

Appendix

Instructions Kit #1	1
Booklet Kit #2	4
Extended version of the dialogues	16

Gen Z

Kit #1

Tusen takk for at du hjelper oss med masteroppgaven vår! ✨
Målet med kit#1 er å samle innsikt om hvordan unge voksne lever og påvirkes av teknologi i hverdagen.

Nice! Hva kommer dere til å bruke bildene til? 🤔

Mest til innsikt og dokumentasjon av prosessen. En del av bildene blir publisert i en rapport, med mindre du trekker ditt samtykke. 📄

Kult! Kan jeg få se bildene når jeg er ferdig? 🙏

Seff! Vi fremkaller alle bildene etter å ha hentet kameraet og du får kopi på mail. ❤️

Lykke till! ⚡

Instruksjoner

- 1.** Ta 10 bilder totalt. Ikke vær redd for å tolke oppgaven feil, det finnes ingen feil svar! Og ikke vær sjenert, vi samler 100 bilder fra over 10 deltagere.
- 2.** Det er viktig at du tar alle bildene med blits! 📷 Da er vi sikre på at vi ser det som er på bildet. Hold minst 1 m avstand fra objektet, da blir bildene skarpe og fine. 🌟
- 3.** Har du bomma på et bilde eller glemt blits? Bare ta det på nytt. Det er 3 bilder til overs per deltager.

4. Ta ett bilde av

- Det beste du vet i hele verden
- Innsiden av kjøleskapet ditt
- Alt av tech-ting du bruker i hverdagen samlet
- Deg som sitter på ditt hjemmekontor
- Mobilen din der den ligger mens du sover
- Innsiden av klesskapet ditt (ikke lov til å rydde!)
- Deg på et sted du henge mye i disse dager
- Deg i en sosial setting
- Noe som gjør deg forbanna
- Ta et kult bilde 🤖

- 5.** Si ifra til oss når du er ferdig! ⚡ Vi prøver å samle kameraene innen 1. februar.

Spørsmål?

Agata +47 40 57 27 12
Clementine +47 95 16 57 42
eller send oss DM på Face

Psst!

Husk å signere samtykkeerklæringen slik at vi kan bruke bildene i prosjektet.

Takk for hjelpen! Synes du det var litt gøy? Da håper vi at du har lyst til å hjelpe oss med Kit#2 🙋

Hilsen Agata og Clem ⚡

Gen Z

Kit #2

Målet med Kit#2 er å samle innsikt på hvordan det å konstant være 'tilkoblet' til sosiale medier påvirker oss. 🤖

Hvordan kommer svarene fra kit#2 til å brukes? 🤔

Det du fyller inn i Kit#2 vil bli anonymisert slik at det er umulig å kjenne deg igjen fra det du svarer. 🙊

Svar på så mange oppgaver som du orker og husk at det er ingen fasitsvar. Ta kontakt om du lurer på noe! 📧 Vi prøver å hente probene om 10 dager.

Lykke til! ⚡

Spørsmål?

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eller send oss DM på Face

Psst!

Husk å signere samtykkeerklæringen slik at vi kan bruke bildene i prosjektet.

Hvem er du?

Fargelegg 5 tags som du synes beskriver godt og/eller det du bryr deg om.
Du kan også skrive inn i en tom tag hvis du vil.

Partyløve × Sporty × Spontan × Avslappet type ×

Morsom × Pliktoppfylende × Ambisiøs × ×

Liker eventyr × × Pessimist for fremtiden ×

Ekstrovert × Tik-Toker × Insta addict × Familien ×

Introvert × Gamer × Pratsom × Snap streaker ×

× Nerd × Sofagris × Feminisme ×

Kreativ × Vennegjengen × Stille × ×

Snill × Vanedyr × Optimist for fremtiden × Outsider ×

× Målorientert × ×

Lykketroll × Elsker memes × × Kjedelig ×

× Antikonsumisme × ×

× Dagdrømmer × Adrenalin-junky ×

Reflektert × Lat × Individualist × Har null filter ×

Hundemenneske × Klimaendringer × Konspirasjonsteoritiker ×

Jeg synes at det bedste med sociale medier er ...

1. _____

2. _____

3. _____

Jeg synes at det verste med sociale medier er ...

