



ADULT IN A KID

How technology changed childhood forever

1. Potential harm to children

Health issues

- Psychological disorder such as anxiety
- Eating disorder : Bulimia and anorexia



Did you know that Magnetic Resonance Imaging (MRI) results showed that social media affects the brain and behaviour of children.



Cyberbullying

- Technology has provided a platform where many people can take action at the same time.
- Results in depression, Low-self esteem and suicidal thoughts.



Singapore has the highest rate of cyberbullying

2. Evolution over time



2000s

Interactive touch-and-feel children books



According to a research from U.S. Department of Education, children who read frequently tend to perform better than average

- Interactive touch-and feel children books which had sound effects were used.
- Interaction and reading provides a more enjoyable experience that brings about curiosity which enhances their imagination.
- Improve vocabulary, support both sensory development and literacy skills.



2010s

Online Materials



Studies has shown that people of all age tend to blink much less when focusing on a screen.

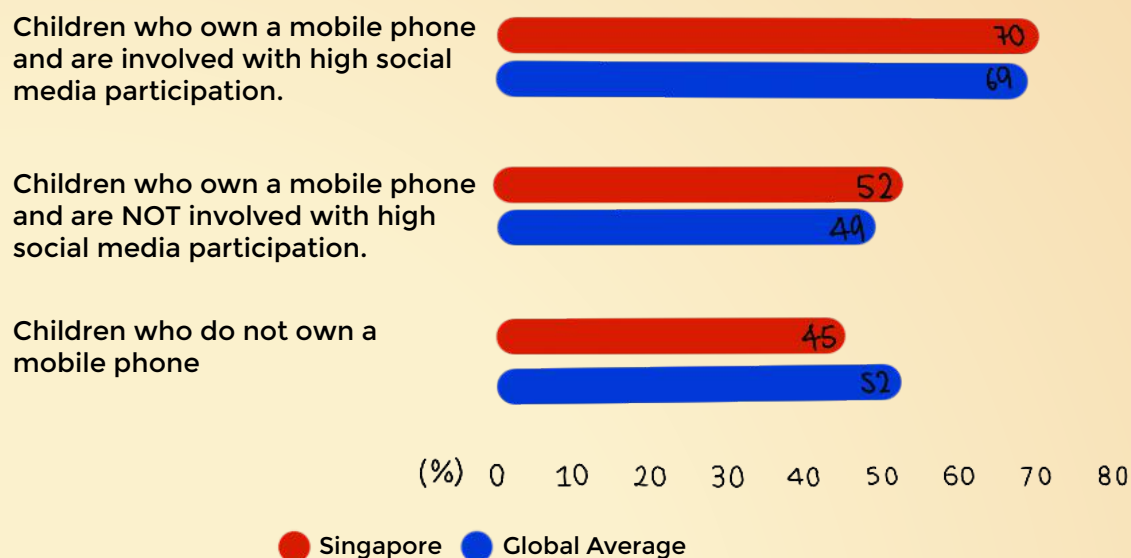
- May contain harmful or negatives animations and graphics for children.
- Could result in screen addiction which leads to harmful addictions in electronic devices.
- Screen time affects the eye as it causes the eyes to get dry and irritated.



3. Statistics

Singapore (2018)

8 - 12 Year-Olds at Cyber-Risk (%)



4. Playgrounds now vs. then



THEN
Physical Playgrounds

- Playgrounds helps children develop their physical, cognitive and emotional strength.
- Develops social skills with other children in the playground.
- A past time for children to interact with one another and have fun.



NOW
Social Playgrounds



Children in Singapore get access to internet connected device at just age 8, which makes them the youngest globally as the average global age is 10.

- Is social media the new playground? Most children are on different social media platforms such as Instagram as their way of having fun.
- Children are exposed to inappropriate content and might even share personal information online without knowing.
- More time spent on the different medias will lead to reduced physical activities and increased food consumption resulting in health issues such as obesity.

5. Appearances



THEN

- Comfortability over style.
- Hand-me-down clothings from family members or close friends.

NOW

- Fitting in society's beauty standards.
- Outfit inspiration from social media applications such as Pinterest.

