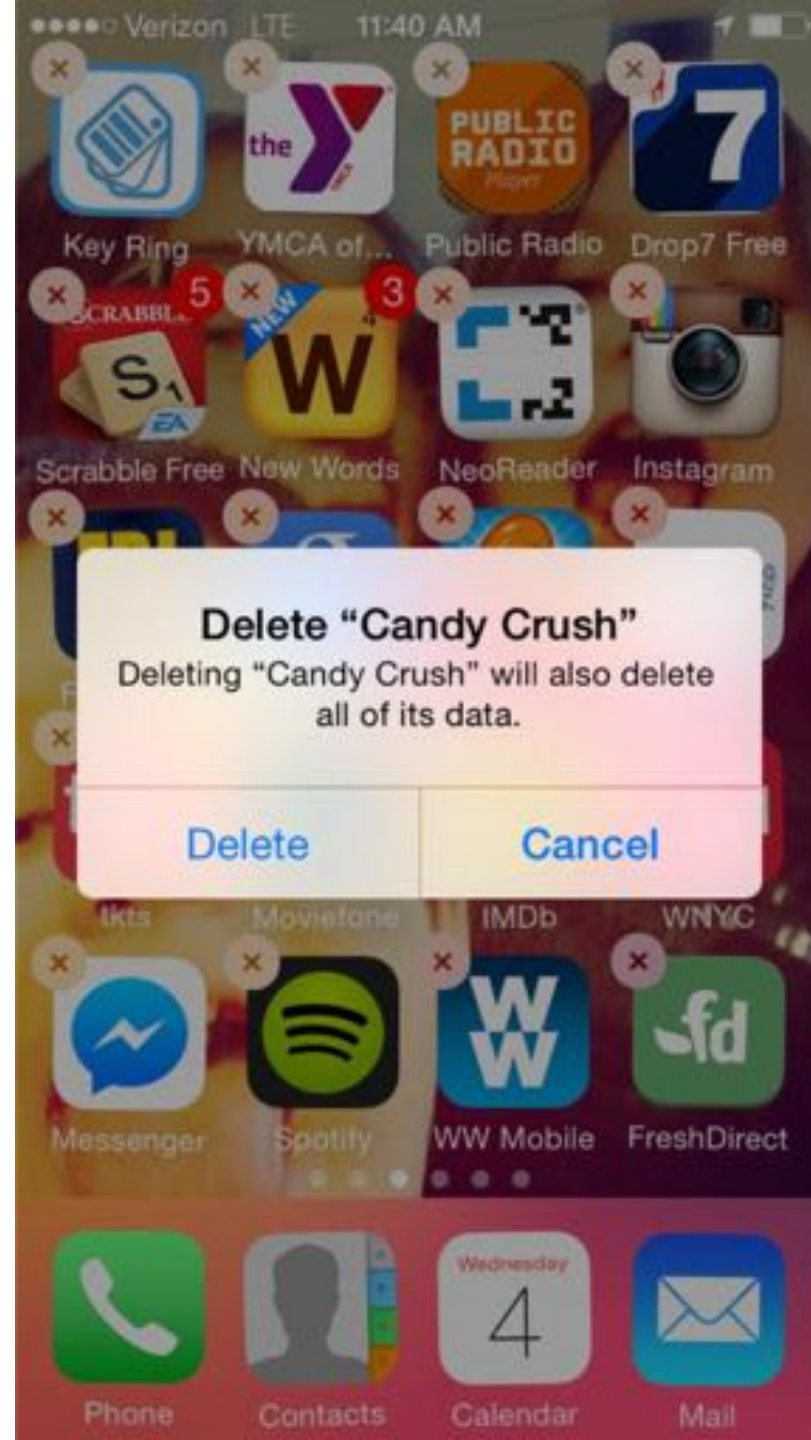
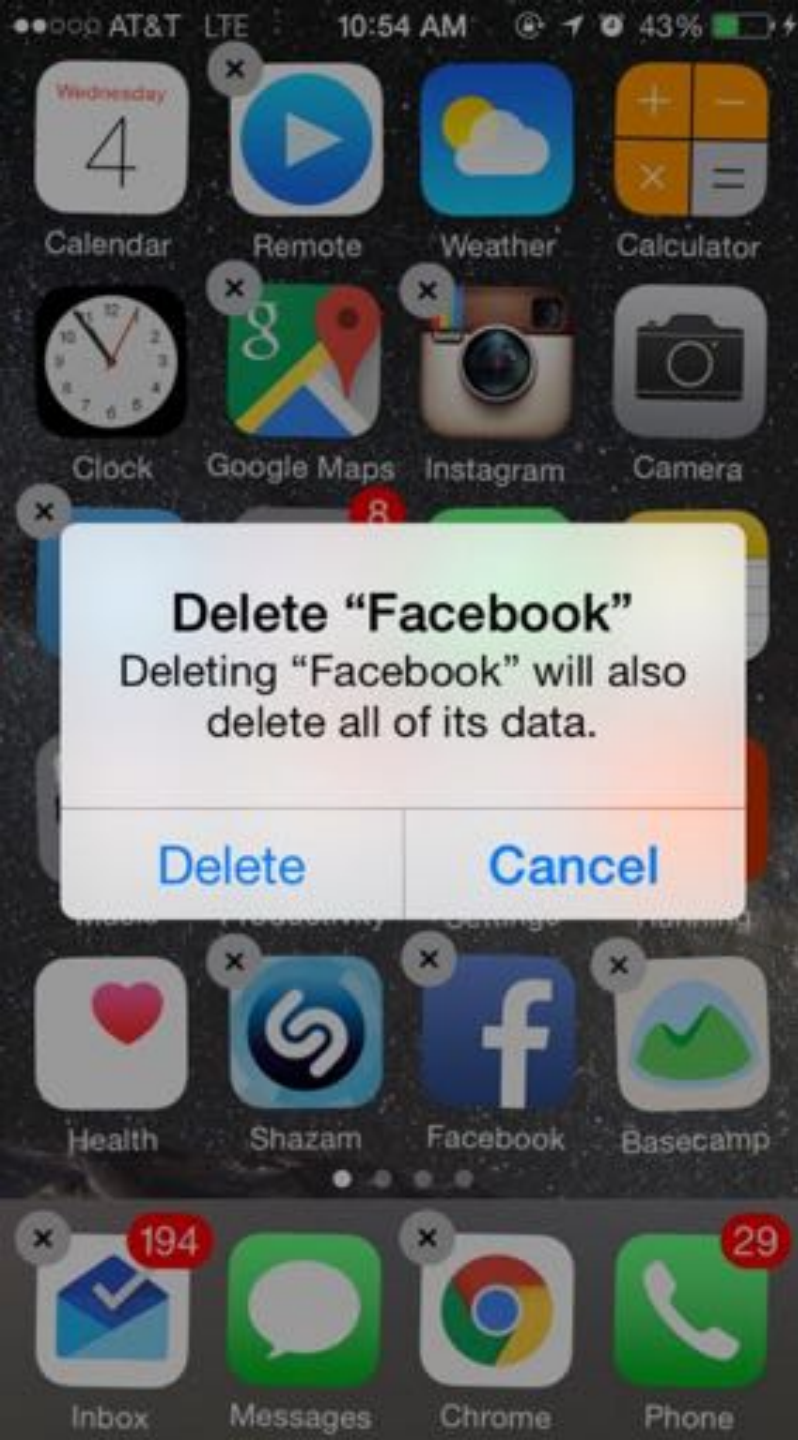
Before challenge week:

