"Bodhaire Uí Laoghaire"

A Radio documentary exploring the experiences of Irish teenagers using social networking sites (SNS) and the impact it has on their social and emotional development.

By

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Declaration

I hereby certify that this material, which I now submit for assessment on the programme of study leading to the award of the MA in Journalism & Media Communications, is my own; based on my personal study and/or research, and that I have acknowledged all material and sources used in its preparation. I also certify that I have not copied in part or whole or otherwise plagiarised the work of anyone else, including other students.

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Abstract

As times and technology are changing, teenagers are more likely to understand Apple as a brand of technology rather than a fruit. Current research indicates that we are now witnessing the first generation in our society who will never get to say, back in my day before the internet, a generation growing up and developing while being switched on 24/7. They are now called the "iGeneration" (Rosen,2010). Research also states that there is a connection between increased social media use and social and emotional impairment.

The topic of this radio documentary is an informative and revealing examination of the opinions and the experiences of Irish teenagers using social networking sites (SNS) and the impact that this has on their social and emotional development. This documentary includes viewpoints from four teenage girls, a clinical psychotherapist and an acclaimed Irish artist. Through the teenager's voices, the 25-minute documentary outlines why they like it, how they use it, and the challenges they encounter while using it. The Psychotherapist enunciates very clearly the inherent dangers and pitfalls of the constant use of social media; he clearly states that it hinders social and emotional development. The artist is of the opinion that when teenagers are constantly using social media life is passing them by, "Life is what happens when you're busy on your device," (Rasher,2017).

Social media is now a part of everyday life and is becoming part of our culture. This is a result of the fast-paced world of evolving technology and science. This radio documentary highlights that teenagers are more connected to their social media outlets, in particular, Snapchat. They are naive to a point about misplacing their trust in faceless communication. They are not socially aware of how their excessive use of social media is hindering their overall development.

Staying safe online and making informed choices about who we communicate with online is a constant challenge for adults and an even greater concern for teenagers. This research is therefore significant to understand the views of teenagers using social media, how it is

currently being used, and whether it has a significant impact on the social and emotional development needs of the youth today. There are many strands and layers in investigating social media use in Ireland, this documentary explores the relationship between teenagers and their use of social media. While this documentary examines some facets of social media impact on teenager's lives, it has opened many avenues for further study in this field.

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Introduction

This dissertation by practice is a radio documentary titled: " Bodhaire Uí Laoghaire", it explores the experiences of Irish teenagers using social networking sites (SNS) such as Snapchat, Instagram, Facebook and Twitter and the impact it has on their social and emotional development with particular reference to Snapchat. Bodhaire Uí Laoghaire is an old Irish proverb for the expression "We hear what we want to hear, and we turn a deaf ear to everything else". Is the younger generation becoming immune to oral communication unless it's coming from a hand held device?

Chapter outline
This research is made up of 5 chapters.

Chapter 1
Chapter one introduces the background and significance of the dissertation by practice. It also informs the reader of the research question and the research objectives that will be used to assist this study.

Chapter 2
In this chapter evidence of research, I used a variety of evidence related to the chosen topic. I used literature reviews and radio podcasts which were related to social media use from the literature reviewed, four main concepts emerged which will be discussed in this chapter

- Social media addiction and anxiety,
- Sleep deprivation due to blue light,
- Mental health,
- Cyber bullying.

Chapter 3

This chapter will address the construction, the editing process, technical difficulties which arose in the interview process and reasons for the choice of audio used throughout the documentary.

Chapter 4

This chapter will discuss how the product came to completion from the initial stage of consulting with supervisors to addressing the final edit, what worked well and what subjects were eventually eliminated as well as why they were not used.

Chapter 5

The final chapter will offer a perspective on the finished product and will reflect my views on the formulation and execution of the documentary, where it would be suitable for broadcast and further documentaries that could result from this genre. It will also include any omissions or editing decisions that would be altered if a similar project was to be undertaken.

1. Chapter One – Introduction

"When we go online, we enter a world of hurried, distracted thinking and superficial learning. The net delivers repetitive, intensive stimulus that results in rapid change to our brain circuits and functions" (Carr, 2010).

1.1. Teenager behaviour online

As times and technology are changing, teenagers are more likely to understand Apple as a brand of technology rather than a fruit. We are now looking at the first generation in our society who will never get to say before the internet, a generation growing up and developing while being switched on 24/7. They are now called the "iGeneration" (Rosen,2010). The average teenager will check their social media 60 times a day; we cannot underestimate the impact on the developing adolescent brain of being switched on 24:7 (Fortune, 2016). Behr (2011) cited Sheryl Turkell in 'Alone Together', she stated that humanity is nearing a" Robotic moment", as humans are now becoming more reliant on machines to do our jobs and be our companions. As a result of this, mental functions are diminishing and the lack of use of "calm, linear thought" (Carr, 2010).

1.2. Social media

According to Merriam-Webster (2014), social media is defined as "forms of electronic communication (as Web sites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos)", whereas, Brunskill (2013) described "Social media" or "Social networks" as terms that typically encompass websites such as Snapchat, Facebook, Instagram and Twitter, which feature connecting with friends and sharing content in real time. Social media is now a part of everyday life and is becoming part of our culture. Staying safe online and making informed choices about who we communicate with online is a constant challenge for adults as well as children. It is popular in part because of its psychological benefits, including increased social constant and sometimes higher self-esteem resulting from changing one's own profile (Lup, Trub & Rosenthal, 2015).

There is evidence of a greater dependence on social media. According to the Royal Society for Public Health (RSPH) and the Young Health Movement have published a new report, 2017, #StatusOfMind, examining the positive and negative effects of social media on young people's health. "The platforms that are supposed to help young people connect with each other may actually be fuelling a mental health crisis," said the RSPH report.

This report includes a league table of social media platforms according to their impact on young people's mental health. YouTube tops the table as the most positive with Instagram and Snapchat coming out as the most detrimental to young people's mental health and well-being. 91 percent of 16-24-year olds use the internet for social networking. Rates of anxiety and depression have increased 70 percent in the past 25 years. Social media is linked with increased rates of anxiety, depression and poor sleep.

It has been argued by researchers that the same brain circuits activated by eating chocolate and winning money are activated when teenagers see large numbers of "likes" on their photos in a social network, according to a study that scanned teens' brains while using social media (Almendrala, 2016). Like most things in life, there are always pros and cons to everything, social media is certainly no exception. Whether it's live-tweeting what is happening on the street, sharing what you're having for your breakfast on Facebook, Instagramming your outfit of the day #OOTD, or Snapchatting your daily routine from morning until night with the added element of fillers using Snapchat. It seems that people are more connected than ever before.

1.3. Social media applications

Teenagers increasingly can be found and reached online with almost two-thirds of Irish people now owning a Smartphone and over 1.8 million of us now visit Facebook at least every day (O'Leary, 2014). According to figures from the Pew Internet and American Life Project, 87 percent of Americans in the 12–17 age bracket uses the Internet, and among those, 87 percent have access to the Internet at home (Lenhart, Madden, Hitlin, 2005). According to Ipsos MRBI, a global market research firm latest finding: as of April 2017, WhatsApp now stands as the most prevalent social messaging platform, surpassing Facebook Messenger. Skype account ownership fell to 34 percent in April 2017, the lowest recorded figure across

the past two years of the Social Messaging Tracker. Snapchat now has one in four Irish people signed up, Snapchat has the highest engagement with 70 percent of its users checking it daily. WhatsApp is the closest with 62 percent of its users on it daily while Facebook Messenger has more than 52 percent using it regularly.

