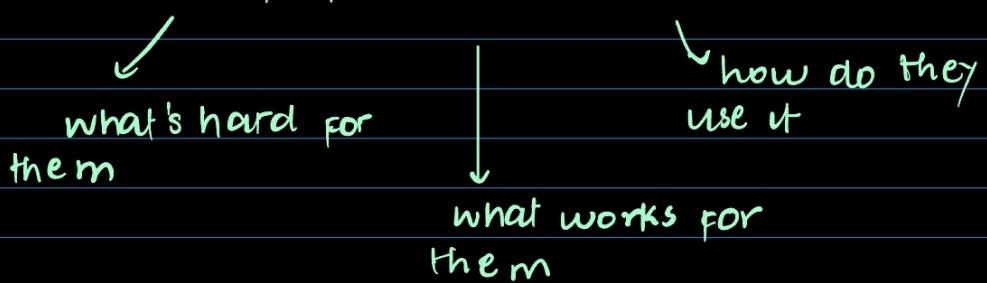


Themes to Explore

- how disabled people interact with social media



- pet care and adoption

- an app where people can share adorable photos of their pets!!
- adoption centres can post their residents, raise money, gain support etc.
- care tips on pet care
- ..

- mental health support and positivity

- an app where people can share struggles anonymously?
- share uplifting news
- spread positivity,

Reddit minus its users lol

mental health continues to be ignored in some parts of their lives while people lose their lives

Target Audience

- Disabled people for app #01

- . People with pets

People looking to adopt pets

Adoption centres

People who love pets

Any one or any organization revolving around pets

#02

I think mental health is a universal thing so probably everyone.

Exploring mental health via social media lens because of how I see it affect people around me and myself personally

maybe an app to share struggles

how can apps spread positivity

Final theme of

choice

how can the internet be more positive

Mental Health

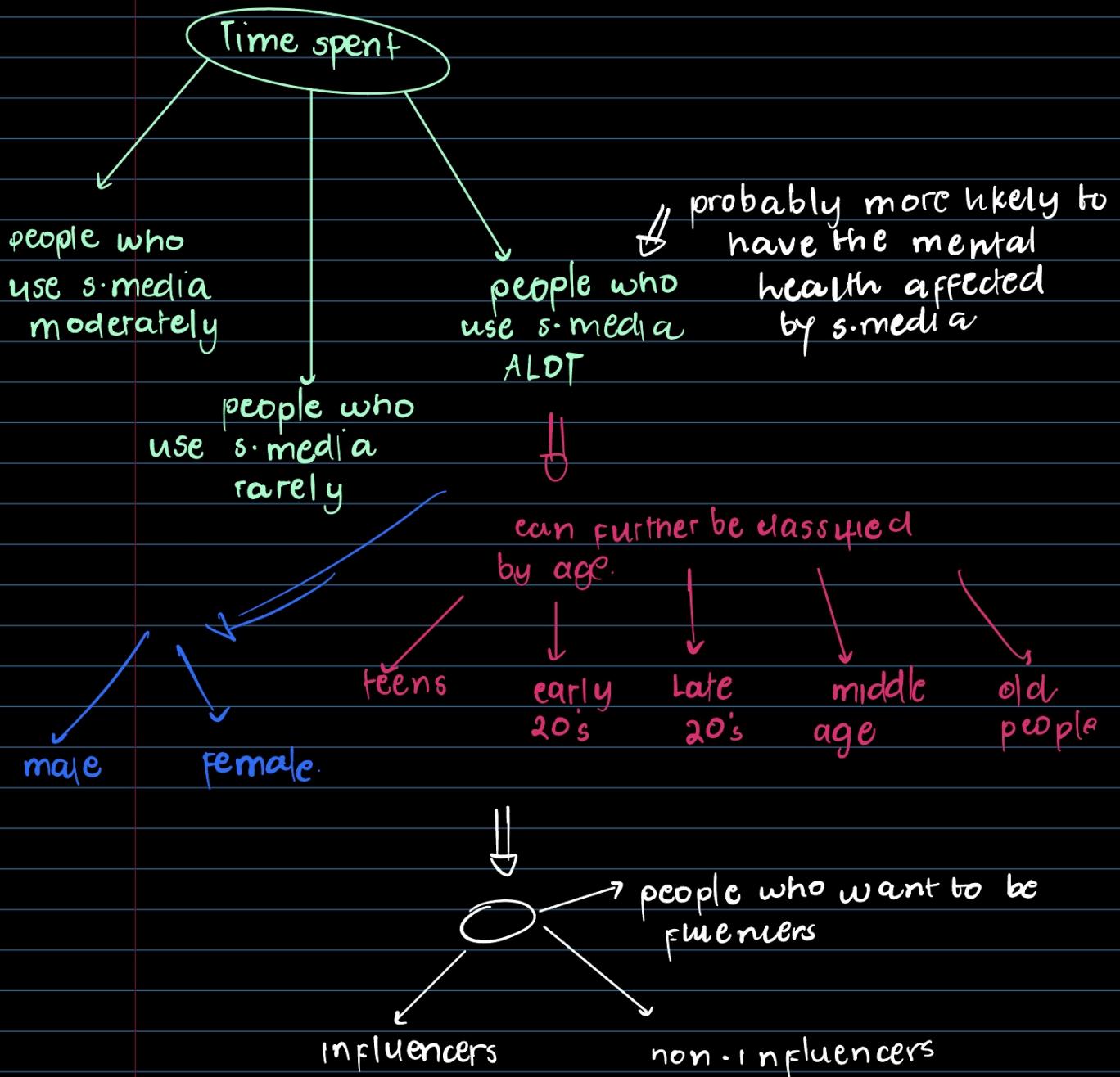
how to make maybe current apps less toxic

how can positivity be maintained in current apps

I personally feel that in such a toxic internet environment, it's nice to have one corner of the internet that is about positivity and celebrating the things that make life worth living

Who do I want to interview?