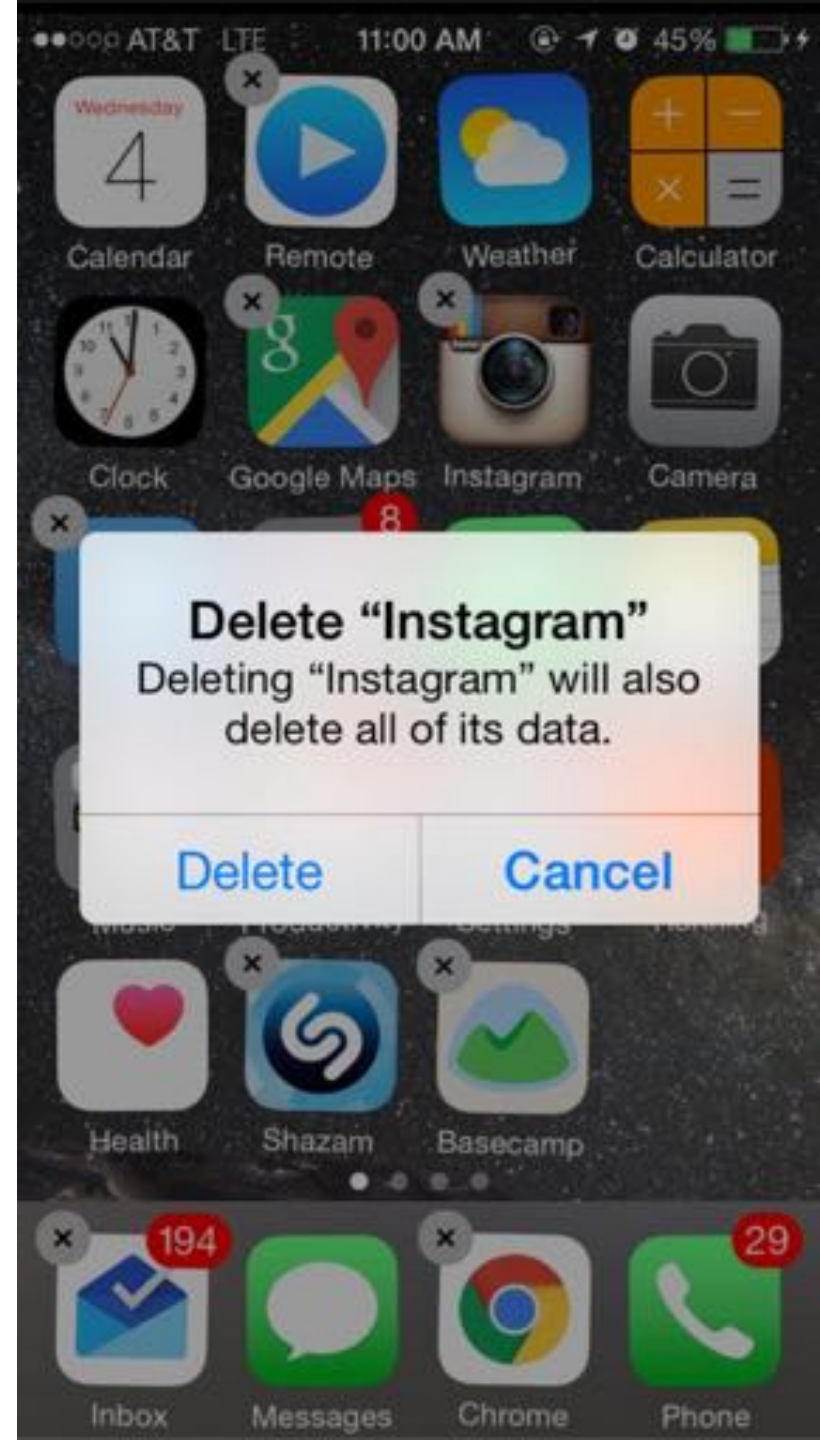
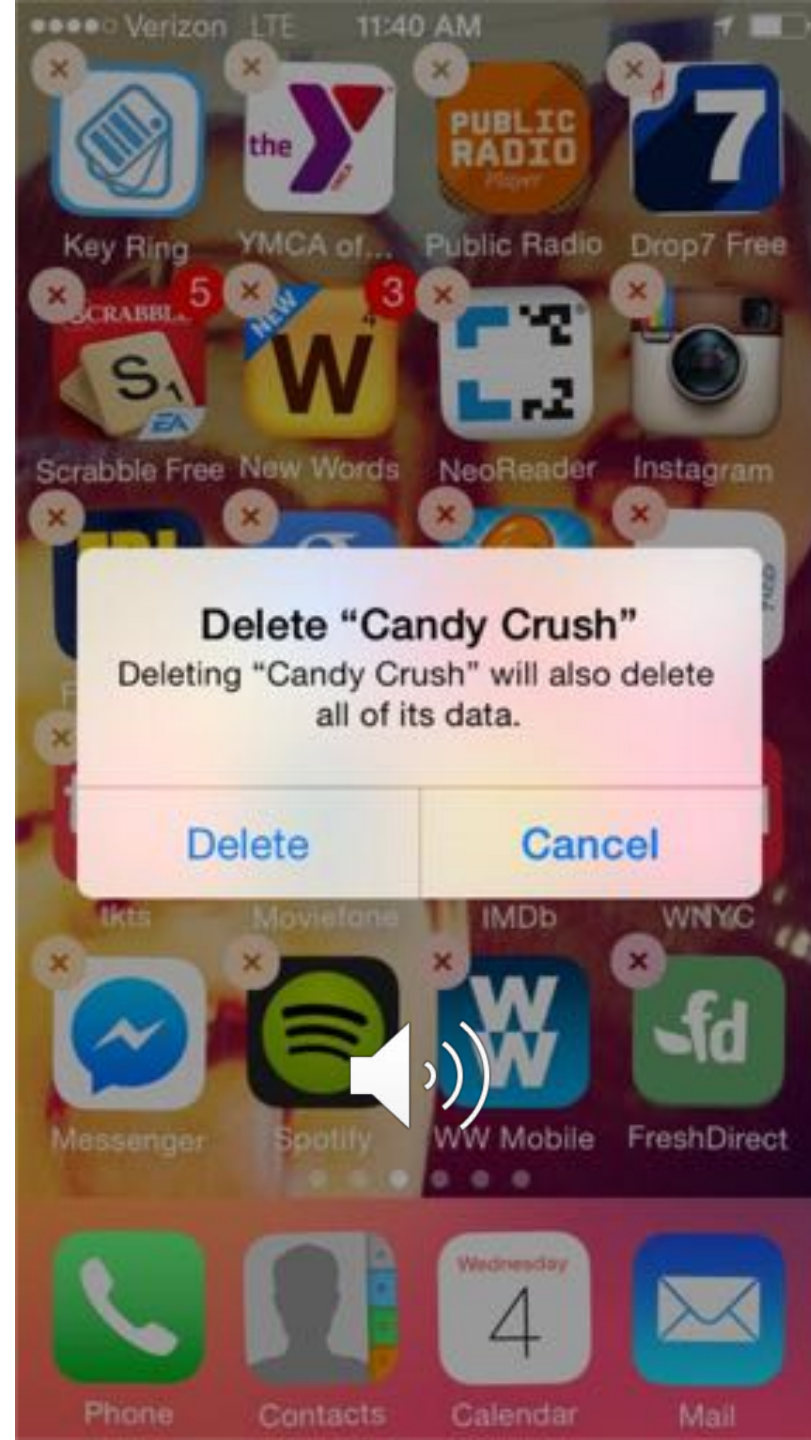
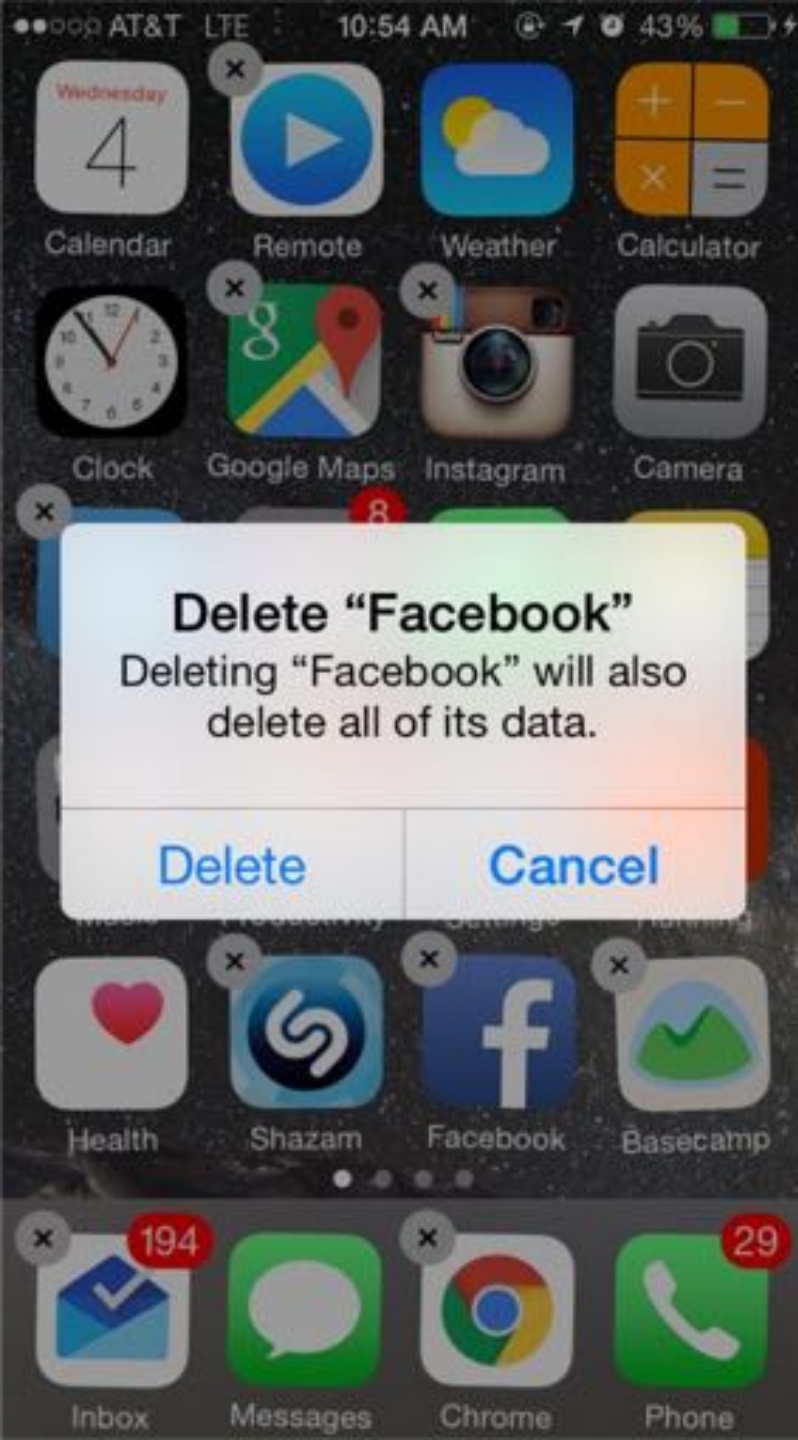
- **Averaging just over 2 hours a day on our phones.**
- **Checking our phones around 60 times.**