1.4. The catalyst world of social media

Social media offers us the opportunity to communicate with people all over the world positively, and it can inform us instantly with breaking news. However, there is a dark side to being present online; it exposes people to offensive behaviour from other users known as cyber bullying. A study published in the Irish Medical Journal in 2011, suggests that Social Networking Site (SNS) usage amongst Irish teenagers poses significant dangers, which are going largely unaddressed. Machold et al (2011) stated: "It is imperative that modern physicians are aware of this phenomenon of social media, which is very much a part of young people's' lives, and features so prominently in their parents' concerns." Despite varying opinions on the positives and negatives of social media, there is no dispute about the downside of it.

1.5. Social media and its use today

This topic is of particular interest as I work in healthcare and parents are voicing their worries and concerns about their teenage sons and daughters use of social media. Within my working day, I spend time talking with people, learning about people's lives and listening to their concerns and worries face to face. Parents and grandparents have spoken about the lack of verbal communication within the family circle. The parents also reflected on their teenagers showing a lack of empathy to world events. They have discussed things like the art of conversations dying and the ability of the youth to rationalise their emotions. They accept that social media is advancing at a rapid rate. However, they feel that their voices are lost, and their wealth of knowledge and experience of life is replaced with the modern blogs. In nursing practice, it is important to tell and share stories. From face to face contact we can learn from each other's behaviours and feelings which help to formulate a holistic human being. They are talking about the "iGeneration", me, myselfie and I today. They have been born with a device in their hands; they don't talk as much anymore, everything is instant via

social media. From discussing this radio documentary with peers, I had found that from the age group of 30 plus are thankful that social media wasn't present when they were going up. They have a developmental awareness of the pressure that exists in social media with the added knowledge of the benefits and the inherent dangers of social networking sites. This, therefore, created the inspiration to conduct an investigation into this area of research.

1.6. Rationale on research question

In my opinion, little research has been performed on the associations between social media and the possible negative consequences it may have on teenagers social and emotional development. One explanation for this is that social media is ever changing and growing at a phenomenal rate. As a result, it is hard to compare the outcomes of different studies on this topic. Most of the studies found addressed the effects and associations of social networking in general. However, there is a dearth of research in Ireland on this topic on Irish teenagers, and the impact social media is having on their social and emotional development. After extensive research, I found no research in an Irish context on the proposed research question "What are the experiences of Irish teenagers using social networking sites (SNS) and what impact has it on their social and emotional development?

2. Chapter 2 - Evidence of Research

The topic I have chosen to investigate is the experiences of Irish teenagers using social networking sites (SNS) and the impact this has on their social and emotional development. The literature review revealed that there was limited research in Ireland that focused on teenager's experiences and the impact of using social media on their emotional and social development in Irish literature. While the literature shows growing data about the health problems associated with use of social media such as

- mental health,
- communication skills,
- poor sleep,
- cyber bullying from surveys

Little is documented from the teenager's own perspective. From the literature search, several key topics were identified, however, due to word constraints only the most relevant topics have been chosen to be discussed in detail while others may only be mentioned in this section.

The following chapter will examine the research undertaken to complete this documentary. This includes research articles, online journals, newspaper articles, internet websites, podcasts, news clips and other material relating to this subject.

2.1. Social media addiction/anxiety

According to Sherry Turkle (2012), social media is so seductive because it allows for the illusion of companionship without the demands of friendship. Research by Selfhout et al (2009) explored the idea that the quality of social media interactions was a predictor of mental wellness rather than general social media use. They found that teenagers who reported low friendship quality and high frequencies of social media use (talking with friends, messaging, etc.) at one time were less likely to be depressed at the other time. Equally, those with low friendship quality who used social media primarily for passive use at the first time were more likely to be depressed and socially anxious at the other time.

International research showed in the Dutch National Statistics office (2015), nearly 17 percent of teenagers between the ages of 12 and 18 admits to being addicted to social media – it seems they are "unable to function" without Facebook, WhatsApp, Instagram, Skype or YouTube (Cluskey, 2015). Most worryingly in terms of the psychological impact of that addiction, four percent of the teenagers surveyed said they actually preferred digital communication to real-life physical contact. With a dramatic rise in the use of computers and social media it would appear to be causing havoc on the health of young people, a report from the World Health Organisation (WHO), has suggested. The study found a "continuous steep increase" between 2002 and 2014 in the proportion of children and young people using technology for two hours or more each weekday for things like social media, surfing the internet and homework. While use increased for both sexes, it more than tripled for girls aged 15 and over during this period, with experts blaming the rise of social media.

The WHO (2017), together with experts from the Health Behaviour in School-aged Children study, sent questionnaires to more than 200,000 children in schools in 42 countries. A breakdown by age showed children as young as 11 were spending a large portion of time online. Alarmingly when it came to using computers, tablets or smartphones just for games, between a third and two-thirds of children were spending two or more hours every weekday on them. These findings were mirrored by Millward Bown (Liberty Insurance), where they found that one in five people spend as much as three hours on social media every day (Mchugh,2016).

Irish Central Statistics Office (2014) found that 98 percent of teenagers aged 13- 16 years old were signed up to a social media site, with 91 percent having accounts on multiple sites, such as Facebook, Snapchat, Twitter. The sample population was spending 1 hour and 50 minutes on their chosen sites daily (CSO, 2015). However, other research would suggest that this generation are checking in more often, more like every hour, every 15 minutes, or all the time with constant messages and social networks (Rosen et al,2013). Social media has become extremely pervasive in the teenagers lives that having a presence on a social network site is almost synonymous with being online(Lenhart,2012). Due to this phenomenon of being connected 24 /7, a new medical term "Phantom vibration syndrome" has been formed. This

term is defined as been so connected to their technology; they think their phone vibrates when it hasn't, it has been reported to occur with large numbers of people (Drouin et al., 2012, Rothberg et al.,2010).

A Studyclix.ie study done in 2015 showed that more than half of the students surveyed showed that 55 percent feel they are 'addicted' to their phones. Some 49 percent admitted to checking their phone in class once the teacher's back was turned (O'Fatharta, 2015). Lattimore (2016) states that researchers have argued that social media are as addictive and habitual as crack cocaine. Certainly, research would suggest that social media has a profound effect on how people interact with their social networks.

2.2. Sleep deprivation due to blue light

Devices such as mobile phones, iPads and computer screens used to view social media sites all have one thing in common: hidden within their glow, they emit high levels of blue light. This artificial light disrupts healthy sleep cycles (Czeisler, 2013; Holzman, 2010; Santhi et al., 2011). Santhi et al. (2011) showed that night time exposure to artificial light disrupts the body's 24-hour tempo or the 24-hour biological clock that controls our sleep cycle. According to Czeisler (2013), "Artificial light exposure after sunset signals 'daytime' to our brain, shifting the clock later. As a result of this, many people are still checking email, doing homework, or watching TV at midnight, with hardly a clue that it is the middle of the solar night. Technology has effectively decoupled us from the 24-hour day to which our bodies evolved". According to Holzman (2010), the blue light included in artificial light is the most harmful to humans as it suppresses melatonin, or the brain's "sleepy chemical," production more vigorously than other wavelengths. Blue light suppresses melatonin through one of the sensors in our eye: the intrinsically photosensitive retinal ganglion cells, or ipRGCs (Graham, 2011). The ipRGCs are most sensitive to blue light; therefore, it only takes a small amount of blue light for the brain to signal the pineal gland to stop sending out melatonin, making it difficult to get to sleep. Surfing social media sites before bed is not just distracting from sleep, it can quite literally stop you from being sleepy at all. Research by Burkhart and Phelps (2009) supported the theory that blue light does indeed disrupt the natural sleeping pattern and saw that sleep improvement with reduced blue light exposure. Their research had 20 adults wear either

blue-light blocking or ultraviolet-light blocking glasses three hours before they went to sleep. The study found that sleep quality improved among those in the group who wore blue-light blocking glasses compared to the ultraviolet-light blocking group. Another study had night shift workers wear blue-light blocking glasses near the end of their overnight shifts for a month. At the end of the month, the subjects saw increases in overall sleep amount and sleep efficiency (Sasseville et al., 2009).

