

alia

sharing accountability

Mary, Ella, Jon, M, Matt, Divya

A pair of socially connected devices

‘buddy’



Performs interventions to
overcome digital addiction

thinking of



having a conversation

Context: Digital Dependency

3 states of being



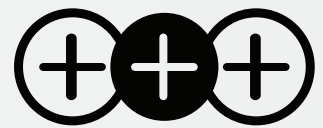
There is tendency of being constantly plugged in.

Problem

Addiction to devices (plugged state) is socially acceptable.

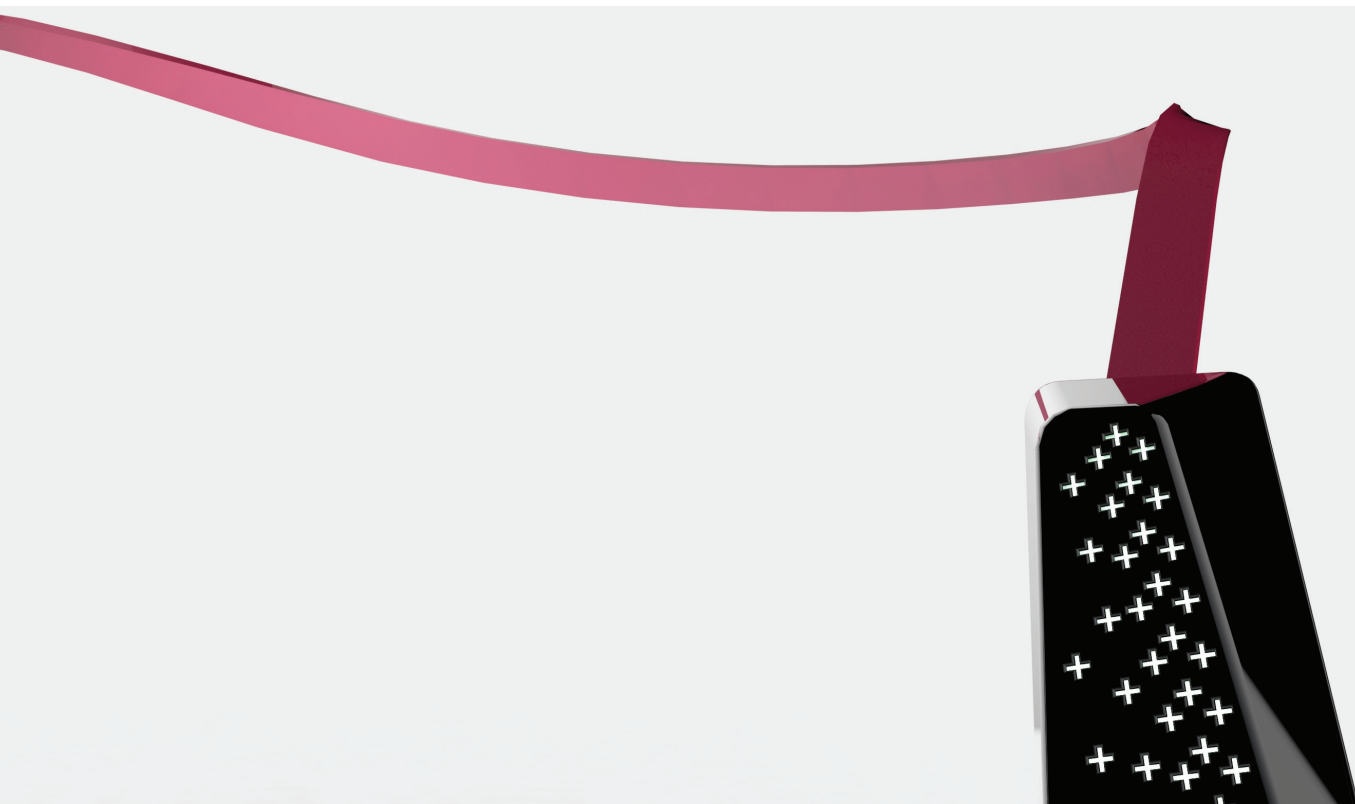
Constant connectivity demands an escape i.e a state of being unplugged

Disconnect to physical world affects mental and physical health, personal relationships



Buddy System

Being accountable to another person is effective in breaking a bad habit



alia



How it Works

'Addict' & 'Buddy' relationship

Device detect
loved one's
'state level'

When limit
reached, *Buddy*
alerted

Buddy reminds
Addict to take
break and
unplug

How it Works

'Addict' & 'Buddy' relationship

Device detect
loved one's
'state level'

When limit
reached, *Buddy*
alerted

Buddy reminds
Addict to take
break and
unplug

'Addict' & 'Buddy' relationship

Device detect
loved one's
'state level'

