what is the internet doing to our brains

What Is the Internet Doing to Our Brains? Exploring the Digital Impact

what is the internet doing to our brains is a question that has sparked curiosity, concern, and debate among scientists, educators, and everyday users alike. As the internet becomes an inseparable part of daily life—shaping how we communicate, learn, and entertain ourselves—understanding its influence on our cognitive functions and mental health is more important than ever. This article dives deep into the neuroscience behind our digital habits, revealing both the surprising benefits and potential drawbacks of living in an internet-driven world.

The Internet’s Influence on Cognitive Processing

One of the most profound ways the internet affects us is by changing how our brains process information. With a constant influx of data, notifications, hyperlinks, and multimedia, our neural pathways are adapting to a new style of information consumption.

Shifting Attention Spans and Multitasking

The internet encourages rapid switching between tasks and sources of information. While this might seem efficient, research indicates that frequent multitasking with digital devices can lead to decreased attention spans. Rather than focusing deeply on one task, our brains get used to skimming through snippets of information, which can impair the ability to concentrate over extended periods.

However, some experts argue that this shift isn't necessarily negative—it reflects an adaptation to the demands of an information-rich environment. Our brains may be becoming better at scanning and synthesizing data quickly, which is an asset in many modern contexts. Still, the challenge lies in balancing shallow browsing with moments of deep, focused thinking.

Neuroplasticity and Digital Exposure

Neuroplasticity, the brain's ability to reorganize itself by forming new neural connections, plays a key role in how the internet shapes cognition. Constant engagement with digital media can reinforce certain brain circuits while weakening others. For example, heavy reliance on search engines and online memory aids might reduce our ability to retain information internally, a phenomenon sometimes called the "Google effect."

On the flip side, engaging with diverse online content can stimulate creativity and problem-solving skills by exposing users to a vast array of perspectives and knowledge. The internet’s interactive nature also encourages active participation rather than passive consumption, which can enhance learning and memory retention when used mindfully.

The Internet and Emotional Well-being

Beyond cognition, the internet has significant implications for emotional health. Social media platforms, instant messaging, and online forums create new avenues for connection but also expose users to unique psychological challenges.

The Double-Edged Sword of Social Media

Social media is a prime example of how the internet can both support and strain our mental well-being. On one hand, it allows individuals to maintain relationships, find communities, and express themselves creatively. For many, it provides a sense of belonging and validation.

On the other hand, excessive use of social media can lead to negative emotions such as anxiety, depression, and loneliness. The phenomenon of "comparison culture," where users measure their lives against filtered portrayals of others, often results in diminished self-esteem. Notifications and the constant desire for likes and comments can also trigger addictive behaviors and disrupt sleep patterns, which are critical for brain health.

Information Overload and Stress

The abundance of information available online can be overwhelming, causing cognitive fatigue and stress. The brain struggles to filter relevant from irrelevant data, leading to decision paralysis or a constant feeling of urgency. This state of hyperconnectivity can make it difficult to unplug and recharge, contributing to burnout.

To combat this, adopting digital wellness practices—such as setting screen-time limits, curating content feeds, and practicing mindfulness—can help users regain control over their online experiences and protect their emotional balance.

Memory, Learning, and the Internet

The internet has revolutionized how we access and process knowledge, but it also raises questions about the future of memory and learning.

Externalizing Memory: The Google Effect

Many people now rely on the internet as an external memory storage system. Rather than memorizing facts, we remember how to find information online. This shift has been termed the "Google effect" or "digital amnesia." While it can free cognitive resources for other tasks, it may also weaken traditional memory skills and reduce critical thinking if users passively accept information without analysis.

Enhancing Learning Through Digital Tools

Conversely, digital platforms offer unprecedented opportunities for personalized learning. Interactive tutorials, video lectures, and online forums cater to diverse learning styles and foster collaborative knowledge-building. Gamification and adaptive learning algorithms can also increase engagement and motivation.

The key lies in using the internet as a supplement, not a substitute, for active learning practices such as note-taking, discussion, and reflection.

How to Foster a Brain-Friendly Relationship with the Internet

Understanding what is the internet doing to our brains highlights the importance of intentional digital habits. Here are some practical tips to optimize your cognitive and emotional health in an online world:

- **Practice Digital Mindfulness:** Be aware of your online behaviors and their effects on your mood and focus. Take breaks and avoid multitasking when concentration is required.
- **Limit Social Media Time:** Use apps or device settings to set daily limits to prevent excessive scrolling and reduce exposure to negative content.
- **Engage in Deep Work:** Allocate specific times for uninterrupted, focused activities without digital distractions to strengthen attention and problem-solving skills.
- **Curate Your Information Diet:** Follow trustworthy sources and avoid sensationalized or irrelevant content to minimize cognitive overload.
- **Balance Online and Offline Activities:** Cultivate hobbies, face-to-face interactions, and physical exercise to support brain health and emotional resilience.

The Future of Our Brains in a Digital Age

As technology continues to evolve, so too will its impact on our neural architecture. Emerging research in neurotechnology, artificial intelligence, and virtual reality promises to reshape cognitive functions and even redefine what it means to think and learn.