The National Sleep Foundation (2017) recommends that teenagers should receive 8-10 hours of sleep per night; however, the average teenager sleeps less than seven hours, with increasing time spent on devices, the blue light taken in by the brain during the day could be one factor affecting a healthy sleep cycle.

2.3. Fear of missing out

Another social phenomenon amongst teenagers, intensified by social media is the term: F.O.M.O. - It's the fear of missing out, which may have a huge impact on their life if they are now up to date what is happening 24/7.

According to psychologist, Dr David Ellis, people use their smartphones twice as often as they think, checking them about 85 times per day (Condron, 2015). In the UK, social media addiction has been recognised an illness since 2013 (RTE,2013). Evidence suggests that 24 percent of teens go online "almost constantly," facilitated by the widespread availability of smartphones (Lenhart, 2015). This fear of missing out impacts young adults by changing how they view their social relationships. First, this fear exacerbates constant connectivity and makes it difficult for young adults to step away from compulsively checking their devices. They are afraid of what they might miss if they disconnect. Fear of missing out also keeps people from being able to relax and be contented with their particular circumstance, because they are bombarded with the interesting activities of their friends. Fear of missing out can also foster a feeling of victimization and exclusion in young adults: through social media, young adults can clearly see if their friends are hanging out without them. The act of social comparison also poses a threat to young adult social media users. Use of the Internet and social media has been linked in a handful of studies to increased social comparison and diminished self-esteem and self-image. Haferkamp and Karmer (2011) investigated the

effects of online social media profiles in two studies. The first study found that participants had a more negative body image after being shown profile pictures of physically attractive individuals than those who had been shown profile pictures of less physically attractive individuals. The second study found that male participants who were shown profiles of more successful men reported a higher perceived divergence between their current career status and their ideal career status when compared with male participants who were shown profiles of less successful individuals. Chou and Edge (2012) collected survey data from undergraduates with questions about their Facebook use. Their findings indicated that individuals who had been using Facebook for a longer period of time perceived that others were happier and that life was not fair. Zuo (2014) showed a direct link between Facebook use per day and level of 31 social comparisons: individuals who used Facebook more daily tended to make more social comparisons. Zuo also found that making social comparisons was associated with lower self-esteem and more negative health outcomes and that Facebook use is predictive of lower self-esteem and more negative mental health outcomes.

2.4. Cyber bullying

There are several specific ways that social media can increase the risk for inappropriate online behaviour. Cyber bullying and cyber harassment, for example, are serious and prevalent problems. Cyber bullying is defined as the deliberate use of electronic communication to bully a child or adolescent typically by sending messages of an intimidating or threatening nature Ahn (2011). Cyber harassment and cyber stalking typically refer to these same actions when they involve adults. A Global youth survey presented by the Microsoft European Research finds 22 percent of Irish teenager's experience bullying online, while 55 percent of teenagers use the Internet without restrictions (cited in Machold et al, 2012). Cyberbullying has become widespread since the advent of social media. An international organisation conducted an internet safety survey and found that 95 percent of teenagers who use social media have witnessed cyber bullying and 33 percent have been victims (Lattimore, 2016).

Given that social media is becoming increasingly prominent in teenagers' lives, it is important to listen to their "Voice". It is important to understand their views and experiences and the

impact it is having on them. Understanding how and why social media might be impacting on teenagers social and emotional development is the next step to illuminating the connections between these young adults, their environment, their health and the role of social media.

2.5. Comparative texts -Radio Podcasts

While researching online radio and video documentaries using keywords such as social media and teenagers, there was a wealth of international radio documentaries, news clips and podcasts online. In an Irish context, there was one recently with Sean O'Rourke RTE 1 'Age of Consent Online'. This radio podcast investigated whether setting up a new watchdog for social media would help regulate teenagers behaviour. The move comes as the Government is also looking at what the digital age of consent should be, ahead of a new EU regulation due to come into force in 2018. One 16-year-old gave her opinion as to the potential effectiveness of that age of consent. "To be honest, no, I don't see any teenager abiding by this. I joined Instagram when I was 12, and I lied about my age, I said I was 16. It is so common." She had some sound advice to any young person active on social media. She proceeded to offer advice on the show to other teenagers such as be mindful of who they engage with and accept as friends. From listening to this, it inspired me to do a focus group with four teenage girls and to speak about the vulnerabilities online and how it impacts on them (O'Rourke,2017)

2.6. How social media is affecting teens

Another radio piece which greatly influenced my line of questioning and shaped my thinking for this documentary was The National (2014) CBC News: How social media is affecting teens. This documentary discussed the effects of social media on teenagers. Research from Neuroscientists have revealed that areas of your brain that involve you daydreaming, or thinking about your own feelings, shut off when you're engaged with technology. Interestingly, this is the area of your brain that learns empathy, by not activating this, teenagers are therefore not reflecting on negative behaviour such as cyberbullying. Speaking to parents about this research they have felt that their teenagers are very "casual" about emotional subjects. This formulated my questions for my focus group with the teenagers.

2.7. Mending young minds

Another radio podcast I listened to was BBC Radio 4 – Mending young minds, Teenagers (2015). This programme asked teenagers about mental health – it gave me a deeper insight into their vulnerability. It also showed from a Clinical Psychotherapist point of view that parents are as ill-equipped to deal with social media as are their children. Taking inspiration from this, I decided to make my topic as personal and human as possible so that teenagers and families could relate to it.

2.8. Social media on young minds.

Vedantam (2016) explores a study done on the effects of social media on young minds. Evidence from the social science correspondent communicates to us that: teenagers were shown an image that was deemed to have lots of "likes" tended also to like the image. Seeing popular pictures also produced greater activation in the reward centre of the brain. This resulted in teenagers succumbing to peer pressure, rather than formulating their own opinions on which pictures they liked; teenagers acceded to the opinions of their peers. The listener learns how social media involves us in a web of social and emotional pressure. In some ways, this study is confirming what we already know - peer pressure matters a lot, especially when you're 14.

2.9. Strangers for Hire

BBC's radio documentary – 'Strangers for Hire' proved to be very informative and added structure to my questions with teenagers and the psychotherapist. It inspired me to amalgamate personal stories with expert opinions. Nina Robinson reports on the people services that Japan are now offering. "Friendships" seem to have no significance in a fast paced evolving tech world. Japan, with its complex social codes, is at the forefront of the trend. You can hire an "Ossan", a middle-aged man – perhaps to give away a bride at a wedding or just to provide a bit of companionship, or a young man or woman to join you in your Instagram photos. Nina meets the grandmother who is hired to give advice to wives whose husbands are cheating on them. Is this a case of Japan today and the rest of the

world tomorrow? (Robinson,2017). This highlighted the importance of real friendships through human contact as opposed to cyber contact and fake friendships.