1. _____

2. _____

3. _____

Din skjermtid

Gå inn på mobilen din og fyll inn tegningen.

A hand-drawn sketch of a mobile phone screen with a status bar at the top showing signal strength, Wi-Fi, a camera icon, and battery level. The screen content includes:

- DAILY AVERAGE**
_ h _ m
- TOTAL THIS WEEK**
_ h _ m
- Most used apps**
Four rows, each consisting of a square box on the left and a horizontal bar on the right. The top bar is shaded with diagonal lines, while the others are empty.

Fullfør tegningen

Hva sa foreldrene dine hvis du brukte for mye tid forran mobilen eller PC'en?



Fullfør tegningen

Hvordan tror du at unge mennesker kommer til å bruke sosiale medier i 2050?
Du kan også skrive ned tanker om det er enklere.



Ungdommene vil bruke sosiale medier i 2050, men de vil ikke bruke dem på samme måte som i 2020. De vil bruke dem til å dele bilder og videoer, og de vil bruke dem til å kommunisere med venner og familie. De vil også bruke dem til å finne informasjon og å lære seg nye ting. De vil bruke dem til å uttrykke seg og til å dele sine tanker og følelser. De vil bruke dem til å bygge relasjoner og til å finne venner og familie. De vil bruke dem til å dele sine bilder og videoer, og de vil bruke dem til å kommunisere med venner og familie. De vil også bruke dem til å finne informasjon og å lære seg nye ting. De vil bruke dem til å uttrykke seg og til å dele sine tanker og følelser. De vil bruke dem til å bygge relasjoner og til å finne venner og familie.

Hvordan var det å svare på proben?



Hva kunne vi gjort bedre?

Kan vi holde kontakten å invitere deg til et workshop eller intervju på et senere tidspunkt?

Ja

Nei

Send

Psst!

Husk å signere samtykkeerklæringen slik at vi kan bruke bildene i prosjektet.

Tusen takk for hjelpen! 🙌 Send oss
en mail når du er ferdig med kittene
på clementine.rusten@gmail.com ❤️

Hilsen Agata og Clem ⚡

The anti-scrolling ring



Mmh... Interesting.

It's cool because now you only have digital limits on your screen but maybe it could be interesting to have something physical that gives you feedback. A shock? Or just as a reminder? I think it could be something real in the future. I think I also need something for myself, to help limit myself, something to prevent me from scrolling. I can't stop myself from playing the next video on Youtube.



It's nice! Where can I buy one of these?

I've seen something like this before. I think they sell these.



I don't think I would use it. I hate to wear rings and watches all the time - so it would be another thing collecting the dust in a drawer somewhere.



I personally love wearing rings, so I actually think the idea is super interesting. However, I question the way it would work. If it were to punish me for scrolling, I think I would dislike it quite quickly.



*

I would never wear something like this, in the same way that I wouldn't wear "I'm vegan" buttons or use the ring you get if you graduate from NTNU. It feels like showing off something that I'm not interested in showing off. (...)

Completely second these thoughts and would also steer away from this personally. I like wearing rings, but not to showcase a specific stance on something.

*

If it's a jewelry I think I would wear it - like rings. It reminds me of this strap for face masks, which is apparently quite popular in Korea these days.

*

I don't think it would work. It's very unpractical. I would only take it off and on all the time.

I feel this is something you would wear to show others that you are healthy. Like "I don't need Internet, I have a good mental health" type of thing.

*

The phone addiction pills

*

Haha! This is funny. I would definitely need these pills!

Shit, a lot of people would have needed them I think.

*

We take pills for everything today. So I'm thinking - why not take pills for phone addiction?

*But to what extend are we actually addicted?
I mean, how bad is the situation today? It's hard for me to imagine that, but I know it's really bad.*

*

I think we should have something like this but maybe not so serious? Because when you have medicine, it suggests a serious problem. Like maybe with mental health issues, you don't want to talk about it as a serious problem. (...) Also addictions can manifest problems, I guess, so you also need someone to talk to for guidance or practical suggestions. But when I see medicine, I think about it as something very serious that I don't want to face. It kind of scares me.

*

It's such an analogue method, swallowing a pill.