BORED





BORED AND BRILLIANT

The Lost Art of Spacing Out

20,000 Participants

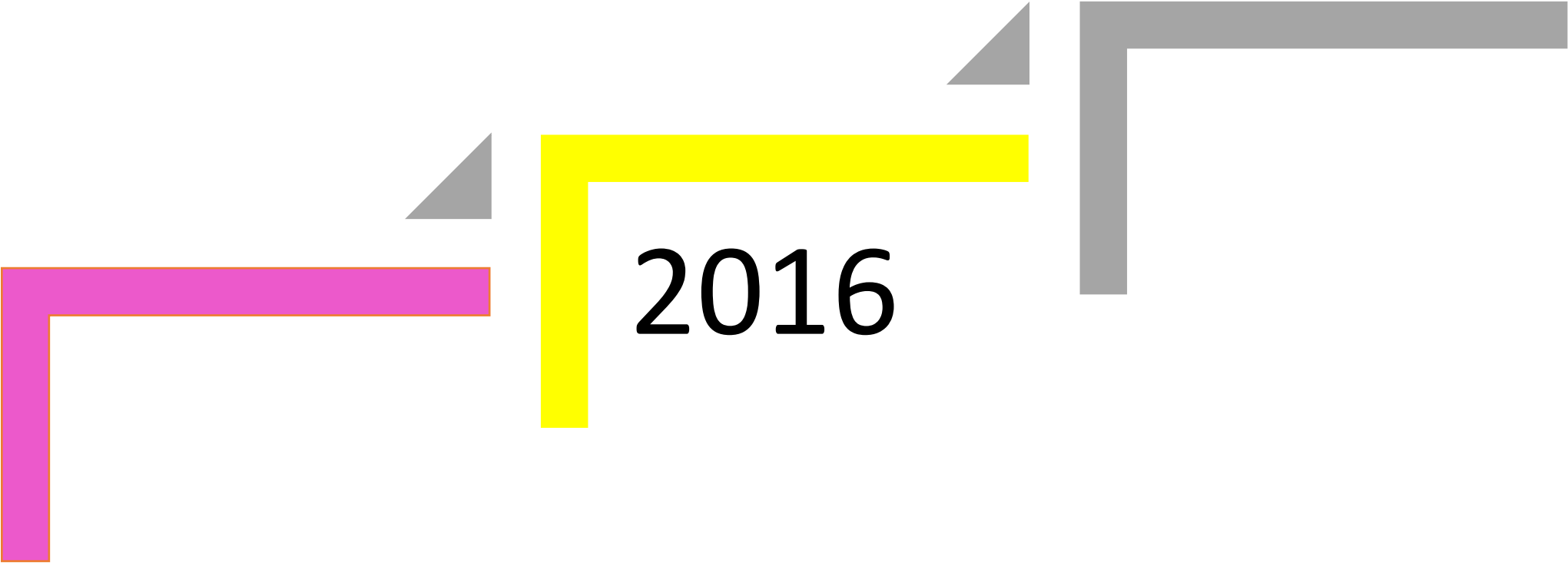
All 50 States

A Dozen Countries

90% Cut Down on Phone Time

70% Got More Time to Think

PROJECT TWO



INFOMAGICAL



note
to
self



“I don’t want to miss something that will inspire me.”

“I feel a need to always stay up to date so I’m not embarrassed if it comes up in conversation.”

“I’m somehow deeply convinced that I should be able to accomplish more in a day than I would ever expect of any other person.”



“There’s a certain number of decisions you can make before you deplete the brain’s capacity for making good decisions.”

**— Daniel Levitin
Neuroscientist McGill University**



Ever wanted to be more creative



?

More knowledgeable



?

More up to date on the news



?

More in touch with family and friends



?

More in tune with yourself



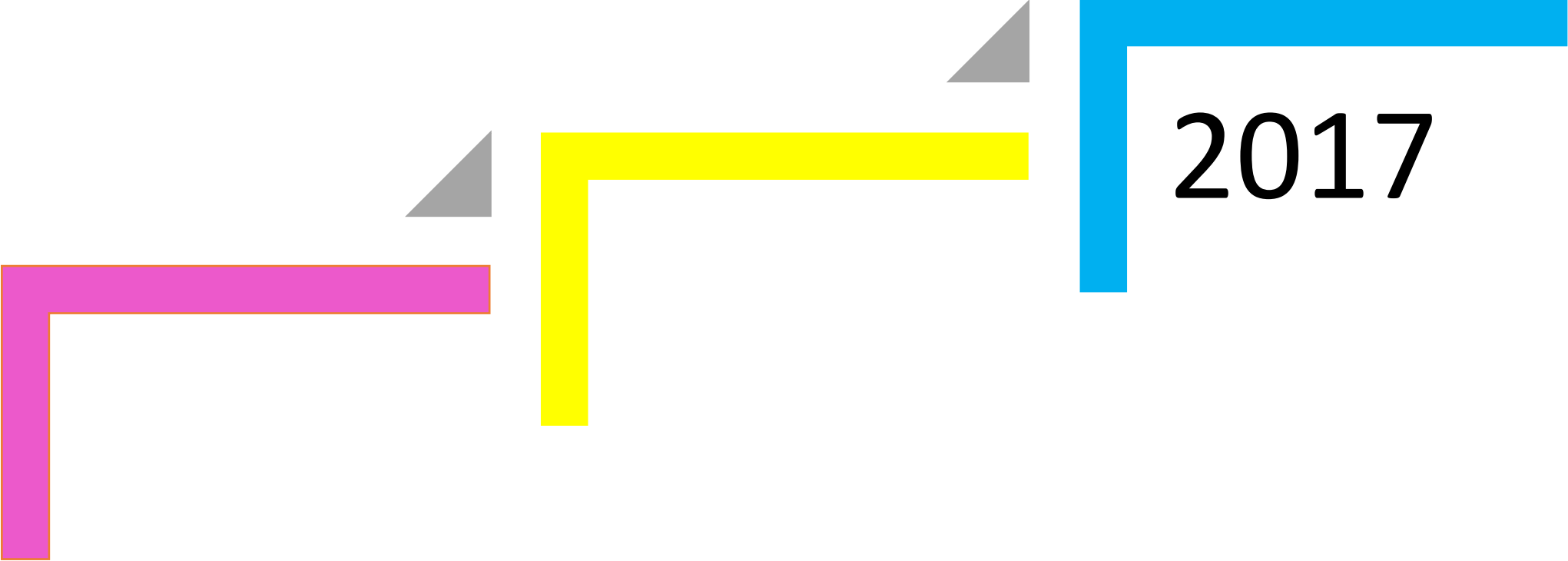
?



71% felt less overloaded

79% can better manage information overload

PROJECT THREE



THE
PRIVACY
PARADOX



Studies find that even when we think the risk to our data and identity is high, we sign up anyway.

Researchers call this
The Privacy Paradox.

Studies find that even when we think the risk to our data and identity is high, we sign up anyway.