2.10.   **Dressy Girls**

Eckert-Erdheim, (2005) 'Dressy girls' radio documentary interviews a group of fashion-conscious high school girls about the connections between what they wear, their self-esteem, body image, and their relationships with boys and other girls. As a teenager, herself she conducted her documentary in a school environment with her peers. Her technique in casual questioning was executed well; the interviewees were relaxed speaking to her. The setting was very natural and the girls were very open in their answers. This medium influenced my approach to the interviews with the girls. It's important to keep the listener engaged, and the sound will also tell the story. It was important to craft that narrative with a relaxed environment as potentially you will obtain rich data from your interviewees.

Journalist Paul Mason, BBC Radio 4 speaks to a group of university dropouts who are using social media to influence young people through the use of advertising. Most of these accounts were started by students in their bedrooms by doing it for the fun of it. But Paul realised their influence was enormous and went about persuading the owners of the accounts to join him in growing his business. Paul explores the concerns with some of the people who use social media more than any other - the so-called 'millennial generation' (Mason,2017). He informs the students of the pros and cons of the media saturated world, through of the use of laughter and through voicing serious concerns. This was influential for me, as it formulated lines of questioning about who were their social influencers and the effect of these so-called influencers have on their daily lives.

As I was researching and compiling evidence for this documentary, I became aware of legislation that Jim Daly, a TD for Cork, was seeking to get passed in the Dail. This legislation proposed to fine parents and retailers if they supplied phones to children under 14. Now, as newly appointed Minister for Health and Older persons, it was important to secure an interview with him as this legislation was relevant to my topic.

Another influence for my documentary was an interesting art exhibition 'Perceptual space' by Artist Mark Kavanagh aka Rasher. Rasher's latest work was inspired by social media, I contacted him via email and visited the exhibition in The Dean Hotel, Dublin 2.

Having established the research that informed the documentary, the following chapters will discuss the design, construction, and conceptual development of this project.

3. Chapter Three

3.1. Constructing and Design

This chapter outlines the creative and technical process involved in the production of the radio documentary. The design concept of the documentary was to create an audio piece that was 25 minutes in length as per Griffith College Dublin guidelines.

The crafting of a radio documentary is a continuous process which starts with an idea; grows with each recorded interview; takes on multiple personalities during the cutting and scripting process; before final mixing locks in the ultimate shape. Because of the fluidity of the creative process, it is hard to pin down every decision which contributes to the shape of the final product" (Lindgren,2011).

As social media develops, so does its ability to connect its disparate users, allowing producers, listeners and commissioners to form an international audio storytelling community (McHugh, 2014). Candy (2006) argues that through practice-related research 'new knowledge is reached through a research process and is made explicit and transferable.' I feel it would be effective in our mediated world.

It is another accessible medium that teenagers are already engaging with. It allows concerned parents to get involved and other teenagers to listen and understand different perspectives of the subject's voices sharing it to a wider community under the regulations of Griffith College ethical guidelines. All participants are Teenagers aged 14 years old.

All recording of interviews was completed on a black Sony ICD-PX240 digital voice recorder. The majority of the work consists of interviews with teenagers, and experts, that demonstrates what is happening in the world of social media. The main topics covered are:

(i) the ways in which social media applications are used among Irish teenagers and their views on them.

(ii) the problems faced by teenagers using these social networking sites and advice for parents and teenagers dealing with these issues.

(iii)   the challenges that are taking place within this saturated media world.

As the design of the documentary developed, these discourses highlighted the challenges and risks to teenagers social and emotional development caused by using Snapchat in particular, have become a cause of concern for parents and the public.

The final part of the documentary is a call of action for the teenagers and the general public to use their device smartly – "Life is what happens when you're busy on your device" (Rasher,2017).

The radio documentary can be broken down into the following sections:

Table 3.1

Segment	Speaker	Content
1. Introduction	Gary Turk, Andrew Morrin, (Psychotherapist)Mark Kavanagh (Artist)	Scene Establishment Talking about social media and hand-held devices.
2. Interview	Four teenage girls'	Speak about what social media apps they use, why they like it, who they follow.
3.Interview	Andrew Morrin	He speaks about the world we are living in and how connected we are, yet, we are alone -he gives an example of his client who came to him upset cause her friends were all tagged in on Facebook and she wasn't invited.
4.Interview	Andrew Morrin	Speaks about social media addiction – is it addictive?

5.Interview	Andrew Morrin	Speaks about teenage brains developing and teenagers wanting to be famous.
6.Interview	Girls,Andrew Morrin and Mark Kavanagh	They are all speaking about day dreaming- how the girls don't day dream and the expert's opinions on the importance of it for empathy and creativity.
7.Interview	Girls and Andrew	Girls talk about screenshotting images on Snap chat or other social media apps; they talk enough about it to raise concern. Andrew gives his opinion and talks about privacy – how it's unacceptable to share images. He relates to his own profession and confidentiality.
8.Interview	Girls	Girls talk about bullying, gave an example of a boy in local school who committed suicide as a result of Snapchat, one of the girls speak about how she was bullied over eyebrows, and she dealt with it herself with the help of her friends.
9.Interview	Mark Kavanagh	He speaks about one foot in new world and old world- he is aware of society. He feels children

		today are too connected to devices, and nobody plays or builds anything anymore as people of his generation did.
10.Interview	Girls	Explain about Snapmap- Snapchat's latest feature. They voice worrying concerns about how easily it is to be a detective.

3.2. Interviews

Much consideration was given when choosing interviewees for this project. It was imperative that the voices be authentic in the case of the industry professionals. Having established that the documentary was going to focus on the teenagers rather than the industry, having well-known names like Mark Kavanagh aka Rasher and Jim Daly, TD. It was hoped that both contributions would give the piece the extra gravitas needed as well as a sense of familiarity for the listener. The voice of the narrator was simply there to set the scene, introduce the interviewees and provide an occasional link between changing topics. The six interviews that were conducted and included in the documentary are profiled below.

3.2.1. Clinical Psychotherapist Andrew Morrin

Andrew Morrin is a practising Clinical Psychotherapist who treats adults and teenagers in his Dublin Clinic. He has a wealth of knowledge and experience that I was especially keen to have in my documentary. The initial contact was made through my work in the hospital, I had spoken to Andrew about my thesis, and he encouraged me to pursue the idea. Working as a psychotherapist, he had numerous clients that he felt fitted under my umbrella of thought about social media. Once Andrew agreed to the interview, the interview took place on June 8th, 2017 at St Mary's Priory, Tallaght Village, Dublin 24.

The interview was recorded in his office which was quiet; it set the mood and tone for the Interview. The interview lasted 29 minutes and covered his career, his advice for young people and parents. He talked about the emotions and anxieties his clients are exhibiting as a result of social media use. He stated that social media is a "new form of addiction. He spoke with passion about the need for people to "rationalise" their thoughts when engaging in social media use. His room was quiet; there were no issues with the sound which lent itself to a smooth and informative interview.

The aim of this interview was to obtain informative material about young people and their feelings towards social media apps. For the purpose of this research, I hoped to delve into the world of social media addiction. Social media addiction hasn't been officially recognised in Ireland, unlike in the United Kingdom, where it has been identified since 2013. Andrew had good advice for young people who might feel they are "too connected or addicted" and how to deal with those feelings. Also, advice for parents who are ill equipped in dealing with it and possibly realise themselves, they are also "too connected". His anecdotes were so engaging that I decided that it would be more interesting to base the documentary on the specific experiences of the individuals rather than on a general overview of teenagers and social media use. His expert views on the subject influenced the questions I would put to the interviewees to follow.

