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Digital Stories for Change
Mountain Home FCCLA - Chapter 19782
Idaho
Level 3
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Project Summary Pages

Purpose:

Our purpose is to highlight a growing epidemic of screen and technology usage in our communities today, as well as offer up a solution to this problem through telecommunication. In highlighting the issues our society has with technological imbalances in their day to day life, we are hoping to shed light on how we can improve as a society. By improving our screen usage and enabling more in person interaction we can ensure that technology does not affect our lives negatively.

To solve this pressing issue we offered up the idea that we control technology rather than it controlling us. In admitting to ourselves that we are in control, it allows us to make informed decisions on our usage of technology. Technology should be used as a tool, not a life source.

Relation to FCS:

The video connects to FCS because it examines how technology affects family relationships. By discussing the importance of finding balance in a digital world, the video highlights how excessive screentime can reduce face-to-face interaction, while mindful technology use can strengthen family relationships and communities as a whole. It encourages individuals and families to set healthy boundaries with devices that support emotional wellbeing and positive relationships; which are key goals of FCS.

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Relevant Research:

Our project involved research through observation. It was through contacting and getting in touch with the people around us that we were able to properly understand how technology was affecting our community. In this investigation we were able to conclude that most overuse of technology stems from the benefits technology offers. ChatGPT, and all AI resources alike provide easy access to answers in the blink of an eye. It is difficult to turn down the idea of having an essay written for you, rather than going through the work of typing it out. In blurring the line between solely relying on technology and only using it as a resource, it has caused a certain moral ambiguity and imbalance in our daily lives.

Background Information:

A documentary style film featuring an abundance of interviews and relevant B-roll footage. All filming was prepared and carried out by us.