

# together together



T.K. Kang, Clinical Psychologist  
The Nurturing Education



# Disclaimer: I am a believer of technology



# My Past & Present: Technology as Enabler & Equalizer



**Users trapped in the Internet**

Computers have brought new dangers to thousands of homes, writes Michael Wong

SOME computer users are so hooked on the net that at the end of the 20th Century, the common saying will refer to someone who has lost his or her own existence and even their family.

Through the use of a telephone line and a modem hooked up to your computer, you can be connected to the rest of the world through a myriad of online services.

Among these providers of online information networks are local universities, commercial on-line services and access providers.

But you need to be careful. A telephone number through your computer can be linked to the rest of the world.

That link can lead to a world where people interact in virtual reality, where the boundaries can be subjective — by the point of self-destruction.

**Addiction**

Li On, 21, is one of the thousands of Internet users in Hong Kong who has overcome his addiction to the information superhighway that was taking up 22 hours of his day.

Li had found that the superhighway to the doorway of his mind and his relationship with his family had become a doorway to his self-destruction.

"I was so hooked on it that I spent most of my time in my room, looking at the screen for hours a day, for almost two months," he said.

That was just a few months ago and he had almost 20 percent of his classes at the Open Learning Institute that he had failed to get on-line.

Chiu, a psychologist, says the kid said that although addictive, the online computer addiction, it was not a computer disease, saying, "computer users."

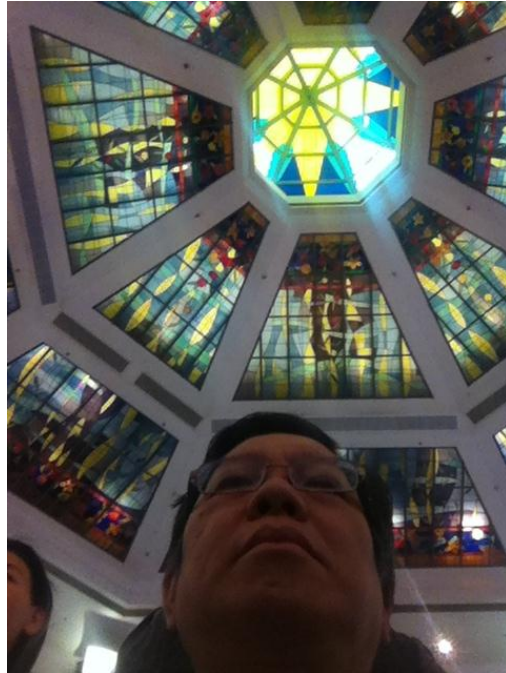
Addiction means the subject showing signs of withdrawal, such as physically and mentally, he said.