*

I'm not sure how I would have used them... Maybe I would put them by my night stand, and use it as a reminder?

But I think we should take phone addiction seriously. Because most of the time we don't think that it's a problem, but just something normal. We should take it seriously though. Because you get addicted, stressed, depressed. We don't have these kind of specialists now with whom you can speak about your phone use. Maybe that's because it's something new and also because we don't take it as seriously? Maybe some people don't think it's a real problem.



I might have been more willing to take those if they had vitamins in it!



I think pills are a stupid solution. Because then you just become addicted to the pills. What's best? Phone addiction or addiction to pills?



Seems scary. But if my doctor prescribes it, I probably need it? What are the side effects?



My first thought "Um... hell no", I don't medecines to tamper with my emotions and mental health any further.

Children's book



I get very upset when I see children walking with their nose in their iPads. It's quite worrying, and I feel that it's the parents fault.

I don't think that parents can do much. I think that it's mostly society's fault. Even though my parents forbid me Instagram when I was younger, I just went behind their backs and found other ways of having an account. And that's because all of my friends were on Instagram. Ergo society's fault.



Oh, it's cute. (...)

But will it be engaging enough for the children to read it when the iPad is nearby?



Fantastic! I would really like this kind of book when I get children in the future.





I actually get scared when I see children having panick attacks when the iPad is taken away from them.

Yeah, we were lucky, we grew up just before it got bad. We were still interested in climbing trees and stuff. We had to be creative and invent our own games.

But children get iPads very early these days. At least my old school is now an iPad-school. But I think it's good as well. They can learn things efficiently. I also remember that I learned english by being online.



Many parents focus on this issue. They don't want their children to be on their phones while they eat dinner. But the parents themselves do exactly the same. So how can they teach something they themselves cannot deal with?



Seems very realistic! I could see this already exist. Also agree that its good to start teaching kids the importance of digital balance.



I think this is a scary idea. Isn't it up to the parents to restrict the use of smartphones and tablets for their kids? There should be a book for the parents instead. (...)



The Internet Blocking Device

*

I would maybe have it by my bed. Or bring it with me when I go for a walk in the forrest or for a cabin trip.

Yeah, and then you wouldn't receive the message you don't want to receive.

I feel like 4G is everywhere you go, even in the forrest. Even though you maybe don't want it there. There are actually very few places without Internet.

I feel it's like we need to have Internet everywhere. But we actually don't need it. Does Internet actually generate wealth?

But it's a priviledged thing to say that you don't need Internet. In other countries, it's not the same. Here it's a priviledge to never be disturbed.

*It's almost like a luxury thing. You could log off, and then you have an assistant that follows you around and checks your e-mails for you.
(*laughter*)*

Maybe this device is a luxury object.

Yeah, it's probably super expensive. You can carry it as a clutch.

Like a status symbol. The new diamonds.

You have it to show others that you have good mental health and healthy habits. You can show others 'I don't need Internet'.



I think this one is actually clever. You could make sure your friends are not on their phones in a social setting.

Exactly. Shit, I would get one of those for my birthday party. To make sure I get enough attention.

I think I would need something external, like this device, to put limits for me. Because I can't limit myself. When I use time limits, I can just click 'ignore' and the limit goes away. It doesn't work. It would be nice with someone else putting the limits for me.



Haha, this one is silly. Can you not just turn off your router?

Yeah, but people don't do that. That's the point.

Yeah, like we don't have the self-control to do that.

When I was little, my father used to turn off the wifi at night. I could still use my phone, but it wasn't as fun. I remember it was super annoying. Even though I got a good night sleep, haha!



To limit others, sure I think this makes sense. To limit myself? Probably not. It would still come down to self-control. If I really wanted to go online, I would simply unplug this.(...)



Nokia Limited Edition



My phone broke once, about 5-6 years ago. I was completely lost for several days. I couldn't do anything. It was like my life had turned upside down. And everything took so much more time. Like I had to buy a bus ticket at Narvesen. I had never done that before.

I think that's the main reason why I wouldn't switch to a simpler phone. Because I still want my Ruter-ticket. I still want Google Maps. All these functions that are necessary. But I could definitely live without social media, I think.



