Appendix 1

Sketches of directions
Encouraging face to face interaction
**What**
We wanted to lower the threshold to hang out, meet new people, strengthen friendships, accept each other as they are and encourage dialogue and trust in each other.

**Why**
This direction was primarily based on our research showing that media use is increasing, interaction with friends is decreasing. Also exploring how loneliness, uncertainty and pressure around expectations was rising. This made it natural to work towards a direction of youths interacting with each other face to face, rather than social media.
CITY BIKE SCREEN = FIND PEOPLE + ACTIVITIES
ASK FOR HELP = MEET AND HELP

HMM, I DON'T KNOW HOW TO DO THIS.

HELP ME TO KNIT?

HELP ME PICK APPLES AND MAKE JUICE?

HELP ME MAKE A BIRTHDAY CAKE?

COOL! I WANNA MEET AND HELP.

TINDER FOR VENUE

MÆLER PULS, HÅLTE - PÅGÅRDE POSTIBLÅNNINGS-RISIKO

MÆLER, EZEME REAGERER, TÆNKT MÆGEBOR

HÅRÅRER FALER DER MED, KNYBEN FALGÅRSTUKKONDER

GIAD, BEHÅR, SPRUTJ STØER/USKÆR, KEDO

EMOSJONELLE REPONSE

PROFTER DE EU VL. HA I LIJET DITT, TA BOET DE SOM CAGE PASSER DEK,

EUER, USE HÅRÅN MÅN KAN OPPNA REBUSKNUDDER.

KUNNET UNDERÅRE

KUNNAÅNSVÆR Å KNYTTE KONTAKT MED
KJØNN PÅ PÅLEBERNE TIL DUO NÆRBESTE VENNER.

ABSTRAKTE FIGURER SOM FORHJELPER! FORSKJELLER EMOJIONER.

TALK PERSONAL WITH STRANGERS
KONTAKT GAME

Points?

Still Moment:

TEAM 1
TEAM 2

Orientation:

TEAM 1
TEAM 2

KONTAKT-PUNKTER

KAN WE DET VÆRT INTEGRERT MED UNS FOR AKTIVITETE AU OMRADE?

TEAM 2

INTERESTING, WE HAVEN'T DONE THIS BEFORE!

SHARE YOUR THOUGHTS

MÅ NÅ PENGE OM ET BOLIG FARGE
COURTS ILUSTRASJONER
ETTER SPARINGER ETC.
Use social media info to learn what you have in common with the person next to you, or just a fun fact to start conversation.
Digital detox
What
Motivating and encouraging time off screen.

Why
People sometimes can not be wary of their time spent on SoMe, and this creates a barrier from what is really going on in the outside world. With this in mind we wanted to look into how we could make a shift in making people pay attention to the more important things in life.
THE PARTY-POOPERS

THE INTERNET
CONNECTION
BOX

INGEN INTERNETT
TIL GÅING!

TEKK INTERNETT

KLAN OG DRAK
INTERNETT FOR ÉN PERSON

PHONE CASE WHICH MAKES IT
IMPOSSIBLE TO TOUCH

PHONE CASE LOCK

IF URGENT
NOTIFICATION
SCREEN IS POSSIBLE
TO TOUCH
Block signals
- More present for each other
- No incoming interruptions, handshake

Your happiness increased by 35%
UKENS TIME SPENT
SHAMING!
GET A REAL LIFE!!

AUTO RESPOND

PAUSE MODE

AVAILABLE
AGAIN AT 18:00
SIGNAL FREE ZONE

KAFE

SIGNAL BLOCKER

SIGNAL/AIRDROP/BLUETOOTH
IZELIN PHONE

PRESENT MODE

IZELIN IS PRESENT FOR YOU NOW!
DO YOU ALSO WANT TO BE PRESENT?

√ ×

AWARENESS
ANNIKEN PHONE

DECLER STATUS MED DET PÅ VENNELISTEN INNEN RADIUS
Merging existing social media platforms
**What**
This direction was based on the idea of merging several different social media platforms into one separate app, helping control and overlook them all in one place.

**Why**
This was based on an idea of making it more manageable and time saving, having them all in one place. Some of the teenagers we talked too, expressed a wish of having this. We also looked into the possibility to filter, restrict and customize the content from these services. Allowing only to see things which was relevant for the user.
- Relevanse
- Tid på dage
- Interesser
- Effektiviser
- Tilgjengelig
- Mengde
Redesigning existing solutions
What
Iterations of small interactions that could be placed into already existing social media platforms and on phones operative systems. Which eventually could help the users gain better control on their daily media use.

Why
We wanted to improve areas where social media platforms make the mistake of not meeting the users needs.
AWARE OF TIME SPENT

22min
Just as much as a "Relax & Party"
Nirvana session

20min
Just as much as a meditation
session

WARNING
36min
Just as much as a walk to the store
and back

PAUSE MODE

SLIDE UP! SHORTCUT

FAUSER AT
DEMENT TEST

LOCK SCREEN

URGENT

FUCK PAND
SCAPE BE福建

SUBSTITUTE
BARRED ON
MY VENTURA
Independent social media platform
**What**
Designing a social media platform from scratch.

**Why**
We believed that social media platforms today use a lot of mechanisms and tricks to make their users spend too much time on their platform. So we wanted to fully focus on the users needs.
Maintain good friendships - calculates priorities

Time available to hang with friends this week:
- 11:00 - 13:00

Call time this week:
- 19:00 - 21:00

Warning: you should do something about this
Awareness on teens' social media use
**What**
Bringing awareness on today’s social media use through different measures, some of the ideas more discursive than others.

**Why**
We believed awareness around social media use and seeing the proposed solutions would make an impact and encourage considerations in their everyday life.
STREAKEXHIBITION

Monitor emotion on your phone

Notification

Are you still here?
Are you okay?
What happened?
Do you need help?
JEG REGISTRERER AT DU ER MED EN VENN, DERRFOR ER DU PÅ OPPTATT-MOODS!
HYGG DER MED ANNIKEN? ;)

**VITNEMÅL**

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**TOTAL**

| FRÅVAR | 4 DAGER | 1053 MIN
|--------|---------|---------|

**MOBILBOK**
YEARLY SUMMARY - SOCIAL MEDIA

[Diagram of various social media platforms and their connections]

[Diagram of a mobile phone with various interactions and buzzwords]

BOMBBEEE!
SHARE THIS!
LIKE THIS!
DOWNLOAD ME!
SEND MEG!