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## “NEW MEDIA AND FAMILY” WORKSHOP

Organized by Istanbul Aydın University, Üsküdar University, and the Istanbul Provincial Directorate of the Ministry of National Education, the New Media and Family Workshop aims to monitor and evaluate the effects of the concept of new media on social and cultural life. The workshop brings together experts from various fields, including communication, medicine, forensic sciences, psychiatry, child development, psychology, and sociology, with the goal of generating reliable data on the subject.

Undoubtedly, the widespread use of new media technologies has affected all segments of society, causing a series of changes and transformations. The family, which we see as the cornerstone of society, is also undergoing constant change due to the influence of new media and new media technologies. When used uncontrollably, unconsciously, and without education, new media technologies cause more harm than good. Their possible effects on family structure, family communication, children's development processes, and their physical and mental health must be identified before it is too late. In this regard, necessary measures should be taken in the fields of education, law, and social policies, and roadmaps for solving problems should be prepared.

Istanbul Aydın University Faculty of Communication, Üsküdar University Faculty of Communication, Ministry of National Education Istanbul Provincial Directorate, IAÜ Social Research Application and Research Center (TARMER), IAÜ New Media Application and Research Center, ÜÜ Human-Centered Communication Center (İLİMER), and ÜÜ Strategic Research and Development Club (ÜSAK), the workshop aims to examine and analyze new media from both the perspectives of parents and children. To this end, the workshop seeks to first identify the issues and then propose solutions.

Within this framework, the workshop titled “New Media and Family,” which will be held on Wednesday, March 27, 2019, in two sessions, in partnership with Istanbul Aydın University, Üsküdar University, and the Istanbul Provincial Directorate of National Education, has identified six different main topics. Six different tables will work simultaneously within the framework of the identified main headings, and a working team of approximately 10 people, including a moderator and a rapporteur, has been formed at each workshop table to generate data within the framework of the identified main and subheadings.

### **New Media and Family Workshop 2019**

**Date:** Wednesday, March 27, 2019

**Time:** 12:30 p.m. – 6:30 p.m.

**Location:** Üsküdar University, Fuat Sezgin Conference Hall – South Campus

## **NEW MEDIA AND FAMILY WORKSHOP FINAL REPORT IS PUBLISHED:**

**‘VERIFICATION MECHANISMS IN MEDIA SHOULD BE DEVELOPED’**

**’DIGITAL FLIRT NEGATIVELY AFFECTS COMMUNICATION BETWEEN SPOUSES’**

**‘SOCIAL MEDIA MAKES PEOPLE MORE STRESSED’**

The final report of the "New Media and Family Workshop", which was held in cooperation with Istanbul Aydın University, Üsküdar University and MEB Istanbul Provincial Directorate, was published. In the workshop organized to watch and evaluate the effects of the concept of new media in social and cultural life; experts working in different areas such as communication, medicine, forensic sciences, psychiatry, child development, psychology and sociology were brought to create healthy data.

In the workshop; evaluations were made on six topics such as "New Media and Ethic", "New Media and Addiction", "New Media and Parent-Child Relationship", "New Media and Communication between Spouses", "New Media and Health Problems", "Social Policies and Legal Improvements".

After the workshop, the final report prepared as a result of long studies was published. In the report, some concrete conclusions about the new media were reached in 6 areas. It is emphasized the necessity to improve media literacy, technologies used in the media and verification mechanisms. It's emphasized that the dangers of this situation will bring as reminding that the situation of spreading all kinds of right or wrong information / news with the new media without confirmation is showing up and verification mechanisms should be placed.

In the report which says “the digital flirting violence caused by the surveillance society negatively affects the communication between the spouses”, it is emphasized on the concept of unidentifiedness created by new media channels. In the report which is stated that there should be awareness about cyberbullying, emphasized the need to take precautions against the sexist language in social media. The report also included findings such as raising awareness of parents, basic family education, and supervising site providers on the Internet. In the report which says that social media makes people more stressed, it is stated that increasing technologies bring increased dependency situations and make new additions to it. The report contained the following statements:

People has an intensive nomophobia. Digital narcissism, ego surfing, google tracking, stalk, cyberhondria, photolurking, Facebook depression, internet nerve are the new habits and problems that technology brings to individuals. When it is thought that two hours a day is spent on social media and it is seen that 3 billion people use these platforms, it is seen that its effect is very large. Social media makes people more stressed; people's mood goes down after 20 minutes of Facebook usage and social media depression shows up. For this, therapeutic applications should be used, there should be social media literacy courses and teachers related to this area should give this course. Education about social media and mobile usage as social responsibility projects should be given to Non-governmental Organizations. Institutions like TUBITAK should support these themed projects.

WORKSHOP REPORT