**Researchers call this
*The Privacy Paradox.***



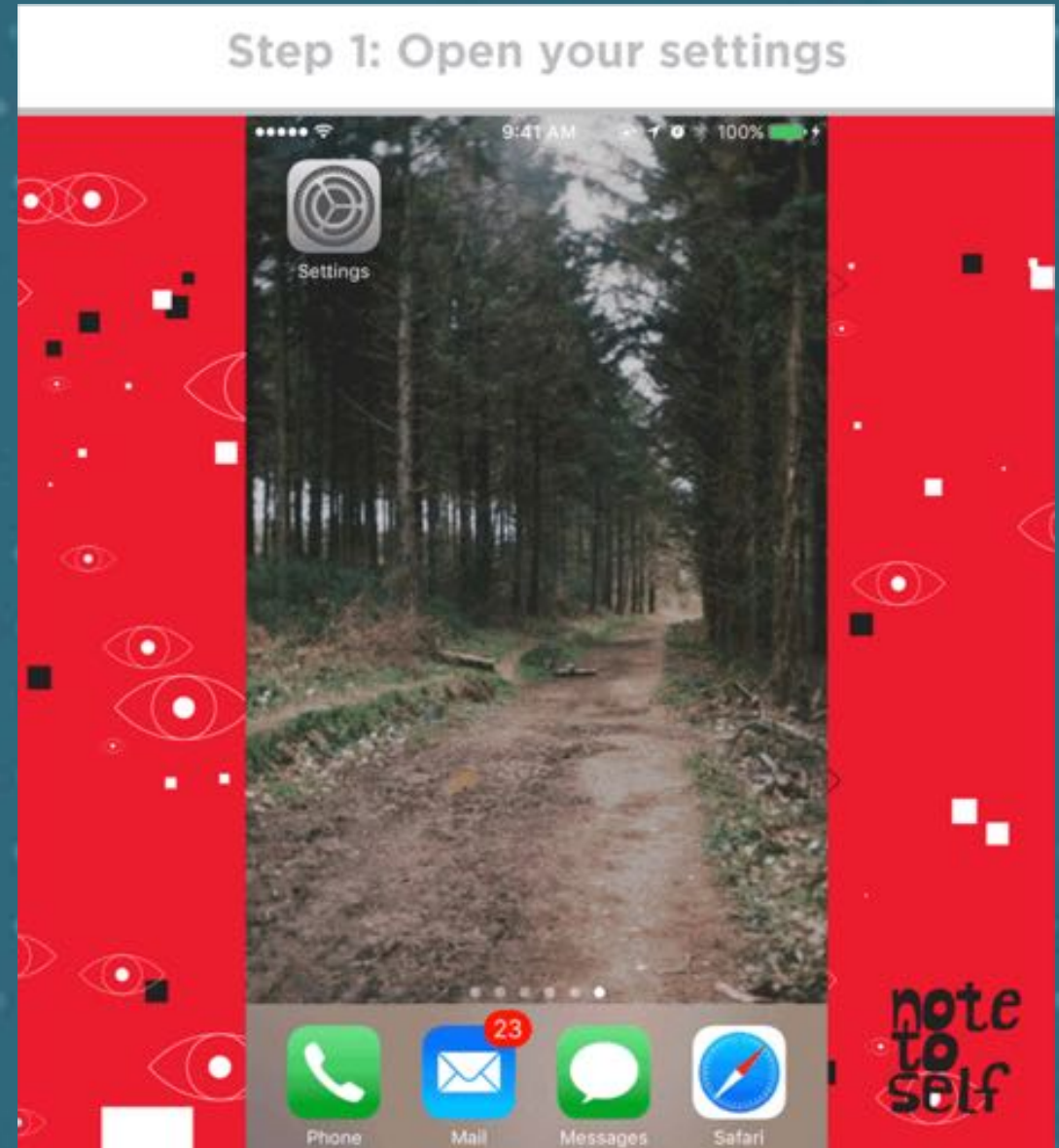
The background is a vibrant red color, densely populated with small white dots. Scattered across this background are several stylized white eyes. Each eye is composed of two concentric circles, with a central dot. Some eyes have a black dot for a pupil, while others have a white dot. The eyes are oriented in various directions, some looking towards the center and others towards the edges.

A 5-part plan to help listeners

- Learn where their digital information goes
- Weigh the trade-offs they make
- Make digital choices that align with their individual values

DAY 1:

WHAT DOES YOUR PHONE
KNOW?





DAY 5:

WRITE YOUR
TERMS OF
SERVICE...

My Personal Terms of Service

Privacy is [blank] . Before I click, post, or send, I will think about [blank] and [blank] .

It's worth it to me to share my information if it means I'll [blank] or [blank] . But for me, giving out [blank] or [blank] is too [blank] .

I need to remember: Making intentional choices about my data makes me feel [blank] .

And I'm going to push for [blank] to make privacy better for everyone.

Those are my Terms of Service.



Amy Peveto

@AmyPeveto

Follow

Loved [#theprivacyparadox](#) by [@NoteToSelf](#).
Time to clean out some apps and post my
personal TOS where I can see it every day.

My Personal Terms of Service

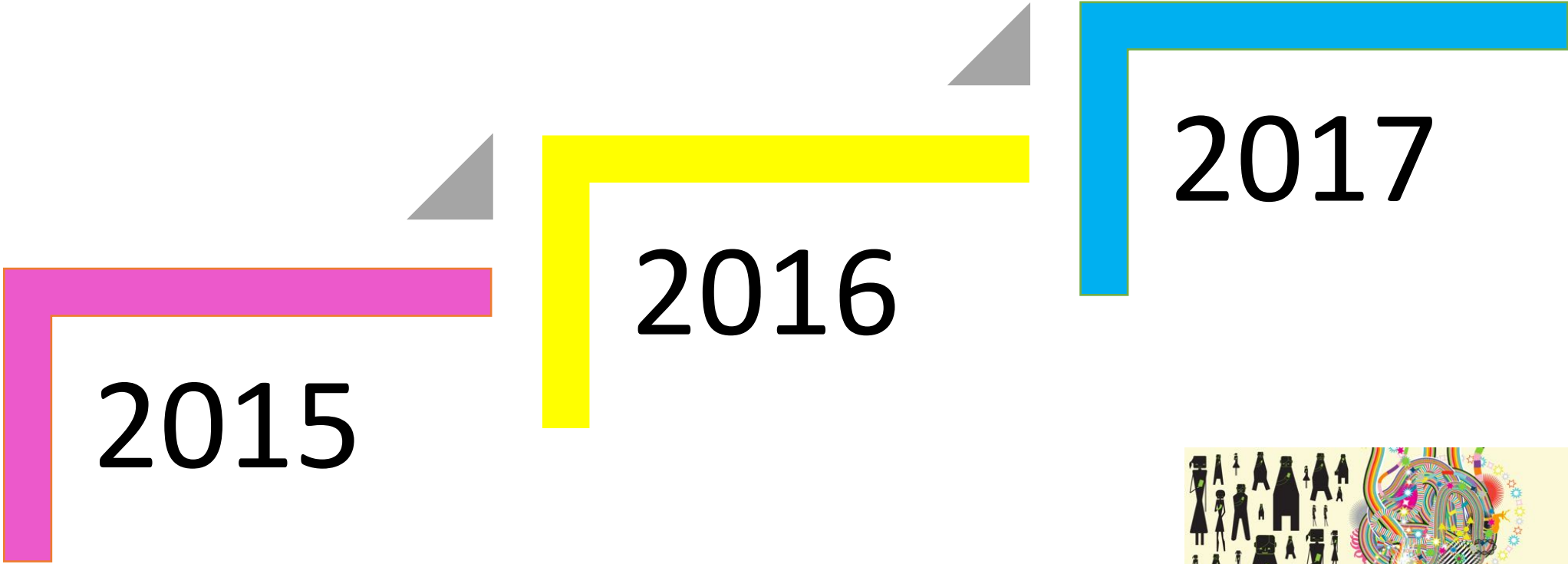
Privacy is critical to my safety and comfort.
Before I click, post, or send, I will think about
whether or not what I'm posting is true to
what I believe and whether or not I want
anyone to use the information to sell to or
target me.