3.2.2. Mark Kavanagh aka -Rasher

Mark Kavanagh better known as Rasher in the creative world. His incredible work has taken him around the globe. An intriguing soft-spoken character, he is a self-taught artist since the age of 13. He is married to Gillian and has three children. His latest exhibition 'Perceptual Space' was acclaimed to be a thought provoking exhibition by one of the island's most exciting artists as he shines a light on the hypnotic power of streaming, social media and our own personal 'black mirrors'. I became aware of his work, while watching The Late Late Show, as he was interviewed by Ryan Tubridy, on May 12th, 2017.

'Perceptual Space' explores the willing infiltration of technology on our daily lives. *'Life is what happens when you're busy on your device watching other people live'*. He has asked the

pertinent question: "Have we desensitize ourselves to life, are we becoming numb to our natural surroundings? The exhibition featured seven intense emotional scenes, with a further ten magnified smaller paintings from this body of work. I was very interested in talking to him about how or why he came up with such an exhibition. Initially, I made contact with my Supervisor Ronan Kelly and asked him would Rasher serve any relevance to my thesis or was I moving off track. Ronan advised initiating contact, which I did via email on May 17th, 2017. I had no initial response back from him, but I visited the exhibition in The Dean Hotel, Sunday 17th May 2017. I spoke with Rasher and his wife who were extremely engaging and very interesting, they talked me through all the paintings. They apologised for not responding due to time restraints but had intended to. The exhibition lived up to its claims, and I was eager to speak with him for my documentary at a time that suited him. I received an email post my encounter with them at the exhibition, and we kept in contact via email trying to organise a date that suited us both. Through both of our busy schedules and life disruptions, I finally completed the interview the 7th July 2017 via telephone. The interview lasted for 1 hour 30 minutes, it focused on his inspiration as an artist, and how he delves into areas of life which are uncomfortable to ponder. He spoke about how he creates those ideas on canvas, leaving an everlasting stain on the viewers' minds. He talked about the digital revolution, how people are setting up their own gangs via social media accounts. He talked about his Snapchat painting, the dangers of screenshotting images and how the younger generation does not realise the repercussions of this. He reflected about his duty as an artist to report on society. They say 'a picture paints a thousand words', in this case, it's more. He outlined the problems we face in the not too distant future, the lack of legislation by the government and our reliance on smart devices. It leaves everyone wondering and questioning themselves about their place in society. Are they the inappropriate snap chatters or the couple who sit at the dinner table who engage with their device rather than human contact? These insights were particularly interesting and were also used in the production of the documentary.

3.2.3. **An Interview with four teenage girls**

I decided to do a group interview of four school friends in my local town. I interviewed the girls on Saturday 1st July; the interview lasted 40 minutes. They are all 14 years old. I collected all the girls from their houses and drove them to a location which was comfortable and relaxed. The girls giggled the whole car journey and were talking about screenshotting and snap chatting unaware that my questions would be directed around those buzz words. Thankfully the girls calmed down and surprisingly, they were extremely confident and articulate with their answers. They opened by saying that Snapchat was their favourite social media application and why they liked it and their constant interaction with it. They spoke about cyberbullying, one of the girls had fallen victim when she was 13. Her parents were unaware, so she spoke to her friends, and they advised her how to deal with it. They spoke about a boy their own age, who committed suicide allegedly over abuse on social media. They referred to two girls bullying each other on Snapchat which went viral. They discussed screenshotting and how it makes them nervous that someone had taken their image, especially when they themselves are not in it. They spoke about not accepting anyone they don't know. They spoke worryingly, about a new feature on Snapchat called Snapchat location. It identifies any member of Snapchat in a particular location, for example, the girl's house, school, shop, or any venue. This has flagged up the dangers that anyone can track you down.

3.3. **Interview technique**

The interviews I conducted were all semi structured qualitative interviews, with prompt questions to explore what has been said or to encourage expansion (Doody & Noonan, 2013). According to Makagon and Neumann producing an audio documentary involves recording all those modes of data collection, i.e. interviewing, observation and engaging with participant observation (Makagon and Neumann, 2009, pp 43-44). Makagon and Neumann (2009) offer an interesting and relevant approach to qualitative research methods which includes the use of audio both as a way of collecting fieldwork data and for publishing research findings in social science studies. They argue for the inclusion of documentary production practices as an important method for social scientists.

Qualitative research is a systematic, subjective approach to describe life experiences and give them meaning (Burns and Grove 2009). Qualitative studies allow researchers to explore behaviours, perspectives, feelings, and experiences in depth, quality and complexity of a situation through a holistic framework (Holloway and Wheeler 2002). In contrast, quantitative research is a formal, systematic approach which incorporates numerical data to obtain information about the world (Burns and Grove 2009), which would not be suitable to gain the information required for this documentary.

In doing the interviews for this documentary, I found that my experience of social media provided a commonality that the interviewees responded to, as well as a way to quickly establish a common relationship with them. This requires the researcher to be immersed in the research field, to establish continuing fruitful relationships with respondents and through theoretical contemplation to address the research problem in depth (Crouch and McKenzie, 2006). I also found that telling the interviewees about my desire to produce this documentary helped them to understand why I was motivated to make a documentary that they could relate to.

3.4. Music and Sound effects

Music and sound are elements that are instrumental in the making of a radio documentary where visual elements are not present. The different music layers are used to break up the monotony of the interviewees. As this is a student dissertation, the copyright music can be used for educational purposes, however, if this documentary were to be published this music would be needed to be changed for a track that is copyright free.

The audio clips that were used in the production of documentary are as follows:

Table 3.2

Presenter	Title	Copyright
Gary Turk	Look up	https://www.youtube.com/watch?v=8Dh_
Lupe Fiasco	Daydreamin	https://www.youtube.com/watch?v=_Jo45YsvV8E xWlcgQ4
Morning Light Music	Cinematic and Emotional Background Music	https://www.youtube.com/watch?v=F2xoJoO_XcY

3.5. **Scripting**

The recording of the narrative links took place in Griffith College Dublin, which I found challenging and time-consuming. Alwyn Owen and Jack Perkins are documentary makers for Radio New Zealand who argue that the need for scripting the narration includes, "to introduce or end a programme, to link sections of the programme, to give a programme editorial direction, to tell a complete story as in a feature programme and to convey information as in an investigative documentary", (Owen and Perkins, 2016, p.g.1). Owen and Perkins (2016) assert that the aim of scripting for narration is to say what needs to be said clearly, economically and efficiently.

3.6. **Editorial decisions**

Subjects such as anxiety, cyber bullying, friendships, suicide, ethical considerations were addressed. While the topics are very sensitive and difficult issues for many, I adhered to the code of conduct and ethics outlined by the National Union of Journalists (NUJ,2011). The researcher ensured that all participants fully understood the purpose of the research before taking part. The parents of the four girl teenagers consented for the girls to participate. Pseudonyms were used for the purpose of this interview. It is important to identify and address any ethical or moral dilemma prior to carrying out any research study in order to protect all participants from potential harm.

The completed documentary has a running time of 25 minutes, although of approximately 3 hours of material was correlated. Of this material collected, the most significant and relatable content was used. This chapter has described the process of creating this documentary, those interviewed and the reasons they were chosen. It has discussed the challenges and limitations faced and the ethical decisions made and adhered to   in this documentary.

