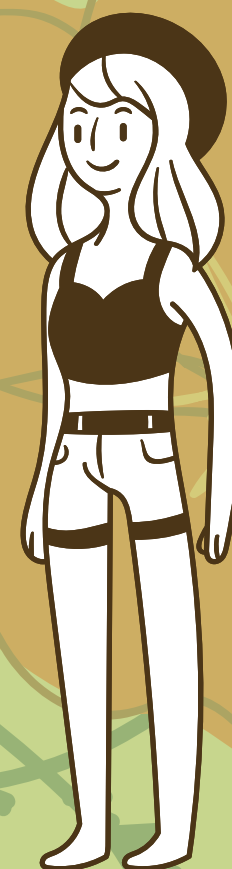
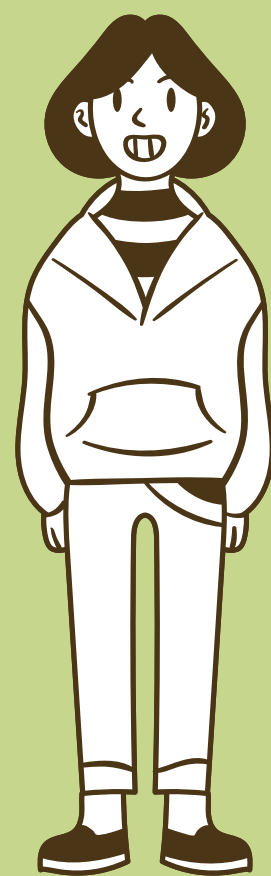
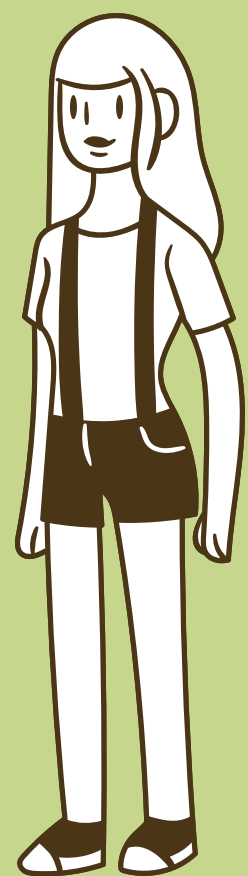




designing our values

NMD 200: Chloe, Evangeline, Kilian

designing for mental health



Although implemented with good intentions, the "Like" button has made more of a harmful impact on society than a good one. Every time we see that our posts have been "liked", our brains release a shot of dopamine, making us feel good temporarily. Consequently, the "Like" button is both addictive and dangerous.

Because of the addiction, the amount of received likes is being equated to one's worth in society. Used as a superficial and shallow indicator of individual value and social standing, the mental health of social media users plummets.

The "Like" button is so deeply integrated into society that it would be difficult to remove from social media platforms. While it wouldn't be too difficult to remove one button on the technical side, its ability to keep users online brings in an influx of profit for social media giants.





If the designers of the "Like" button had kept the twelve principles of permaculture in mind, the problem with mental health could have been avoided.