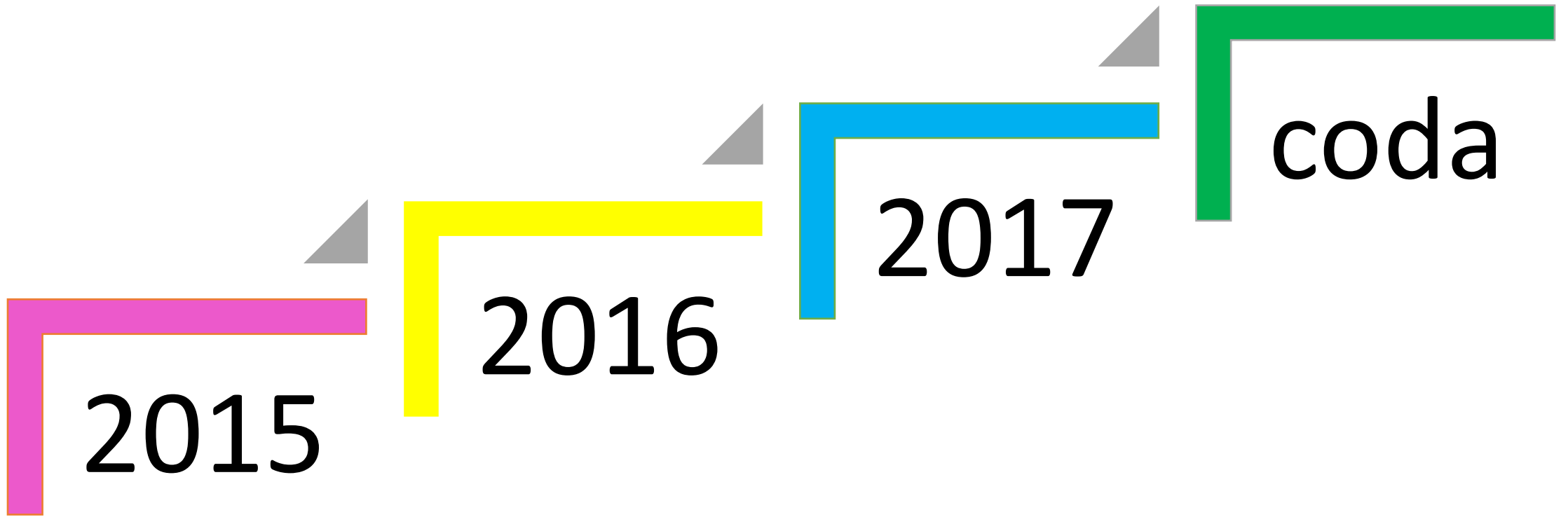
It's worth it to me to share my information if
it means I'll be able to stay in touch with
friends and family or get/give something
valuable in exchange. But for me, giving out
my phone number or current location is
too big a decision to make lightly.

need to remember

**70% ready to push for
digital rights protections**

TRILOGY COMPLETE

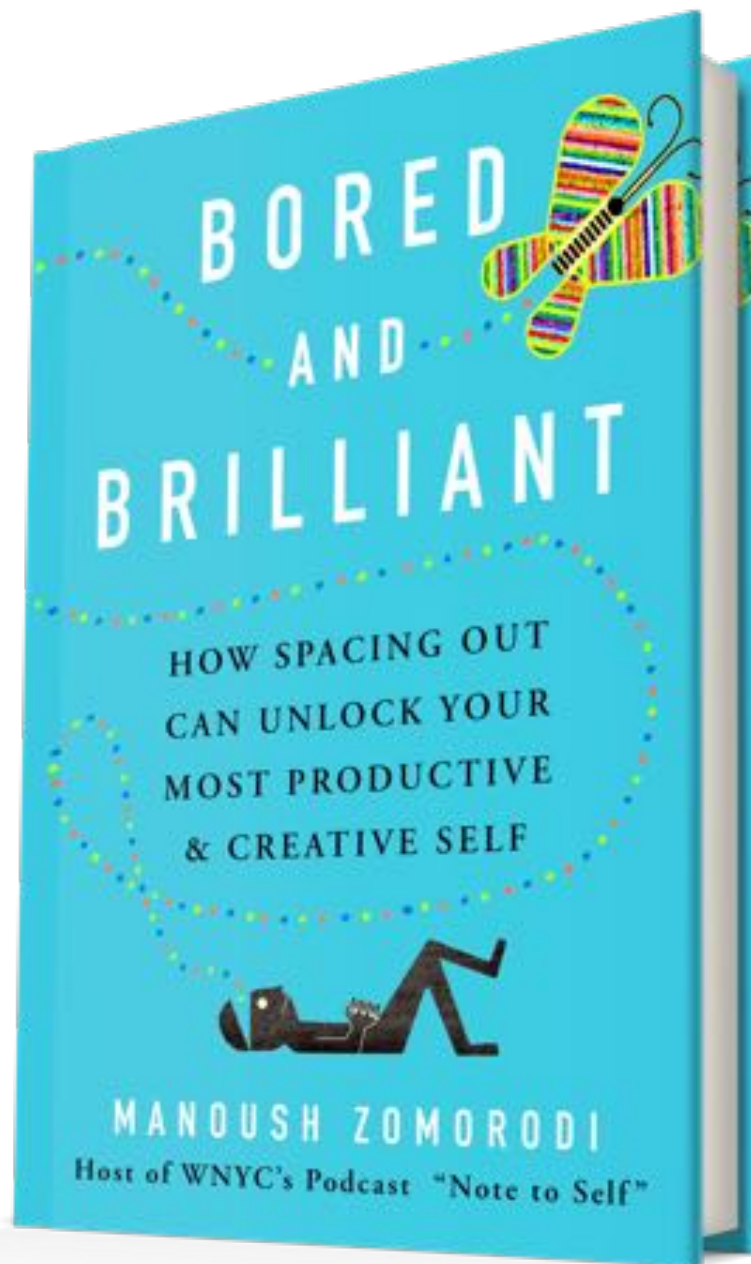






BORED

TED





Manoush Zomorodi

@manoushz

Following



Discovery: moms are turning my booktour into "ladies nights." For a good excuse to get a sitter: manoushz.com/events #getwine #getbored