- since anyone can be affected by internet toxicity.
probably let us classify users



Final interviewee choices

⇒ A full time worker

↓
late 20's

late 20's to 30's

↳ probably doesn't

use s-media as much,
more mature outlook
of life

⇒ student

→ starting to mature

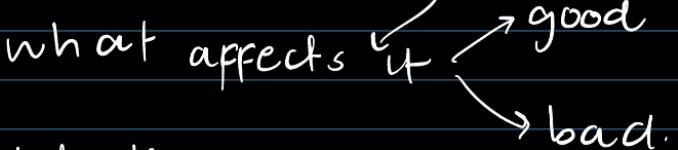
in terms of general

outlook in life (or not)

→ late teens, early 20's

↳ probably more socially
active

conversation starters:

- maybe how covid affected them
- or current state of affairs in the world
- how they keep in touch with their loved ones
- how their mental health is,
what affects it 
 - good
 - bad.
- . how do they add positivity in their lives



↑ first interviewee.

- Development Engineer Am batteneij
- graduated 2023
- Masters in Business Manag / Chem Eng
- live in 2 places / Bullenca
\\ Worcester
- International - 2019
 - been school for 4 years
 - went through UWC Singapore , transition to USA was not hard, removed fear from going to USA

- quarantined had a close group of african students, walk
 - not be able to go home in dec
 - ↳ see everyone on same
- what other people were doing for social media,
 - mulard ayo
 - abc news
 - no,
 - cbs
- get updates about ,
 - stopped following numbers because it was scary ,
 - impacts based on phase of life
 - going to get married in
 - can be overwhelming
 - getting stuck on one thing, cant thinking of other things

getting stuck on one thing,
can't thinking of other things

- actively put a time block on how to use social media 10pm, also after work, trying to detach

| has helped abit

| • but can still go to reddit

| • friend control s-medias access

| eg; password, login logout

• how do you add positivity

• praying

• talk to other people (prompt answers)

• being people's person

• exhausting abit ↑

↓ not like having outs
blocked weekends

• has a friend group to send positive messages

+ call

. programs back home

• find something to do → until body rests

can't sit still must do something

tired

- find something to do → until body rests

can't sit still must do something

tired,

- not following social media pages for positivity

single app for positivity

eg sharing bible verses, lutheran calendar

words of encouragement

- positive thoughts

- etc

careen.

→ 2nd interview.

• sophomore

• 6. 4

• Tanzania

• positive experience at MIT

got support in classes

research

good professor

• obstacles

MIT competitive



impostor syndrome

✓ doing many things



talk to people eg pset
partners

use social media,

talk to mom everyday

whatsapp

I spend a lot of time

use social media ,

talk to mom everyday

whatsapp

• friend groups



keep in touch

help each other

tiktok → pass time

↳ go and laugh

→ endless scrolling

→ no dull moment

ig ↳ main

spa n ↳ safe space

· feels intimidating to post main

· if you don't have anyone to talk about

snapchat → boost self confidence

→ keep track of people

snapshot → boost self confidence

→ keep track of people

→ sometimes sad video algorithm

↓
may sometimes be
relatable

second
guessing
your decisions

↓
peer pressure

• sometimes feel lacking something

• just open page., tag friends in comment

• love to have control of algorithm.

• hard to change back

• can easily change

→ sometimes not feel pretty but

snapshot filter can make you
feel better

- keep track
↳ send snaps to specific people

↓
pictures ↓
of self environment
and surroundings

• peer pressure → fear of missing out;

wish like you are
out partying, getting
gifts, money

formo ↗ no way to resolve, raised in a strict
family hence did not go out even
here with no parents. most friend
enjoy indoors
wishes to be partying & drinking

↳ - not everyone in main account
knows her personally
- questionable followers
- not everyone deserves to see
- she use as a way to advertise
for what she does or for someone

. close friends

↳ not used because she didn't want
to mix things like the summer

5K , questionable follower

↳ hard to keep track

→ also has a public account deliberately

→ mganga wajadi in followers

↳ deaths
charity events in friend groups

help friend in family issues

- have a best friend group scattered
all around the world

deaths
charity events in friend groups
help friend in family issues

- have a best friend group scattered all around the world
- post tiktok videos (eg funny videos to make people laugh)
- calls family everyday to check on them
- minimal mental health
 - eg being in a group with a person you don't want to talk to because hard to share in such group
- funny statuses
- people have tame what sapp statuses because of their parents

highschool has charities annually (2 to 3)
charities

highschool has charities annually (2 to 3)

charities

→ people contribute

→ believes in the power of giving

→ can't engage

money contributed

budget made

buy

see kids

most they can do is contribute

know current prices

no room → not a habit

↳ feels more professional.

whatsapp video calls

↳ everyone has that

positivity starts from self belief (she finds

difficult)

→ from people around

her eg like crs (same
beliefs)

drawn → exposed to a constant failure

→ tendency of having a journal manifested or

eg class of 2027

- use journal app on iphone

- speak to yourself

- no reminder system, gets back to

things when they happen, or

when diary is complete, reminder
to journal

→ CRU when at school

- Tuesday
- meet someone
- Bible study

→ talk to parents to instil
positive situation

→ pray on daily

· outside school zoom Bible study options

↓
not attended
because of time differences

(or busy
stressing

→ chat

· Bible study group chat

· IG channel that posts quotes

· you can't respond just like