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Blog Post #5

Global Solutions To Technology Addiction Are Being Developed With Scientific Projects

TechWell Project that focusing on combating smartphone and technology addiction, is working to combat smartphone and technology addiction among young people in cooperation with international stakeholders.

As Genç Başarı Eğitim Vakfı/ Junieur Achievement Türkiye, we observe very closely that the increase in the time spent using technology has negative effects on daily life, social life and relationships. At this point, it is very important to focus on the development of the individual's brain. As it is known, a person's brain development is completed only at the age of 21. An individual who is exposed to harmful visuals and content such as violence, aggression etc. until this age tends to develop behaviors that are prone to violence in their future lives. However, the period when the young and the child will develop by discovering themselves and their surroundings, learning and socializing is unfortunately being exhausted with smart phones and tablets and especially with the guidance of smart algorithms in social media.

In order to prevent this situation from occurring in young people and children, young people should be allowed to discover themselves starting from primary school age and be directed towards areas that motivate them, reveal their potential, and are suitable for their skills, and be given the opportunity to experience these areas.

Smartphones are observed to be one of the technological devices that young people have the most intense relationship with. Assuming that this is a communication need, individuals are getting smart phones at an early age with the request of families and children. However, if the only requirement is communication, mobile phones with call and message features may be sufficient. For this reason, one of the effective pioneering steps that can be taken is for parents to distinguish their child's wants and needs well before starting this journey and to convey this distinction to the child with good communication. As can be seen in many sources in locally and globally, it is important for parents to first adopt the views that children should not be given smart phones before the age of 14 and that social media accounts should not be created before the age of 16. It is necessary to meet the resistance that the child will encounter moderately and to provide convincing guidance and to ensure that the child shows understanding with satisfactory parental behavior and attitude.

As a foundation, we aim to help our children and youth learn to know themselves and their environment, and to act in a solution- and development-oriented manner through programs aimed at developing an entrepreneurial mindset. By doing these, we aim to support the positive use of today's technological tools so that youth and children can become individuals with high awareness in the environment and the world they live in. We believe that offering content and programs that enable young people to discover the root causes of problems, develop innovative solutions that can solve the causes, and more importantly, have the opportunity to implement these solutions is effective in guiding them in the right direction.

Among the expected skills today, Artificial Intelligence and Technology Literacy are now among the top ten. As civil society, universities and relevant institutions, we have to develop and provide content for young people so that they can use and produce technology as a tool that enables them to produce solutions for their benefit, not as a consumer.

At this point, as TechWell project partners, we aim to create solutions and contents that will go beyond awareness with the work we will carry out for young people.

Stay tuned for updates!

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