9:45 PM - 12 Sep 2017



[Home](#) > [School](#)

by [Bela Kirpalani](#) - Mar 19, 2015

BORED AND BRILLIANT: CHALLENGE ACCEPTED

Audio by AMANDA DAMON and CARLY LAPIDUS

Photos by BELA KIRPALANI and MARIA GRAFAS





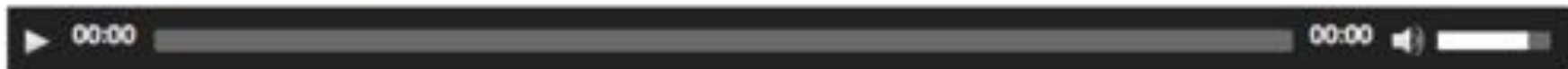
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BORED AND BRILLIANT: CHALLENGE ACCEPTED

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Photos by BELA KIRPALANI and MARIA GRAFAS





EU fines Google record \$2.7 billion in first antitrust case

DIGITAL

Facebook Is in a Trust Crisis

Public statements and Edelman study reveal lack of trust in social media

By Tim Carmody, 1 hour ago

Facebook should be 'regulated like cigarette industry', says tech CEO

Salesforce chief Marc Benioff says social media's effect on society is like smoking

04.01.18

How Facebook Blew It

A months long investigation uncovered concerns that Cambridge Analytica may have used improperly obtained academic data to craft its psychometric profiles.

Data protection

+ Add to myFT

What the EU's tough new privacy rules mean for Big Tech

GDPR could see fines of €20m or more for companies that fail to protect user data

FOMO: 'Fear of missing out' can lead to anxiety, even depression - but there are solutions

Jessica Wakeman Your favorite selfie filter could be contributing to a mental health crisis

The filters made available to users and invisible to viewers are creating an unrealistic portrait of what people look like.

Jan 18, 2018 / 9:05 AM ET

CBS NEWS / January 23, 2018, 7:35 AM

Facebook executive admits social media platform may be hurting democracy



These mental health disorders are most impacted by social media



By Meredith Censullo
Published: January 12, 2018

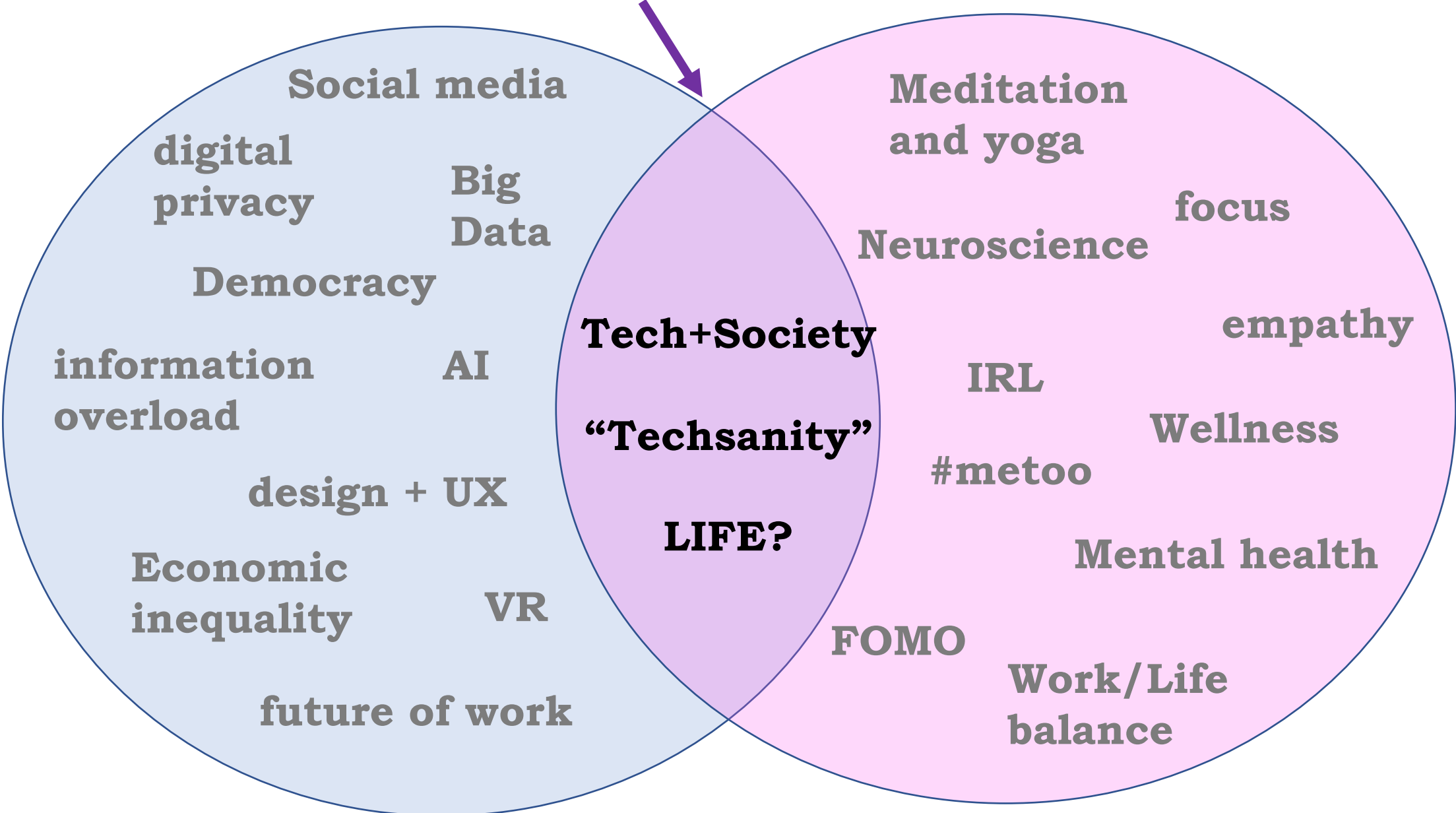
**Mental health
Opinion**

Perfectionism is destroying the mental health of my millennial generation

Daisy Buchanan



What should we call this?



gPod + co-founder of
1 @JPoyant. Creator
author of "Bored and
member of @Radiotopia

om
st 2009

and videos



Pinned Tweet

Manoush Zomorodi [@manoushz](#) · May 10

Some pretty big news in my little world: [@jjoyant](#) + I have formed our own media company...[@StableGP](#). New #podcast coming soon. Hint: [@Join_Civil](#)



You and [jjoyant](#)