**SUNDAY HONGKONG STANDARD**

**1 JANUARY 1995**



# Selfie time!



**Snap & share**

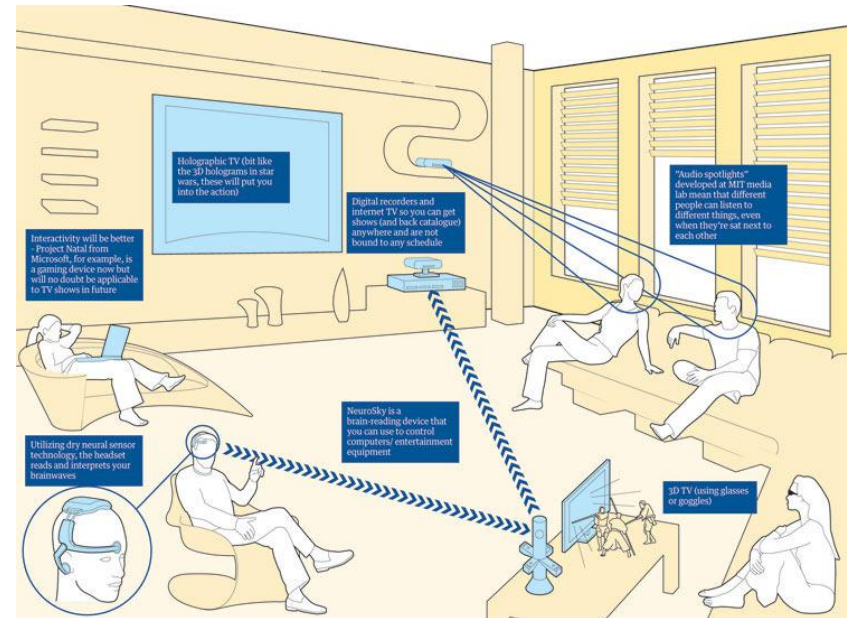
I SHARE



I AM

# Technology & Living

- Connectivity
- Mobile devices
- The cloud
- Internet of Things



Growing up differently:  
“Digital literacy/fluency”



# Are we happier today with more?



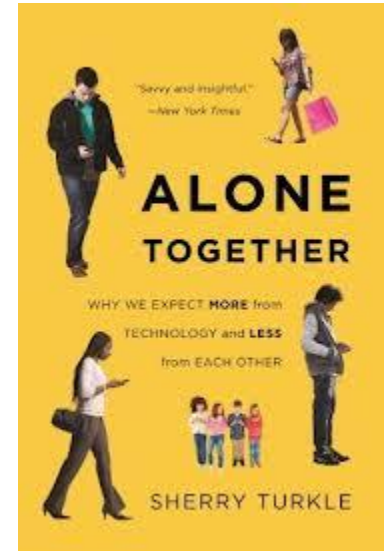
## Loneliness

Feeling empty, unwanted, unimportant.  
Social relationships lack quality/quantity.



Sherry Turkle:

“We remake ourselves and our relationships with each other through our new intimacy with machines... . People are lonely. The network is seductive. But if we are always on, we may deny ourselves the rewards of solitude.”





# LONELINESS AND FACEBOOK



## Loneliness

Feeling empty, unwanted, unimportant.  
Social relationships lack quality/quantity.



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# WhatsApp

# Being Physical



Bad weather? A long way from home? No problem. Just get the tiles out and enjoy a game.



Soccer is often called the world's most popular game, but on the mainland nothing beats mahjong. It's played anywhere at any time. For Chinese there are few better ways of meeting family and friends, enjoying a chat and a few snacks, or just passing a few hours in a pleasant way. For older people who grew up without computers, video games or DVDs, mahjong was a major form of entertainment. And for millions it is still the most enjoyable pastime. It is, of course, more than just a game; it is an essential part of Chinese culture. Photographers from Imaginechina, Barcroft Media and CFP Photo discovered how some people will go to any lengths for a game.



Mahjong is truly a game for the masses that can be played anywhere.

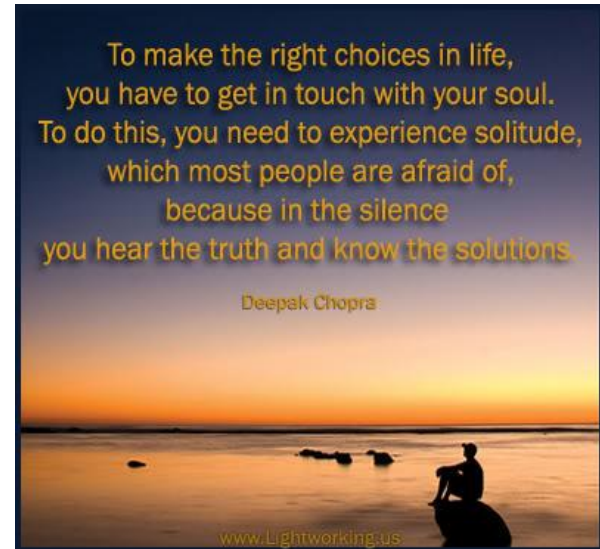


# Beyond Digital



# Loneliness or Solitude ?

- Loneliness is marked by a sense of isolation. Solitude, on the other hand, is a state of being alone without being lonely and can lead to self-awareness.





# & the future need mindful actions



# Nurturing solitude@?



# Challenges of Family

- Enjoying now
- Building intimacy
- Being physical
- Taking time out
- Less is more







**“Together Together Today”**

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