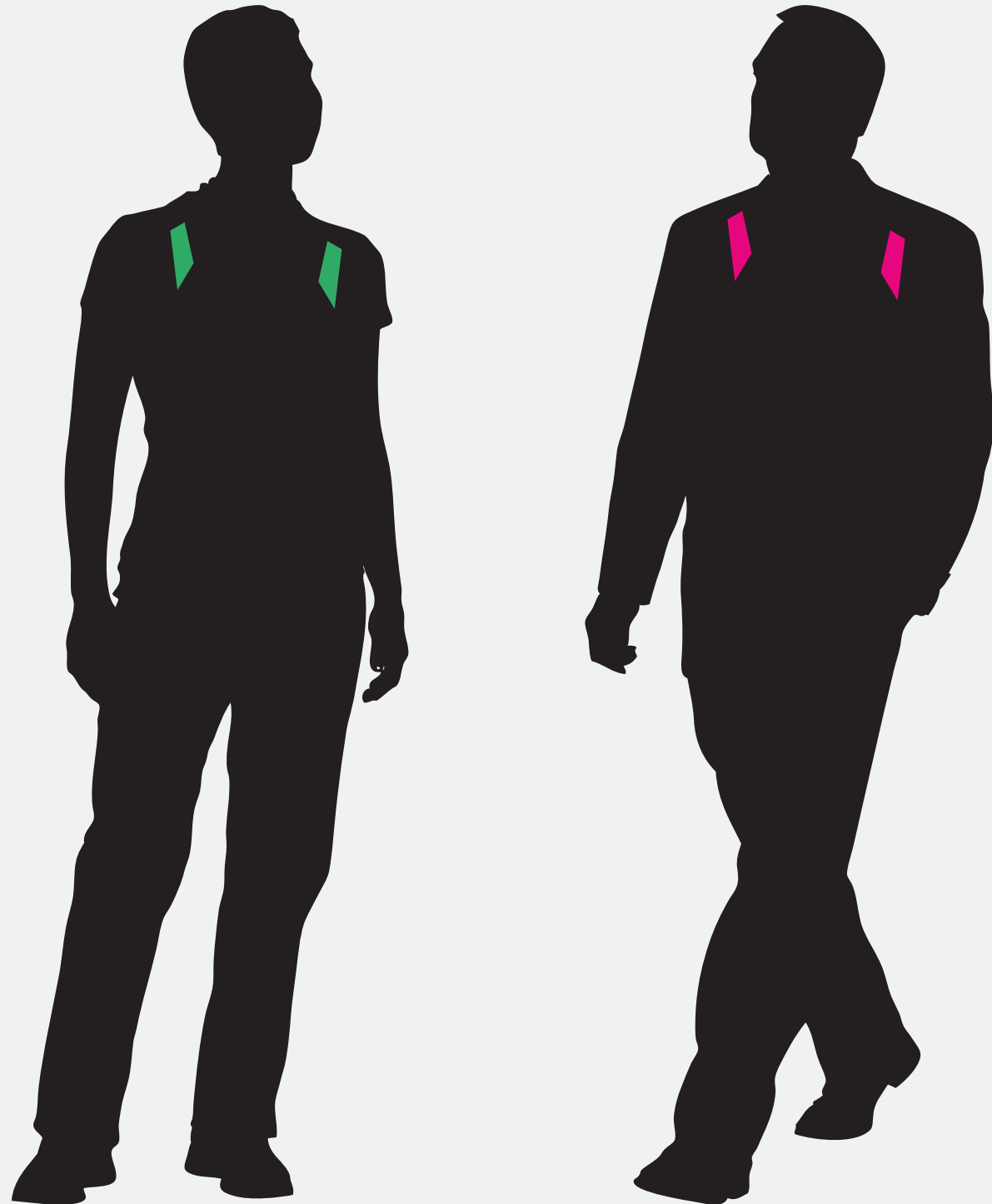
When limit
reached, *Buddy*
alerted

Buddy reminds
Addict to take
break and
unplug

How it Works

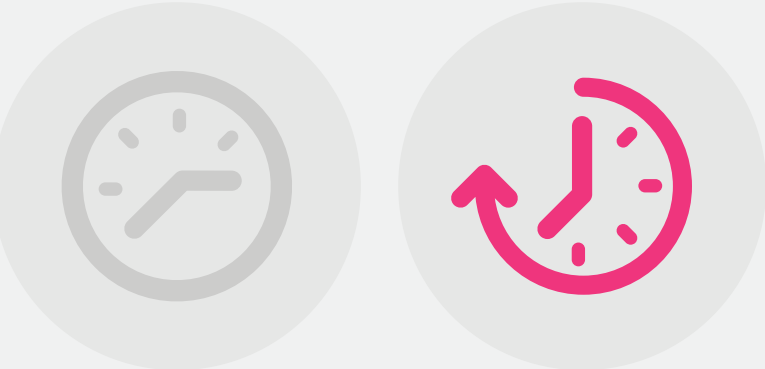
Bring back human connection

Each user acts as the
buddy and addict at
different points

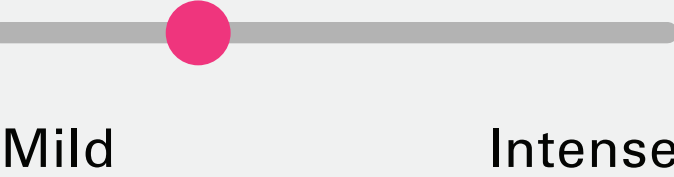


Controls

Hours Limit



Strength of Intervension



Method of Intervention

In person Intervention

Intervention by proxy

Gentle nudge

Annoying tap

Electrical Pulse

Fine (money)