3.7. Limitation and Challenges.

Initially, my plan was to interview students in a Dublin school but was unsuccessful due to summer exams. I sought advice from my supervisor Ronan Kelly about this, and he advised me to interview teenagers in the city centre. I took his advice, and I recorded about 8 minutes in total of Vox Populi. From this research on the street, the vox pop's highlighted topics such cyber bullying, inappropriate picture being shared on social media and these teenagers were all between 14 to 18 years old, constant engagement of social media apps in particular Snapchat. I felt I couldn't use this because of the background noises and general hustle of the street which made it hard to hear and would have been almost impossible for the listener to concentrate on the content of said interviews.

Despite my continual attempts to meet with the newly appointed Minister Daly for mental health and older persons, we never got to meet due to his busy schedule. His P.A contacted me on the 28th June 2017 and stated the Minister would call me that evening for a telephone

interview. However, he did contact me and stated that he could not do the interview as a "Minister"- as he was recently elected as Junior Minister and Older persons. I voiced my opinion that he had more leverage now as Junior Minister for Mental health, but he kindly told me I was entitled to my opinion. He couldn't engage in any discussion about upcoming bills, however relevant. It was separate to his new position now. I informed my lectures Ronan Kelly and Dr Robbie Smyth of my challenges; they guided me on the necessary steps to take. I then contacted the Department of Health Press Release section and asked would there be a press release from the Minister as per our telephone conversation.

I was directed to put all my concerns in an email, and the secretary would direct it to the necessary department. On the 5th July 2017, I received an email stipulating that "Minister Daly does not intend on issuing a press release as you have mentioned below. He will endeavour to progress his ideas in this area by whatever means available to him as Minister of State in the Department of Health".

Speaking with Dr Robbie Smyth he suggested to contact the former Minister of Health Helen McEntee to inquire on her opinion on Minster Daly's legislation upcoming legislations, as she was a former Griffith student, I was hopeful for a response. However, I followed up with a phone call and heard nothing back.

Although my intention was to keep this from an Irish perspective, from the research, I discovered it was an international issue. I wanted to have an international expert voice, so I contacted the lead author and researcher Dr Jo Inchley via email, from the University of St Andrews, Scotland. She has spoken about the recent report from the World Health Organisation (WHO) which has suggested a dramatic rise in the use of tablets, computers and social media is wreaking havoc on the health of young people. She said the rise in social media was having an impact on young people. I followed up with a phone call, and I also heard nothing back.

4. Chapter Four

4.1. Discussion

A dissertation module was submitted on January 9th, 2017 outlining a practical thesis I hoped to undertake, titled, looking at Irish teenagers use of social networking sites and the impact it has on their daily life. The proposal contained a detailed analysis of the aims and objectives of the documentary as well as a list of potential interviewees that would suit the topics to be addressed. Whilst undertaking the literature review for my thesis, I gained valuable insight into the role that social media plays in normal life, which led to my particular interest in the effect that social media had on the emotional and social development of teenagers. The quality of the interviews acquired subsequently influenced the tone as well as the narrative, making for a more personal, yet wide-ranging overview of the world of Snapchat.

I was allocated my supervisors on March 30th, 2017; I worked closely with both Dr Robbie Smyth and Ronan Kelly from April to August on the development of this documentary. The first meeting with Ronan Kelly about the practical element of the thesis took place on April 5th, 2017. During this meeting, we discussed why I wanted to explore this topic, the main documentary narrative, potential interviewees and the best type of recorders available to conduct my interviews with.

The meeting was followed by a discussion with Dr Robbie Smyth about the written academic dissertation on April 24th, 2017 to discuss the direction the documentary was taking. At this stage, I was organising and scheduling my interviews. We spoke about my interview technique and how to structure my questions to get the best possible answers without an overabundance of material. We liaised via email and telephone to discuss my progress and to ask for guidance on queries I had. Correspondence with Dr Robbie Smyth took place via telephone and emails over the following dates April 3rd and 24th, May 22nd, June 29th and July 19th. Dr Robbie took the time out to discuss my written progress and offered valuable suggestions to keep me from straying from the theme, he also read my drafts and provided useful feedback suggesting possible improvements.

Discussions with Ronan Kelly took place via email and telephone over the following dates May 15th, June 9th, June 24th, June 29th and 27th July. Ronan also offered invaluable advice and practical help without which I would have been struggling. He provided suggestions about my draft radio documentary that would finalise and improve the tone of the finished product.

These supervisor meetings were complimented by a technical session on July 11th,25th and 26th with Pat Proctor. He gave me expert guidance with the practical element of the dissertation by using his expertise in cool edit software, audio and editing and instrumental music choices. He provided solutions to editing ideas that was causing frustration and upset to me over the final days. His help was invaluable.

The meetings and emails correspondence with the supervisors proved extremely helpful to me in the development of this project. Their guidance and support allowed me to explore every avenue which led to me producing a documentary of high quality and journalistic merit.

5. **Chapter Five**

   5.1. **Conclusion**

It seems clear from the literature that teenagers have become vulnerable to the online world, with the effects of addiction and cyber bullying, anxiety and closed off from face to face communication. The subject of social media is very important to everyone as it impacts on all of our lives but in particular teenagers. Therefore, any new insight into the social media revolution is welcomed in helping them navigate positively the minefield that is social media. This documentary is merely a "Screenshot" into the cyber world in which teenagers are living through. There are much more avenues to explore especially in the area of detoxing from one's smartphone, social media influencers, and how fame is central to all of this.

The process of designing and executing this project proved both educational and inspirational. In-depth research highlighted the ebb and flow of the popularity of various social media apps. Now in 2017- Snapchat has taken over as discussed in the documentary. From a journalistic perspective, the newsworthiness of the social media statistics is not as significant as the information, entertainment, and education provided by this documentary. During the course of making this radio documentary, it became apparent that there were many challenges facing young people today in the use of Snapchat. Four teenage girls spoke about their online friends and the implicit trust share with them online. They also spoke about respecting each other's privacy about images and pictures exchanged between them. The clinical psychotherapist scientifically explained that "Teenage brains are not developed to understand the repercussions of screenshotting messages or pictures", that their online friends participate in, and how easily trust is broken if images are shared. The artist reiterated these same sentiments by talking about the lack of emotional and social development. He feels that they're not engaging with the reality of the present world whilst connected to their hand-held devices. The major crux facing teenagers today is their naivety in understanding the dangers of the social media landscape. From the literature reviewed and podcasts listened to, there was no evidence to compare and contrast teenager's experiences online or offline from an Irish perspective. This should be enough to stimulate action and should be of interest for further research and findings. The way we communicate with each other is constantly

changing; teenagers today are the first generation to be born into the world that's always connected. Whether we like it or not, social media is a fact of life for a teenager that isn't going to go away. It is evident that teenagers use social media to stay connected with their friends, meet new friends, share photos, play games, blog, do homework, and promote causes they believe in.

From an editorial viewpoint, it was evident that there was a wealth of excess material that could be presented in a variety of ways. There is a burgeoning interest in the use of social media, in particular, Snapchat and how peers are spending all day Snapchatting as a result of being constantly connected to their phones. The virtual world lends itself to radio production but is equally suited to the televisual medium. I would hope that someone might use this thesis as the basis for further work on the subject. This documentary has been designed to be enlightening and informative with the interests of a wide audience in mind, but particularly to engage with teenagers and their parents. I would hope that if teenagers were willing to listen to a 25-minute documentary about social media use and that that the topics discussed would resonate with them; that all teenagers would learn how to use their device wisely. While limited by time constraints, the documentary addresses some of the main issues within the social media platform, namely how social media have changed over the years and the interpersonal relationships that have resulted. As already stated, there are so many more issues that could be explored in their entirety, which hopefully some of my contemporaries will explore in due course. It is believed that this would make suitable broadcast for educational purposes in schools.

