DIGITAL TECHNOLOGY AND MENTAL HEALTH WITH DR ELVIRA PEREZ VALLEJOS

ACTIVITIES YOU CAN DO AT SCHOOL, COLLEGE OR AT HOME

TALKING POINTS

1. What is an algorithm? (See the first part of the article)

2. Can you think of three things algorithms are good for?

3. What are the possible dangers of algorithms? How do you feel about machines deciding what you should see? (See *Are algorithms a good thing?*)

4. Name two things the ReEnTrust project is doing to help us trust websites and social media. What will be the ultimate outcome of Elvira's research? (See *How will ReEnTrust help?*)

5. With a friend, work out roughly how many hours each of you spends on social media every day. How about every week? Do you think it's too much, and why?

6. How might the use of social media affect your mental health – for better or worse? (See *About digital technology and mental health*)

7. Use a TV or film app to watch something it recommends for you. Did you enjoy it, and why do you think the algorithm recommended it?

1. PLAY FAIRNESS TOP TRUMPS

Download the Fairness Toolkit from https://unbias.wp.horizon.ac.uk/fairness-toolkit/ and print out the cards and leaflet.

Play Top Trumps: pick an Example card and place it face up. Example cards include "Fake news?", "Hate speech and cyberbullying", "Personalisation" and "Gender bias". Now take the Data, Rights, Factors and Values cards, shuffle them and deal them out amongst the players. In turn, each player places one of their cards on top of the Example if they can explain why the particular issue is relevant.

The winner is the player who's added the most cards.

2. TEST YOUR SKILLS AT SPOTTING FAKE NEWS

Go to the CBBC website and try the quiz: "Real or Fake". Some of the stories are real and some are made up – how many did you get right? If you got any wrong, why do you think you were fooled?

https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz

3. Watch a snippet of this YouTube video of former US President Barack Obama and notice how it's split in two. On the right-hand side is a very realistic computer model of Obama's head, which was trained to speak his words. What would be the danger of making a computer model of another politician and giving them words they didn't say? How could you tell if it was really them?

https://www.youtube.com/watch?v=9Yq67CjDqvw

4. Can you think of any examples in recent politics where algorithms could have created bias?