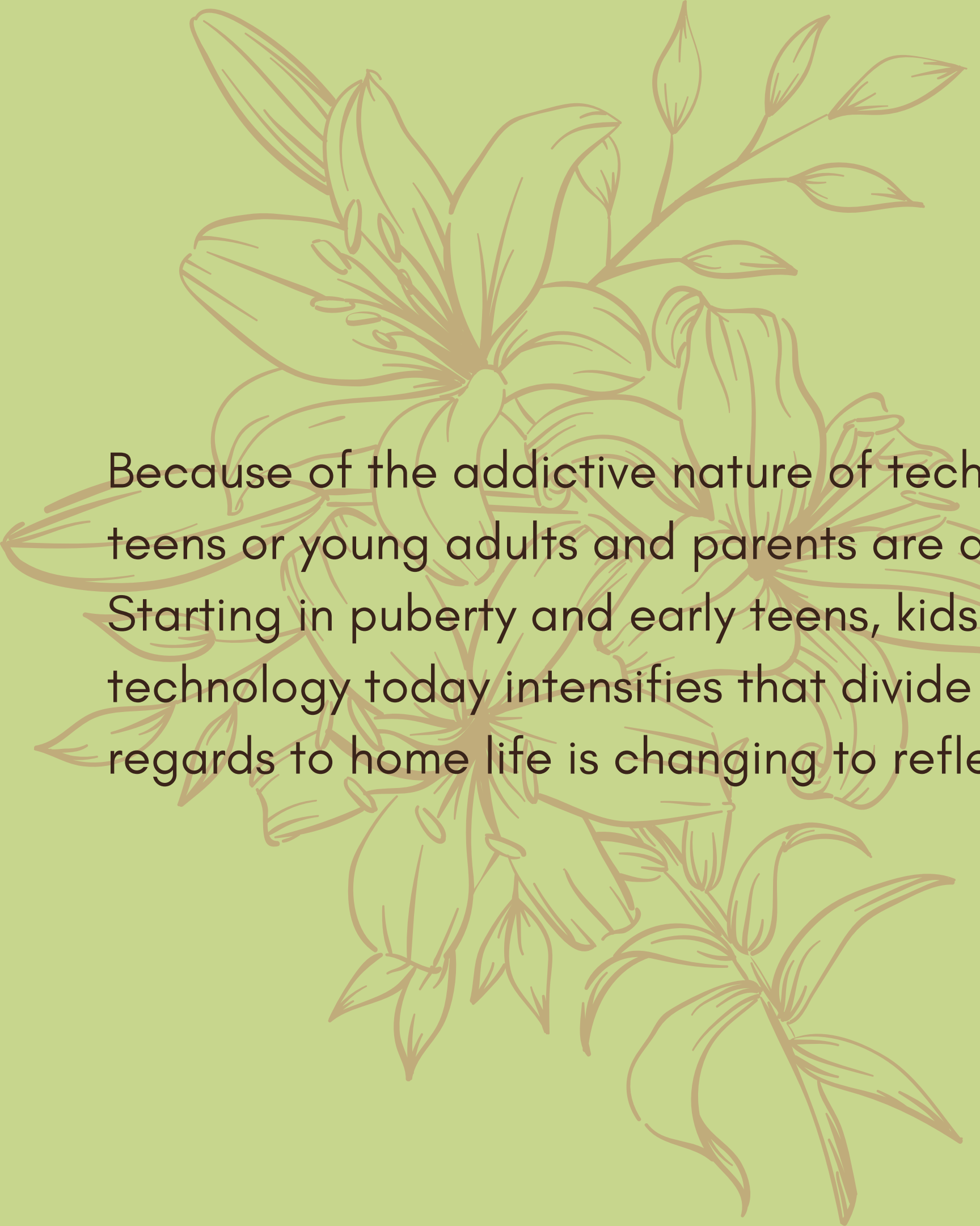
The particular principle that addresses this problem is the use of "small and slow solutions." In other words, an idea is tried on a small scale and the effects are observed. If its impact is favorable, keep it, and if not, revise or toss it (1).

"Small and slow solutions" is how drugs and treatments are developed in the medical field too. Medical professionals do not want to administer anything to patients that will ultimately harm them. So why not implement "clinical trials" for new technological ideas and avoid detrimental effects similar to the "Like" button?


Social pressures affecting Facebook likes	never	sometimes	can't say	total
when you press the like button, do you consider what your FB friends will think of your liking?	5	21	0	26
has the fact that you know that your liking fits into your FB friends' perception of your FB behavior influenced your liking?	9	15	2	26
when you consider your FB friends' opinions, do you have some specific person/s in mind?	9	16	1	26
before liking an object on FB, do you check who else has liked it?	3	23	0	26
have you regretted any of your likes due to social reasons?	16	10	0	26