I actually think it could help if old phones became trendy again. If all of my friends used them, I would have no reason to be on social media.

*Yes but... Old phones are already a trend at my highschool. I know many that use them during the week, to concentrate, and then they have a regular iPhone they can use during week-ends. But I don't think it actually works though.
(*laughter*)*

But that's interesting. We attend different highschools. Because old phones are not trendy at all at my high school. At least not yet.

There are many hipsters and wannabe hipsters at my school. It's almost considered lame to own the newest iPhone. But I think most of them have an old phone because it's a statement. Like: "I'm cool, because I have a Nokia. Because I don't need anything else and I don't care about the rest."





Imagine that the iPhone is like a highway. Then this Nokia is an old country road. You get where you want to go with it, it just takes a little more time. Whether you want to be in the epicenter of the highway or whether you want to be on the country road, it all depends on where you want to place yourself on the specter of connectivity. (...)

One last thing. I read a book about a person who drives somewhere. On his way he crashes, falls off the highway and falls off the grid. If you fall off the grid, you are still present, but you are in a dangerous situation. With an iPhone, everything goes smoothly and you have access to health services, the police and government institutions. You are really connected to the welfare state, which is quite important for a human being to survive today. If you use an old Nokia, you have it accessible but at a different pace. You are still a part of society no matter which of these phones you have and you can fix things and such, but at a different pace.



This is a really good idea. (...) But I don't know if I'm ready to let go of my smartphone. I need something in between.

I would like to have this in certain occasions. But I would maybe like to have a smartphone camera and the rest is "dumb". (...) A stripped mode for focused work time or vacation/free time.



I've noticed this becoming popular during certain periods with people I'm acquainted with. Seems to work for them.



The Work Environment Act



Oh, this one is clever. This is fun. I buy this one.

I didn't get it.

It's because today it's expected that you should answer to an e-mail within a day. But if you don't have a PC nearby, you can't.

Ok. So if your boss contacts you on Messenger because it's a place where you are more active, he's breaking the law?

Imagine that you are not active on your work phone, but you are friends with your boss on Facebook. And he tells you "I saw you were active on Face, but you didn't reply to my email"...

Alright, but that's very good if it's forbidden then. I though (the artefact) was about forbidding job positions where you have to be connected all the time.



I feel it would be so stressful if my boss saw an Insta story and commented something like 'Aha, that's why you asked for a day off...'



I'm confused. Doesn't this already exist? At least it should..



*

I don't think that authorities should try to limit my usage, and if they did so, I would probably act the opposite way because I don't want anyone forcing decisions upon me. It would feel like they took away a part of my freedom.

I think the solution lies at a community level. We have to re-think our norms and change how we look at social media as a community. The change has to happen as a community, all together. And it's probably very hard to achieve, but it's the only solution I see.

*

I feel it would be nice. Then you know that your employer respects your private life. I'm not sure it's always like this these days.

*

This reminds me of laws like 'right to disconnect' which they have in France where you have to negotiate with your employer how available you will be outside of the working hours.

*

I really like this idea! Making sure work is not upping the amount of social media.

*

One should be allowed to to promote their business on social media, but I agree that your employer should have no say in whether or not they can ask that of you.

*

Camera blocking merch



I feel this is about being social. Staying present.

Everytime I see something interesting, I think - 'Oh! I should take a picture of this' - then I get disctracted from the real experience. I kind of lose the flow I'm in.

Yeah, and that you almost disconnect from the situation you are in just to document it. And the fact that you try to document it may say something about that you are not really present in the moment. You focus on trying to document and capture that experience as correctly as possible, and it is difficult to achieve. Often in cafes, there are girlfriends sitting on their phones and documenting the dish they ordered, instead of actually tasting it. The visual image of the dish, untouched, has become more important to share. The experience is worth publishing it. The value of buying the dish at the cafe is also that you can share it and show a certain lifestyle.

But that is a type of value that only exists within certain social groups. As soon as you're not in this social group anymore, then this type of value disappears. It doesn't exist anymore. But it's the same as going on a trip. If you post something about it, then it's worth a lot more than if you didn't.