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Appendices

Appendix A

Narrators Scripts

Interview 1: You have heard from fromAllana, Andrew Morrin, Clinical Psychotherapist , and Artist Mark Kavanagh aka Rasher.

As times and technology are changing, teenagers are more likely to understand Apple as a brand of technology rather than a fruit. We are now witnessing   the first generation in our society who will never get to say back in my day, before the internet. This is a generation growing up and developing while being switched on 24:7. Research has now coined them the …. "iGeneration".

Teenagers can be found and reached online with almost two-thirds of Irish people now owning a smartphone and over 1.8 million of us now visit Facebook at least every day. The average teenager will check their social media 60 times a day, and we cannot underestimate the impact on the developing adolescent brain of being switched on 24:7. Snapchat rules supreme with 70 percent of its users checking it daily.

These four teenage girls tell us why. Chloe, Allanna, Shauna, and Lorna are very open about their use of social media. What they use, why they like it and who they follow.

Interview 2: Facebook – that's right, causing emotional distress. This is the paradox of our 21st century culture: more and more people complain about feelings of loneliness, yet social media has made it easier to connect with thousands of people. Surprised? or, are you

yourself, caught up in the culture known as social media and don't know how to get out. Social media wipes out any sense of vulnerability, of genuine shared experiences because it isn't real, or is it?

For the purpose of this documentary, I interviewed four teenage girls, all 14year olds - Chloe, Allanna, Shauna,Lorna, who were very open about the their use of social media. What they use, why they like it and how long they spend on it.

Interview 3: When we go online, we enter a world of hurried, distracted thinking and superficial learning and There is evidence of a greater dependence on social media.

Now, everybody's on Snapchat because everybody's on Snapchat and even people who don't like the social network use it anyway, because that's where their family, friends and colleagues are -- and because of a new form of a so-called addiction.

Most1 6-24-year olds use the internet for social networking. Research has now revealed that Snapchat is the most detrimental to young people's mental health and wellbeing. In the past 25 years as a direct use of social media rates of anxiety and depression have increased

A report from the World Health Organisation (WHO) has suggested with a dramatic rise in the use of computers and social media it would appear to be causing havoc on the health of young people,

Interview 4: When it comes to social contacts, we think of getting to know the person face to face, learning about who they are and what interests we may share.   While social media on the other hand, it is a proven fact that you can interact with others without knowing anything personal about them. We are living in a world of Emoji 's and shortened vocabulary such as OMG, LOL, WTF-

Are we losing our personalities and the way we express ourselves? Essentially: we know more about our friends by spending less time with them.

Social media already highly influences our relationships, education and of course, our shopping, But how large of a role does networking through social media play into our lives? Maybe more than any of us realise.

Interview 5: Technology is advancing in more ways than we can keep up with. When I was growing up – I would spend hours wondering what other people were doing on the other side of the world- and were they thinking the same as me? I was creating a world who and what and where and what if's and when would my dreams and wishes come to fruition. Now, the answer is one click away- limiting those thought processes.

The internet is a world in itself, and sometimes, we spend so much time in the virtual world we often forget to step back into reality. When people are so connected and engaged with their devices, they are less likely to notice or take notice of important things around them. Research from neuroscientists has revealed that areas of your brain that are used   for daydreaming, creativity or thinking about your own feelings, shut off when you're engaged with technology. Interestingly, this is the area of your brain that learns empathy.

Daydreaming is known to play a big role in social development   and facilitating creative problem solving,

Interview 6:

  As John Lennon once said -life is what happens when you're busy making g Plans – Rasher has captured - 'Life is what happens when you're busy on your device watching other people live'.

Snapchat gives you the ability to send photos and videos to your friends or publicly display them on your snap chat story. The catch is, that the images you send to your friends disappear or in some cases potentially go viral after been screenshotted, and your snapchat story expires after 24hours.

Interview 7: This ongoing Snapchat trend sent alarm bells ringing in Artist Mark Kavanagh head – so much so his latest exhibition titled 'Perceptual space – 'was inspired by social media. Recently I attended his exhibition, one piece in particular caught my eye -Titled Snapchat. It's a depiction of an afterparty where one girl is semi naked and is passed out on a coffee table while a male is taking a selfie of this image. As an artist, he delves into the areas of life which are uncomfortable to ponder and he projects those ideas onto canvas leaving an everlasting stain on the viewers mind.

'Perceptual Space' explores the willing infiltration of technology and puts the family life under the microscope revolving around a glass table

He has described his latest work as the exploration of the technical revolution and our obsessions with our little devices.

Interview 8: – Today in modern society, teenagers are sharing their thoughts, news and feelings through hand held devices.

Cyberbullying has become widespread since the advent of social media. an internet safety survey and found that 95 percent of teenagers who use social media have witnessed cyber bullying. Given that social media is becoming increasingly prominent in teenagers' lives, Understanding how and why social media might be impacting on teenagers social and emotional development is the next step to illuminating the connections between these young adults, their environment, their health and role of social media.

Interview 9: social media is so seductive because it allows for the illusion of companionship without the demands of friendship, so much so teenagers are sharing texts, images and videos on the basis of trust – but the dark side of this your smartphone allows you to screenshot any image and therefore Is out of your control.

Interview 10: Like most things in life there are always pros and cons to everything, social media is certainly no exception. Whether it is live-tweeting what's happening on the street, sharing what you're having for your breakfast on Facebook, Instagramming your outfit of the day, or snap chatting your daily routine from morning until night with the added element of filters using snap chat. It seems that people are more connected than ever. I speak to the girls about their experiences of using it.

Interview 11: Security experts have warned that this feature could allow someone to stalk and target young people, to stay safe and turn off your location altogether, go to your phone's settings and find 'Snapchat' then click on 'location', and choose to 'never share'.

Appendices B

 Sample correspondence to obtain interviewees.

Email to Andrew Morrin, Clinical Psychotherapist, April 2017.

Hi Andy,

I hope you're well. This email has been a long time coming. Finally finished my last assignments, it's foot to the floor for the thesis now. So, further to our chat would you still be interested being involved in the radio documentary about the impact of social media in general with people?

I spoke with my radio supervisor and academic supervisor, they both think it's excellent to have an expert voice like yourself to cement the findings or offer guidance and suggestions.

 I would be absolutely thrilled if you could to participate in an interview.

Looking forward to hearing from you.

Kind regards,

Bernie Higgins.

Email to Minster Jim Daly, June 2017.

Hi Mr Daly,

My name is Bernie Higgins. I'm a Masters student in Griffith College, Dublin currently studying Journalism and Media Communications. As part of this course, I am producing a feature length radio documentary for my end of year disserataion. The intention of the documentary which will be about social media in Ireland focusing on teenagers and their use of it.I would be interested in speaking with you about the current legistaltion you are drafting and the concerns you have and why you feel it is necessary.

I would be delighted if you could participate in an interview for the radio documentary?

Looking forward to hearing fom you,

Kind regards,

Bernie

Email to Mark Kavaagh aka Rasher,May 2017.