Relationships

Peer to Peer

Friend to Friend

Long Distance Relationships

Couples

Caretaker to Dependant

Parent to Child, Teacher to Student

Between a group of individuals

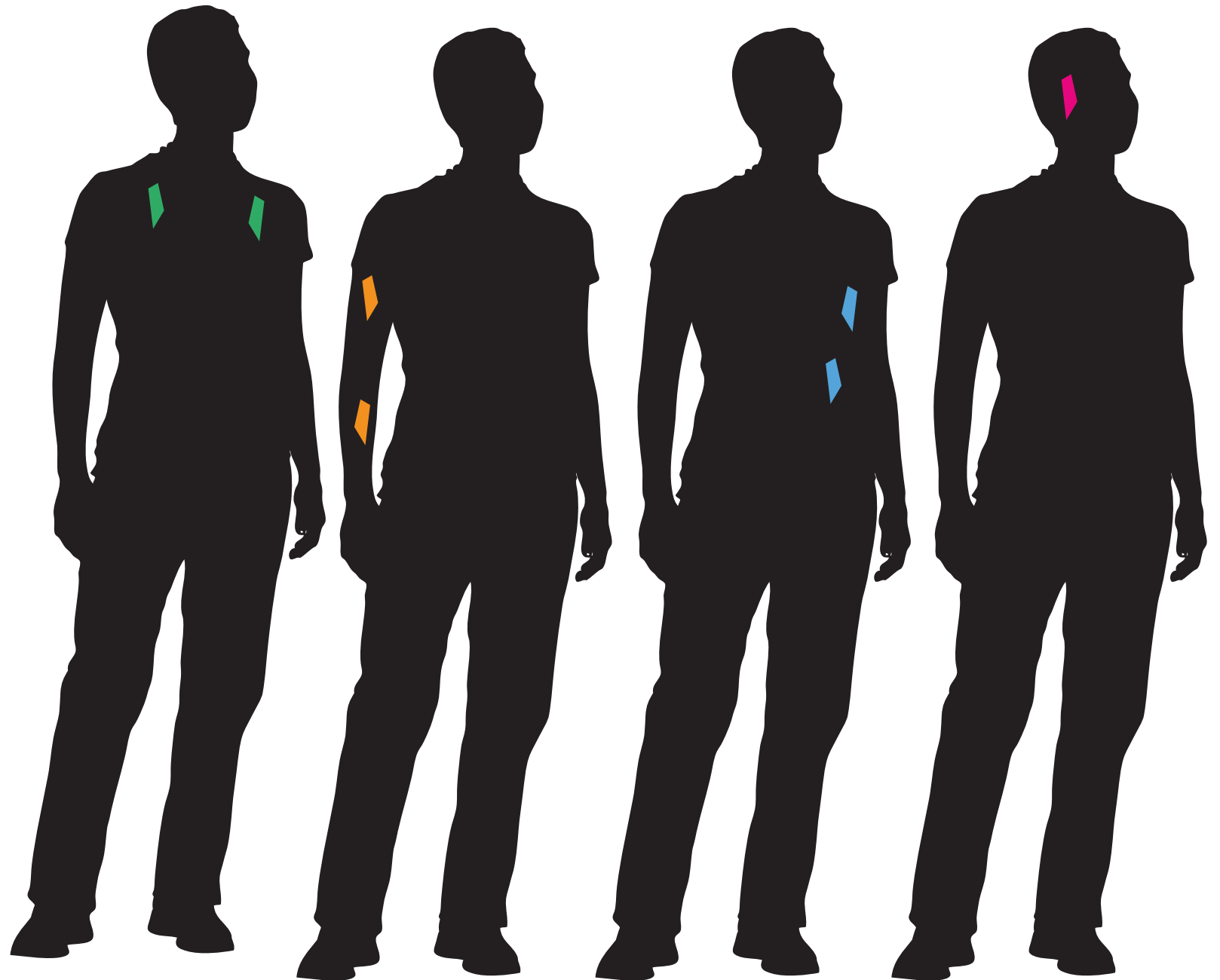
Group of Friends, Family

How it Works

In Touch

Map loved ones and
relationships being
tracked to body

Device acts as a portal
to connect loved ones
and their 'states'



alia