Yes, you almost consume the memories based on the pictures you have taken. Like, you remember one thing better because you took a picture of it. But maybe (the artefact) is about experiencing 'Øya' for what it is, and not for the pictures you take. But I do not know why 'Øya' should block out you camera. Or 'Blå'. Is it because the camera takes you attention from what is there?

Maybe they give (the artefact) because people have complained that they cannot walk freely in the festival areas. Like, they have to watch out when people take pictures. "Sorry, could you go that way... A little more to the left" - "Can I pass now?"

It's such an Oslo concept.



I wouldn't use them. Because when I take pictures, it's mostly for myself. Because I want to keep memories.

Yes, but it happens often that I take pictures just to show others what I'm doing. And to show that I have a life. But it's silly, because I don't care about what others do. So they probably don't care about what I do either.



Oh. But why would they produce these stickers? Isn't it good publicity for them when people post photos on social media?



I've heard it's a huge success in Germany. Haven't tried it, but would be interesting.



I love to take pictures, so not a fan of this. I like to save memories, but I seldom upload them to social media right away.



The mystical event



Mmh. Looks like a spiritual thing. It represents a feeling.

I think it's idealists that arrange it. They have a statement. Or maybe Telenor. I feel like they try to be like that.

Yes, like they try to lead the market and try to brand themselves like it's good to disconnect. This thing in the middle looks like a galaxy so maybe this is a place where get out-of-body experiences.

But the graphics are on point. I think they try to appeal to youth.

It looks like something you can go to in order to have a sensory experience. You have to lie down and look up at the ceiling, where lights change. There is also some music, and you can eat something strange, without seeing what it is.

Yes, like sensory experience type-of-thing?

Or maybe it's an exhibition. It's the kind of event that young people go to. Or wait, maybe more like 30-year olds from 'Løkka'.

But it looks very hip. I feel it's the type of event you go to, and then you meet influencers there. Against your will. That's actually funny.

But the poster has an analog aspect. It's supposed to hang on lamp posts. Maybe because you are not connected, you can be more receptive to your surroundings. There are very few that look at lamp posts.

*Yes, it's true. But look, it looks like an Instagram account.
(pointing at the lower part of the poster)*

*(*laughter*) That doesn't make sense! They should have written an adress.*

Yeah, or maybe in the future you don't give your phone number anymore. You just give your Instagram account.

Or maybe, you have to bring one (of these pieces of paper) at the entrance of the event.

*And then you get a free beer? (*laughter*)*

Yes, it's actually just an event where you drink beer, and you don't look at your phone.

But it's very analogue to have a piece of paper, and not a QR-code or something else. It's almost like a reminder.

Yes, almost like a bookmark. That's nice.

I would have taken the whole poster as a bookmark.



New curriculum for tenth graders

*

*Oi. Ok. This would not happen before at least 100 years. (*laughter*)*

Here you are completely out. Then you don't understand anything anymore.

It must have gone a long way before we get there.

If 3-years olds are completely dependent of an Ipad to have fun and don't want to play outside anymore, then I think we would be in this situation. But we are already in this situation in a way. Mmh...

I think it's a problem amongst gamers, but for me it's very easy to separate the real world from the digital world.

*

I think it can be useful. The curriculum should be updated with new, practical and trendy knowledge. Can be also how to use social media etc...

*

Love it, and feel sometimes I feel I really need those physical things and feelings after a long screen time.

*



That's fun. It could have been a health class. (...) Where they explain that things aren't just black and white.

'Learn about the physical world' - It sounds almost philosophical.

Maybe it's about learning handicrafts? Or learning how to have a good conversation, type of thing?

I get almost scared of this. If this would have been needed. With VR and such. That we wouldn't know what's real or not anymore. We've already blocked out sound with noise-cancelling headsets, and I'm thinking soon we will be able to block out unnecessary information from our sight.

Yeah, like "He's annoying" - Block him out of my sight.

It sounds crazy, but we have already accepted that we block out sounds, so then sight has become much more important.

*What if there were lenses with filters? You could have used them to make your girlfriend look prettier. Or turn all your friends into cats. And have a cat party. (*laughter*)*



Social media now, and Internet, is a huge part of life. But I never received guidance or education on that. I had to figure it out myself. I think it should be part of education. Our parents don't know how to deal with it because they have never experienced it.