57 30 317

Your Tweets earned 1,069 likes over the last 24 hours



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#BookCon

1,713 Tweets



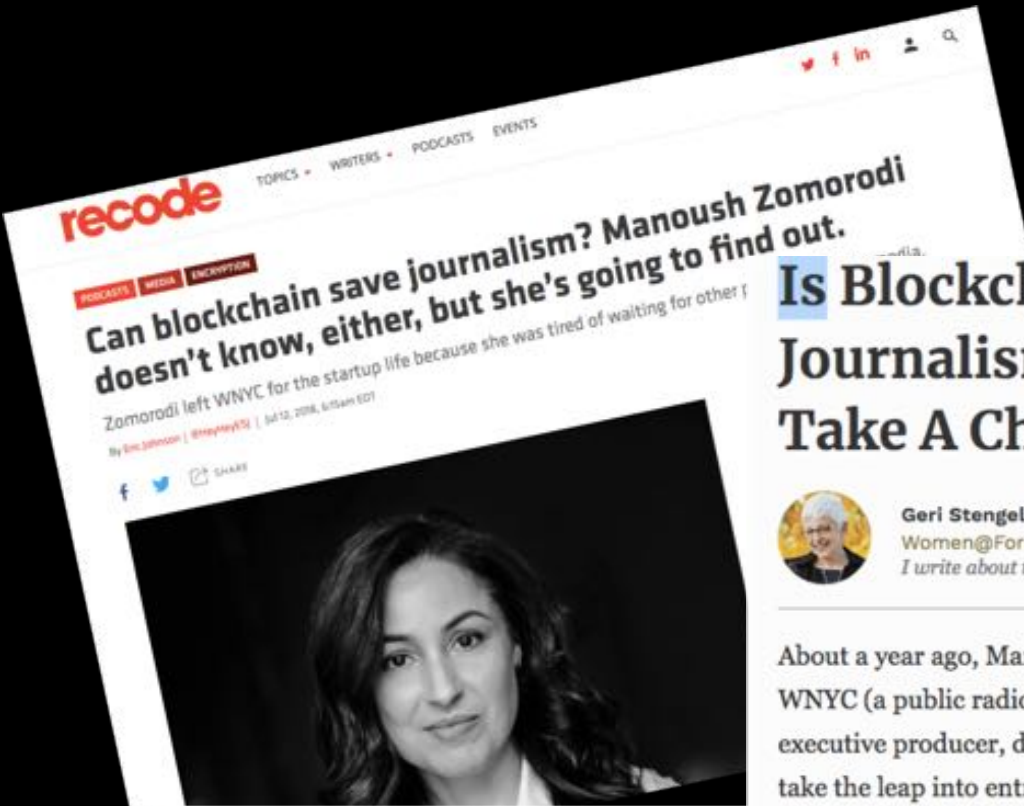
STABLE GENIUS
PRODUCTIONS





ZIGZAG





The New York Times

They Left Public Radio to Try Their Fortunes on the Blockchain

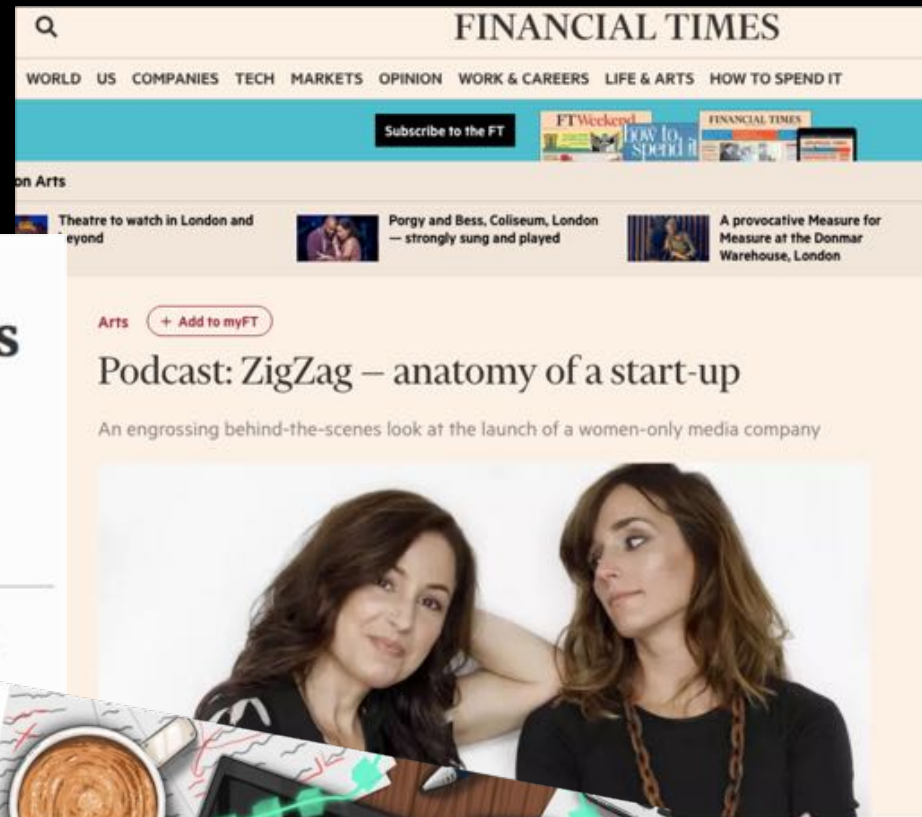


Is Blockchain The Future Of Journalism? Two Entrepreneurs Take A Chance



Geri Stengel Contributor
 Women@Forbes
 I write about the success factors of women entrepreneurs.

About a year ago, Manoush Zomorodi, former host of "Note to Self" on WNYC (a public radio station in New York City) and Jen Poyant, her executive producer, decided to leave their regular paychecks behind to take the leap into entrepreneurship. It wasn't something they had planned to do. It was something they felt compelled to do because of the news. "It was a weird perfect storm," Zomorodi observed.





STABLE GENIUS

PRODUCTIONS

WE'RE ON A MISSION TO HELP PEOPLE
NAVIGATE PERSONAL AND GLOBAL
CHANGE.

Coming soon: a new podcast about women and tech. And the
blockchain. And anxiety.

[SIGN UP FOR OUR NEWSLETTER](#)



Three (3) Exciting Parting Thoughts





Creativity

Focus

Personal Autonomy

Creativity

Focus

Autonomy/Privacy

Trust?

Empathy?

Thank you



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Teens say social media helps strengthen friendships, provide emotional support, but can also lead to drama, feeling pressure to post certain types of content

% of U.S. teens who say the following about social media



Note: Respondents who did not give an answer or gave other responses are not shown.

Source: Survey conducted March 7–April 10, 2018.

'Teens' Social Media Habits and Experiences'

PEW RESEARCH CENTER

END