designing for close connections





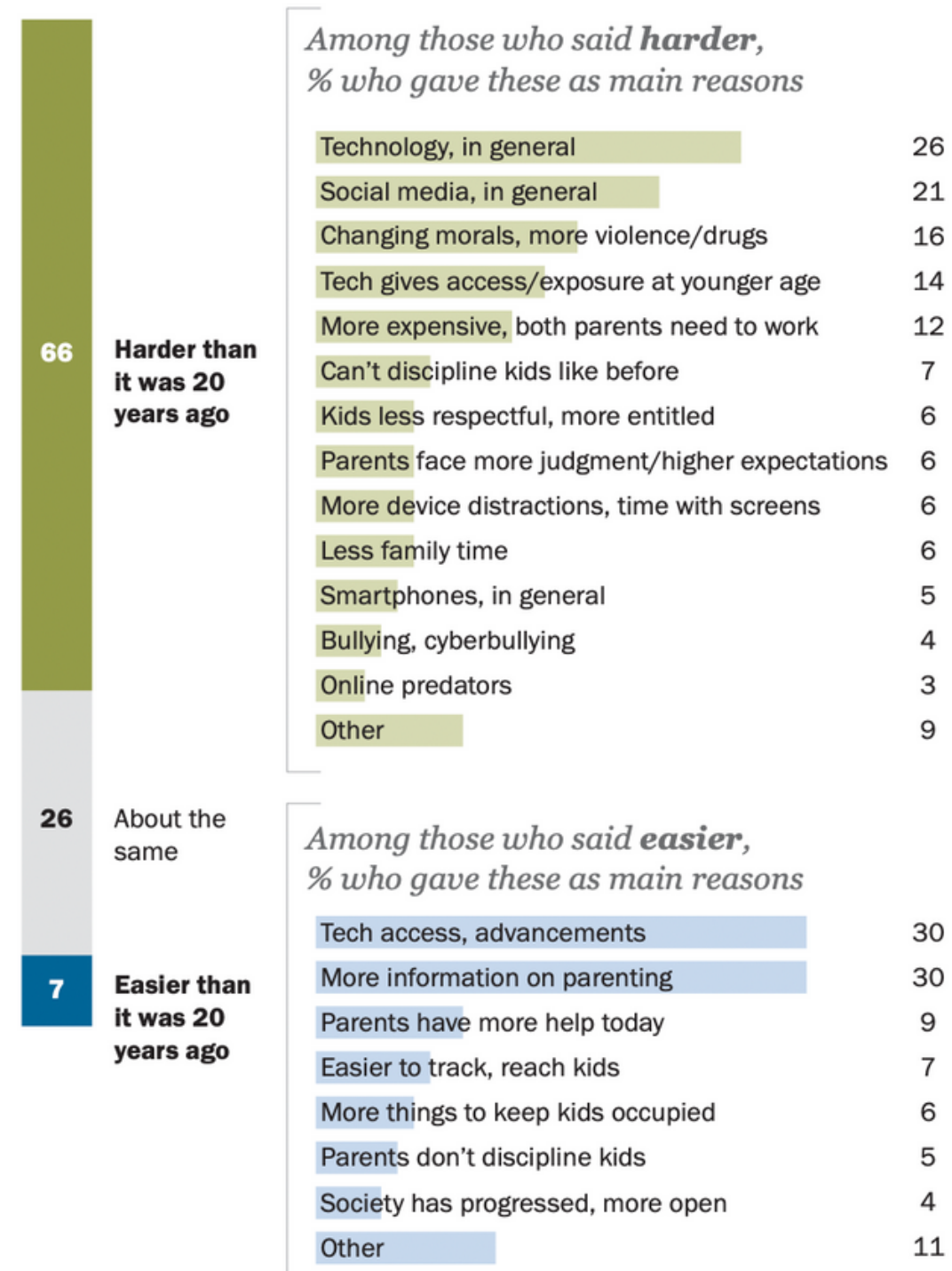
Because of the addictive nature of technology, many family members including both teens or young adults and parents are at a distance and spending less time together. Starting in puberty and early teens, kids start to pull away from their parents, and technology today intensifies that divide more and more. As a result, our culture in regards to home life is changing to reflect how disconnected we are from each other.



In peer groups, technology is also heavily influencing the way that teens interact with each other. During teenage years, teens' self-confidence is often quite fragile. Unfortunately, social media has been shown to perpetuate this, correlating with depression and suicide rates among the young. Interacting over technology is not the same as interacting face-to-face, and many teens have reported that they don't feel close with their friends and their connections are superficial.

Two-thirds of parents say parenting is harder today than 20 years ago, with technologies like social media and smartphones being cited as a reason

% of U.S. parents who say that for most parents, parenting is ...



