

Module and Title Code: ADAA6000 Annotated Bibliography

Assignment title: Independent Project

Course: BA Hons Fine Art: Studio site and context, Level 6

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Keywords: Childhood, Technology, Parental control.

Should we continue to allow children, and young teenagers have access to social media, technology even with the effects it is causing them to have?

Word count:

1,022

Alter, A. (2017). Irresistible. Book

Alter examines the rise of certain behaviours that modern technology has caused in people, he does this by blending in neuroscience, psychology and real-life scenarios to explain why it is becoming compelling. Technology including smartphones, social media and digital entertainment such as apps. Alter also dives deeper into how technology companies that create apps such as Instagram, Netflix, Facebook. Engineers their products to keep people hooked on to them and affords strategies to reduce harmful overuse when it comes to being addicted to apps. Alter also explores how excessive screen time has affected mental health and social relationships especially among younger users, while discussing these problems Alter proposes ideas on how the readers can set boundaries between jobs, play and aim for his readers to limit their screen time usage and redirecting them towards a healthier use of these platforms. Alters focus is helping his readers try and regain control by recognising they are addicted as the first step.

Coulter ,N. (2026). Kids, Kid tech, and digital capitalism. Book

This book explores how capitalism operates in digital spaces that are aimed towards children and how this impacts their everyday lives. The author foregrounds the social, cultural and economic logics of capitalism and what it means to be a child shaped by the logics of technology throughout the 20th century. The book explores 3 main parts

which is how young people are now entangled into digital capitalism known as data, the second core part is how children are urged to producing digital content and posting it online. The third part is how kid technology platforms are increasingly creating digital apps that eventually isolate children from parental involvement in helping them learn and develop standard knowledge. This resource will fit in perfectly with 'Children in front of a screen' combining the dangers of how digital capitalism consume kids from social interaction into how many children statistically are chronically online per a day and the effect it is interlaying with their mental health and physical health.

Haidt, J. (2024). The anxious generation: how the rewiring of childhood is causing an epidemic of mental illness. Book

Haidt presents the facts about the spread of teen mental illness that has hit across the world at the exact same time, Haidt also investigates the nature of childhood, setting examples of why children need to play and have independent exploration to mature into thriving young adults. Haidt includes psychological research on the effects this has on children and how technology is slowly eating them alive, the author pulls you in on how we should try and lower the rate of this worldwide pandemic of technology. The battle Haidt can face within his point of view is that he specifically goes into detail of how social media has been proven to damage the mental health of young girls more rather than young boys as boys are more seen to disorientate into a virtual reality world of video games rather than social media. His argument also raises how teenagers going through puberty are at more risk into being affected psychologically due to the age range and understanding more than a young child would. Many people may disagree with his argument as he also focuses on the fact that the parents are also a huge play into letting their children have social media and be able to access anything at any time. Most parents will most likely react negatively towards this as the actual harm of social media psychologically is still being studied, technology is still so new to people, there as most of the population do not see social media in a negative way. 253

Notte, M. Renzi, D. (2026). Children in front of a screen: what is the impact of technology on their development? In-Mind. 2026.

[Children and technology: effects on development | In-Mind](#)

This resource is about Children in front of screens and what's the impact of technology on children develop and how it affects them later. This resource includes multiple topics from statistic rates of children using and owning phones. This also dives deeper

into how a screen can openly affect a child's sleep, lack of patience, Behavioural problems. The author openly argues with how parents have used screens as a tactic to help quiet down children which is slowly making children to become less social with individuals, therefor the other argument is that technology is so used these days that it is hard to avoid children using it.

Looking throughout the source, I believe the authors argument is convincing with how they quote

'Digital devices are used by parents to keep their children occupied, thus turning them into real babysitters of the new millennium, which, as reported by the Italian Society of Paediatrics, serve to calm and distract children as if they were emotional pacifiers.' I have witnessed this tactic first hand many of times, causing me to agree with this statement. The strengths of the arguments are the amount of research conducted and statistics that have been evaluated. The only weakness for the argument there is no statistics on how many children have behavioural problems due to screens and how in depth the screens have affected them. This source is useful for research as I can pull in the average percentage of children on screens and how little percent of children to this day do not use screens. The additional question my source can raise is that there is no specific percentage or rate calculated on children in the United Kingdom. The initial resource is connected to Italy and the U.S.

Zomorodi, M. (2017). Bored and Brilliant: How spacing out can unlock your most productive and creative self. Book

Zomorodi talks about how boredom is crucial feeling that targets happiness, productivity and aiming for creativeness to spark. Zomorodi shares her exercises and encourages her reader to embrace boredom as a sign to try and become productive and encourage you to be creative with time instead of turning to a device to satisfy that craving of boredom with endless scrolling online. The book explores the neuroscience and our cognitive psychology in how our brains function when we are not actively being productive in tasks and stilling still. Zomorodi views boredom as a gift to humans, as a chance to let our thoughts to come through our brains naturally without being forced to by screens from videos and such. I will be investigating this book as an argument towards screens and how we can all naturally function just fine without them like everyone in older generations could when devices and social media did not exist yet.