RETHINK:
HOW WE TALK ABOUT TECH TO OUR KIDS

manoush zomorodi
1998
THREE PROJECTS
PROJECT ONE

2015
DEFAULT MODE
Moment

BreakFree
Before challenge week:

• Averaging just over 2 hours a day on our phones.

• Checking our phones around 60 times.
BORED
Delete “Facebook”
Deleting “Facebook” will also delete all of its data.

Delete “Candy Crush”
Deleting “Candy Crush” will also delete all of its data.

Delete “Instagram”
Deleting “Instagram” will also delete all of its data.
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

2016
“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
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**.
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.
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
Discovery: moms are turning my book tour into "ladies nights." For a good excuse to get a sitter: manoushz.com/events getwine getbored
BORED AND BRILLIANT: CHALLENGE ACCEPTED

Audio by AMANDA DAMON and CARLY LAPIDUS

Photos by BELA KIRPALANI and MARIA GRAFAS
BORED AND BRILLIANT: CHALLENGE ACCEPTED

Audio by AMANDA DAMON and CARLY LAPIDUS

Photos by BELA KIRPALANI and MARIA GRAFAS
EU fines Google record $2.7 billion in first antitrust case

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

Facebook Is in a Trust Crisis
Public statements and Edelman study reveal lack of trust in social media

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.

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.

Facebook executive admits social media platform may be hurting democracy

These mental health disorders are most impacted by social media

By Meredyth Censullo  Published: January 12, 2020

Mental health  Opinion

Perfectionism is destroying the mental health of my millennial generation

Daisy Buchanan
What should we call this?

Tech+Society

“Techsanity”

LIFE?

Social media
- digital
- privacy
- Democracy
- information overload
- design + UX
- Economic inequality
- future of work

Big Data
- AI
- VR

Meditation and yoga
- focus
- Neuroscience
- empathy
- IRL
- Wellness
- #metoo
- Mental health
- Work/Life balance

FOMO
- Work/Life balance
Manoush Zomorodi @manoushz · May 10
Some pretty big news in my little world: @jpoyant + I have formed our own media company...@StableGR. New podcast coming soon. Hint: @Join_Civil
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 and 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.

They Left Public Radio to Try Their Fortunes on the Blockchain

Manoush Zomorodi, a former host of the WNYC technology podcast “Note To Self,” and Jen Poyant, the producer of the WNYC show, have recently teamed up to create a podcast called ZigZag. According to the New York Times on September 16, 2019, the purpose of ZigZag is to spread the word on blockchain technology, entrepreneurship, and life in a working world.

Two Women, Two Moms, and Blockchain Technology

Zomorodi, 35, and Poyant, 39, both mother of two children, as they explore blockchain.
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
SUBSCRIBE
ZigZagPod.com
@ZigZagPod

FIND ME
ManoushZ.com
@ManoushZ
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

**POSITIVE**

- 81% Feel more connected to their friends
- 69% Think it helps teens interact with a more diverse group of people
- 68% Feel as if they have people who will support them through tough times

**NEGATIVE**

- 45% Feel overwhelmed by all of the drama there
- 43% Feel pressure to only post content that makes them look good to others
- 37% Feel pressure to post content that will get a lot of likes and comments

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