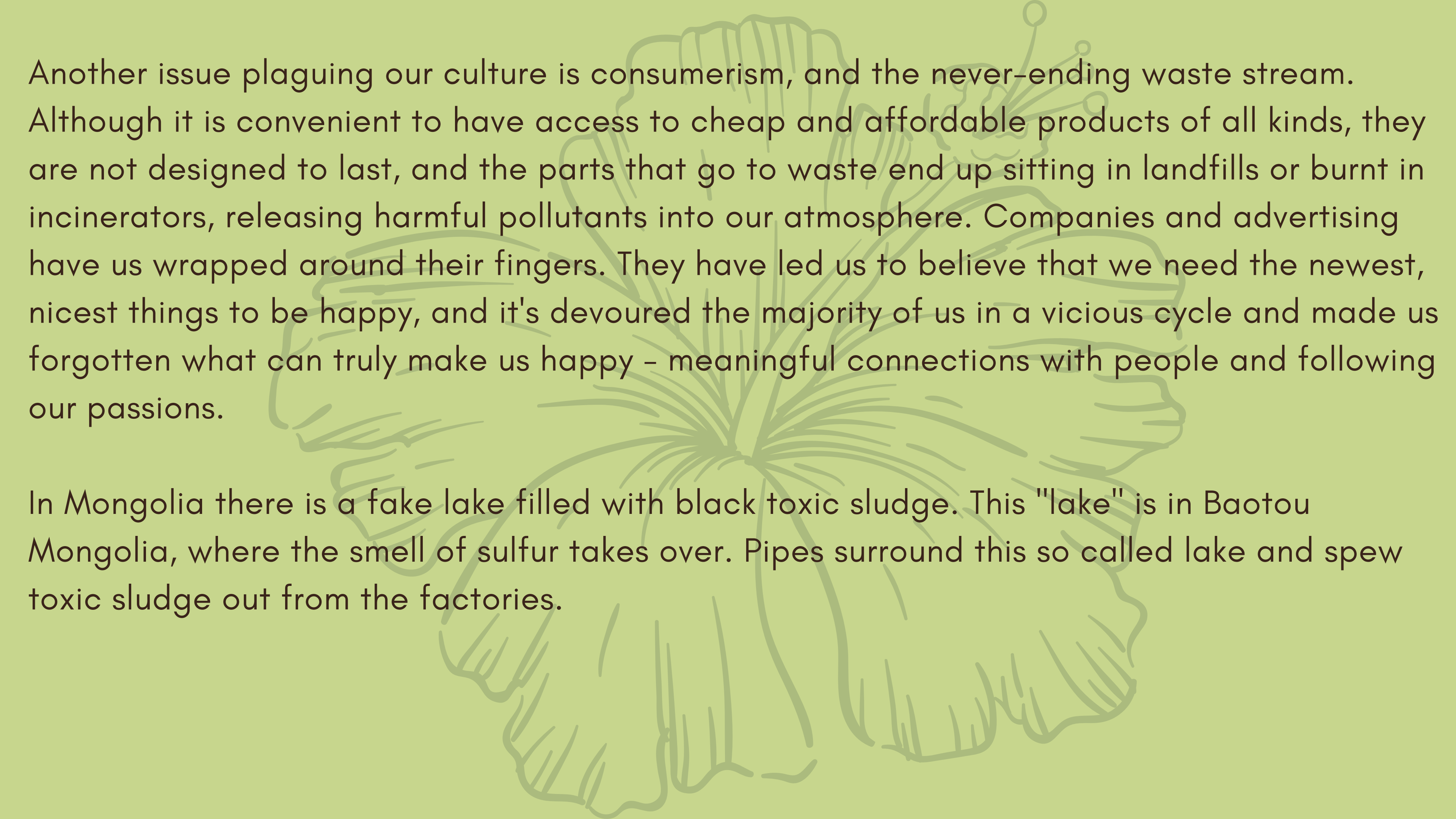
Note: Based on parents who have at least one child under the age of 18 but may also have an adult child or children. Those who did not give an answer are not shown. Verbatim responses have been coded into categories and figures may add up to more than 100% because multiple responses were allowed.

Source: Survey of U.S. adults conducted March 2-15, 2020.

"Parenting Children in the Age of Screens"

The background is a light green color. In the center is a large, stylized sun with a yellow circle and wavy rays. Scattered around the sun are several pink, teardrop-shaped petals. In each of the four corners, there is a decorative floral arrangement consisting of small orange and pink flowers on green stems, with a larger pink petal shape behind them.