HI Mark,

My name is Bernie Higgins. I'm a Masters student in Griffith College, Dublin currently studying Journalism and Media Communications. As part of this course, I am producing a feature length radio documentary for my end of year disserataion. The intention of the documentary which will be about social media in Ireland focusing on teenagers and their use of it. I first came across 'Perceptual Space' last week while watching The Late Late show and it is incredible and your thought provoking insight to it. Would you have the time to

participate in an interview for the radio documentary? I would be absolutely thrilled if you could.

Looking forward to hearing from you.

Kind regards,

Bernie

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Email to Department of Health -press relasee department,June 2017.

Hi,

My name is Bernie Higgins. I'm a Masters student in Griffith College, Dublin currently studying Journalism and Media Communications. As part of this course, I am producing a feature length radio documentary for my end of year disserataion.I'm just following up post a telephone conversation I had with the newly appointed Minster Daly last week. He stated he wouldn't be following suit with the latest legislation that he was dreafting that could see parents and retailers been fined who give or sell phones to children under 14, that he was trying to enforce as a TD. So, will there be a press release soon about this?

Kind regards,

Bernie Higgins

Email to Dr Jo Inchley-lead author and reasearcher- University of St Andrews, Scotland,June 2017

Hi Jo,

My name is Bernie Higgins. I'm a Masters student in Griffith College, Dublin currently studying Journalism and Media Communications. As part of this course, I am producing a feature length radio documentary for my end of year disserataion. The intention of the documentary which will be about social media in Ireland focusing on teenagers and their use of it. I have interviewed a lot of young people who feel they're in control of their of their social media , their ages ranging from 13-21 years old. However, my reaerch highlighted some interesting points.

The Irish Times newspaper had quoted you speaking about the positives and negatives of it back in May. This is how became aware of your research initially.

Would you be in interested in being a part of the radio documentary - we could arrange a phone interview if possible.

Looking forward to hearing from you,

Kind regards,

Bernie Higgins.

Email to former Minister of Mental Health and Older persons,June 2017.

Hi Helen,

My name is Bernie Higgins. I'm a Masters student in Griffith College, Dublin currently studying journalism and media communications. As part of this course, I am producing a feature length radio documentary for my end of year disserataion. The intention of the documentary which will be about social media in Ireland focusing on teenagers and their use of it.

Would you be willing to participate in a interview as the former Minster of mental health?

Looking forwards to hearing from you,

Kind regards,

Bernie Higgins

Appendix C

Sample Interview Questions

Four teenage g irls

1)   How old are you and what social media sites are you on?

2)   What time do you get up at, do you check your phone first thing?

3)   Why do you prefer some sites to others?

4)   Have you or friends ever had bad experiences from using them?-Cyber-bullying, peer pressure for challenges, request for pictures you don't feel comfortable with?

5)   Describe the FOMO (Fear of missing out) - If you are not present online, what does this mean to you. Can you detox from your technology.

6) If you didn't have a phone how would you feel?

7)Do you dat day dream any more?

8)Do you spend more time on your phone than chatting to your friends.

9)Has ypur pictured aver been screenshotted? How did it make you feel?

10) What do you not like about Snapchat.

Clinical Pyschptherapist Andrew Morrin.

1)   Is there a problem with social media addiction in Ireland?

2)   How are people presenting with symptoms?

3)   How can people rationalise their thoughts?

4)   How can parents/ teenagers/ public deal with this?

5)   Have people not always been addicted to some sort of fad? - how is social media different?

6)   What makes being active online different from years ago- or what problems is it causing from your clinical judgment?

Artist Mark Kavanagh.

1)Where did your inspiration come from with perceptual spcace?

2)Can you talk about your Snapchat painting?

3)How do you think children are different today from when you were growing up?

4)What do you think needs to be done about social media use?

5)As an artist -do you have a deeper insight to our surorundings?

Appendix D

Interview consent form

I, _____, enter into this agreement with Bernie Higgins, hereby

known as the Producer. I have been informed and understand that the Producer is

producing a radio documentary for academic purposes that may be aired on public

and/or commercial radio and other formats and that my name, likeness, image, voice,

performance or story, or that of my artwork, is being recorded as part of the

production.I hereby grant the Producer the right to use any of said recordings in their
productions,

whether recorded on or transferred to videotape, film, slides, photographs, audiotapes,

print, digital/electronic media or any other media in perpetuity. This includes, without

limitation, the right to edit, mix or duplicate, and to use or reuse said recordings in

whole or in part, as they may desire. The Producer shall have complete ownership of the
program(s) in which I or my

artwork may appear.I also grant the right to broadcast, exhibit, publish, archive, market and
distribute any

of said recordings, either alone or as part of its finished productions; for commercial

or non-commercial radio. This includes the right to use said recordings to promote or

publicize any of these uses.I hereby give all copyright clearances for the use of my voice in
the production.

I expressly release the Producer and its officers, employees and agents from any and

all claims, known or unknown, arising out of or in any way connected with the above

uses and representations.I have read the foregoing and fully understand and consent to the
terms and

stipulations contained therein.

SIGNED_____

PRINTED NAME_____

DATE_____

Appendix E

NUJ CODE OF CONDUCT

A JOURNALIST:

Members of the National Union of Journalists are expected to abide by the following professional principles

1 At all times upholds and defends the principle of media freedom, the right of freedom of expression and the right of the public to be informed.

2 Strives to ensure that information disseminated is honestly conveyed, accurate and fair.

3 Does her/his utmost to correct harmful inaccuracies.

4 Differentiates between fact and opinion.

5 Obtains material by honest, straightforward and open means, with the exception of investigations that are both overwhelmingly in the public interest and which involve evidence that cannot be obtained by straightforward means.

6 Does nothing to intrude into anybody's private life, grief or distress unless justified by overriding consideration of the public interest.

7 Protects the identity of sources who supply information in confidence and material gathered in the course of her/his work.

8 Resists threats or any other inducements to influence, distort or suppress information,

and takes no unfair personal advantage of information gained in the course of her/his duties before the information is public knowledge.

9 Produces no material likely to lead to hatred or discrimination on the grounds of a person's age, gender, race, colour, creed, legal status, disability, marital status, or sexual orientation.

10 Does not by way of statement, voice or appearance endorse by advertisement any commercial product or service save for the promotion of her/his own work or of the medium by which she/he is employed.

11 A journalist shall normally seek the consent of an appropriate adult when interviewing or photographing a child for a story about her/his welfare.

12 Avoids plagiarism.

The NUJ believes a journalist has the right to refuse an assignment or be identified as the author of editorial that would break the letter or spirit of the code. The NUJ will fully support any journalist disciplined for asserting her/his right to act according to the code.

Appendix F

Consent form for on street vox populi of teenagers -

To whom it may concern,

My name is Bernie Higgins. I'm a Masters student in Griffith College, Dublin currently studying Journalism and Media Communications. As part of this course, I am producing a feature length radio documentary for my end of year disserataion. The intention of the documentary which will be about social media in Ireland focusing on teenagers and their use of it. I'm obtaining short clips of audio from teenagers today in the city centre for this radio documentary. This is for college purposes only. Your child's name will not be used, it will only include age and type of social media app they use.

If you have any further qyestoms about this, please do not hesitiate to contact me,

Kindest reagrds,

Bernie.

087 69*****

Appendix G

Abbreviations used in thesis.

#OOTD- Outfit of the day.

NUJ- National Union of Journalists.

OMG- Oh my god.

LOL-Laugh out loud.

WTF-What the feck -inappropraite slang.