designing for earth

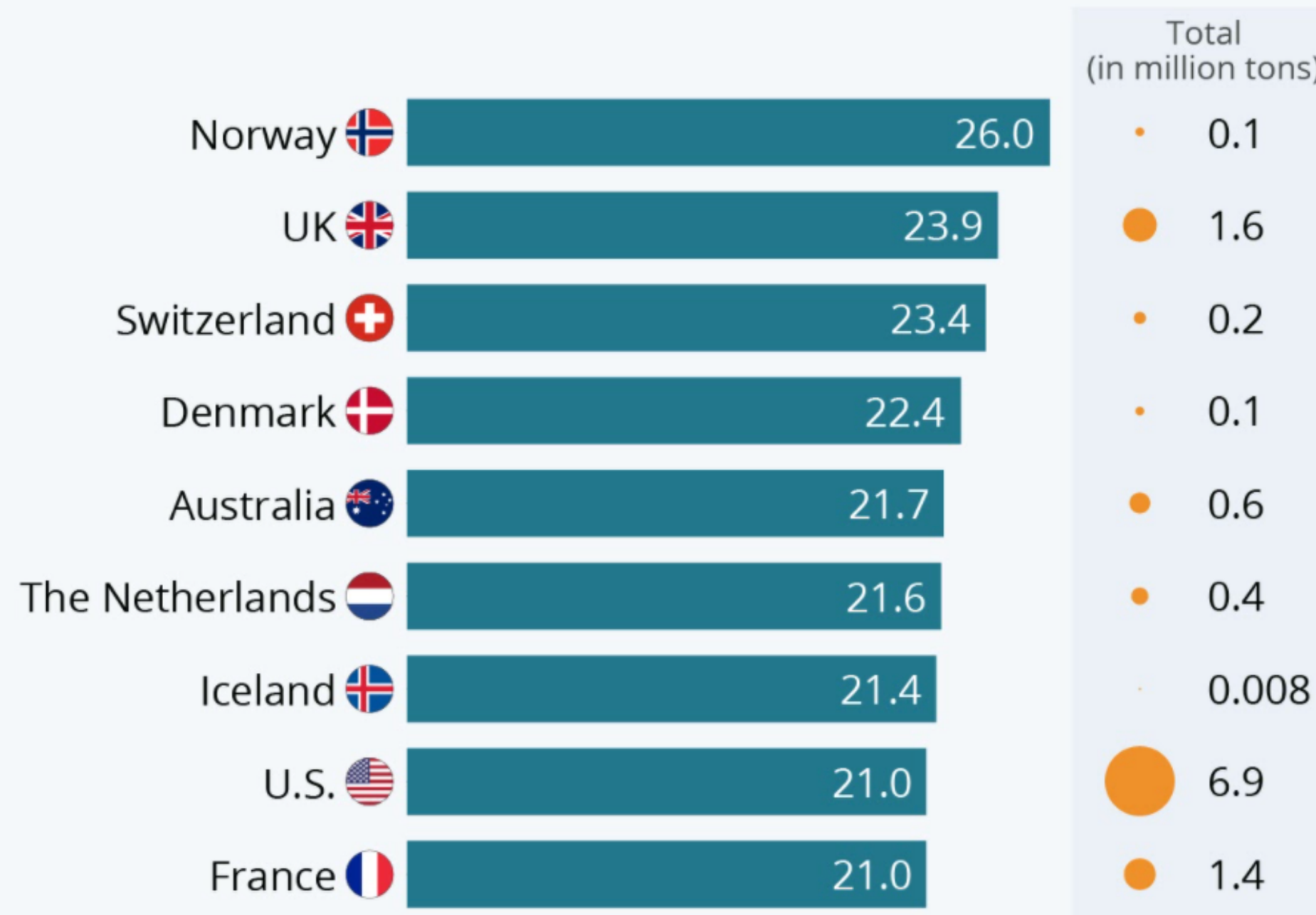


Another issue plaguing our culture is consumerism, and the never-ending waste stream. Although it is convenient to have access to cheap and affordable products of all kinds, they are not designed to last, and the parts that go to waste end up sitting in landfills or burnt in incinerators, releasing harmful pollutants into our atmosphere. Companies and advertising have us wrapped around their fingers. They have led us to believe that we need the newest, nicest things to be happy, and it's devoured the majority of us in a vicious cycle and made us forgotten what can truly make us happy - meaningful connections with people and following our passions.

In Mongolia there is a fake lake filled with black toxic sludge. This "lake" is in Baotou Mongolia, where the smell of sulfur takes over. Pipes surround this so called lake and spew toxic sludge out from the factories.

The Countries Producing the Most E-Waste

The countries which produced the most e-waste per capita in 2019



Source: Global E-Waste Monitor 2020



Brainstorm document:

<https://docs.google.com/document/d/1R7bmrVemwFfpRqWtdpi-yoEHw3CYb4Qfx0BkGcWi7Zw/edit>



Sources



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3. https://www.pewresearch.org/internet/2020/07/28/parents-attitudes-and-experiences-related-to-digital-technology/pi_2020-07-28_kids-and-screens_04-01/
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