By staying informed and proactive about the effects of digital life, we can harness the internet's vast potential while safeguarding the well-being of our brains. The conversation about what is the internet doing to our brains is ongoing, reflecting a collective effort to adapt wisely in an increasingly connected world.

Frequently Asked Questions

What impact does constant internet use have on our attention span?

Constant internet use, especially with frequent multitasking and switching between tabs, can shorten our attention span, making it harder to focus on a single task for extended periods.

How does internet use affect memory and information retention?

The internet encourages quick information retrieval rather than deep memorization, which can lead to weaker long-term memory formation as people rely more on external sources than internal recall.

Can frequent internet browsing change the brain's neural pathways?

Yes, repeated internet use can rewire neural pathways by reinforcing habits like skimming and superficial reading, potentially reducing our ability to engage in deep, reflective thinking.

What role does the internet play in shaping our cognitive development?

The internet provides vast information and learning opportunities, which can enhance cognitive skills, but excessive or unstructured use may hinder critical thinking and problem-solving abilities.

Does social media, as part of internet use, affect our brain's reward system?

Social media triggers the brain's reward system through likes and notifications, releasing dopamine and potentially leading to addictive behaviors and increased desire for social validation.

How does internet use influence our emotional regulation and mental health?

Prolonged internet use, especially exposure to negative content or social comparison on social media, can affect emotional regulation, increasing anxiety, depression, and stress levels.

Is the internet changing the way our brains process information?

Yes, the internet promotes fast, fragmented information processing rather than deep, linear reading, which can alter how our brains organize and interpret information.

Can internet use improve certain cognitive abilities?

Internet use can improve abilities such as visual-spatial skills, multitasking, and rapid information processing due to interactive and diverse online activities.

What is 'digital dementia' and how is it linked to internet use?

Digital dementia refers to cognitive decline caused by over-reliance on digital devices for memory and navigation, leading to reduced brain function similar to dementia symptoms.

How can we use the internet in a brain-friendly way?

To use the internet in a brain-friendly way, practice mindful browsing, limit multitasking, take regular breaks, engage in deep reading, and balance online activities with offline experiences.

Additional Resources

What Is the Internet Doing to Our Brains? A Comprehensive Analysis

what is the internet doing to our brains has become a pressing inquiry in the digital age, as billions of people worldwide engage daily with an ever-expanding web of information, social media, and interactive platforms. While the internet offers unparalleled access to knowledge and connectivity, neuroscientists, psychologists, and educators are increasingly examining how this constant digital immersion may be reshaping our cognitive functions, attention spans, memory, and emotional well-being. This investigation seeks to dissect the multifaceted impact of internet use on the human brain, balancing the benefits of technological advancement with emerging concerns about cognitive overload and behavioral shifts.

The Cognitive Effects of Constant Connectivity

The internet’s pervasive presence has transformed the way humans process information. With a near-infinite stream of data available at our fingertips, the brain is adapting to new patterns of attention and memory management. Research indicates that our neural circuits are undergoing plastic changes as a result of frequent internet usage, particularly in areas responsible for attention control, working memory, and decision-making.

Attention and Multitasking in the Digital Era

One of the most discussed implications of internet use is its impact on attention span. Studies suggest that exposure to rapid-fire information and multimedia stimuli online encourages a style of browsing characterized by scanning and skimming rather than deep reading. The brain becomes conditioned to short bursts of focus, frequently interrupted by notifications, hyperlinks, and multimedia content. This behavioral adaptation can foster heightened multitasking abilities but may also diminish sustained concentration.

Neurological research using functional MRI (fMRI) shows that heavy internet users exhibit increased activity in the prefrontal cortex when switching between tasks, suggesting enhanced cognitive flexibility. However, this comes at a cost: prolonged multitasking is linked to reduced efficiency and increased mental fatigue. The internet's design, optimized for engagement and immediacy, often promotes fragmented attention, raising questions about long-term consequences for cognitive control.

Memory and Information Retention

Another profound question is how internet reliance affects memory formation. The phenomenon known as the "Google effect" or digital amnesia reflects a growing tendency to offload information storage to external devices rather than internalize facts. When users know that information is easily retrievable online, they are less likely to commit details to long-term memory.

Experimental psychology research demonstrates that participants who expect to have access to information later perform worse in recalling details than those who rely solely on their memory. This externalization of memory can free cognitive resources for higher-order thinking but may undermine the depth of knowledge acquisition. Moreover, the brain's hippocampus, crucial for forming new memories, may experience altered activity patterns due to this shift in information management.

Emotional and Social Implications of Internet Use

Beyond cognition, the internet's impact extends into emotional regulation and social behavior. Social media platforms, online communication, and virtual communities have redefined social interaction, influencing how individuals perceive themselves and others.

Emotional Regulation and Dopamine Responses

Internet engagement often triggers dopamine release, the neurotransmitter associated with reward and pleasure. The intermittent reinforcement provided by likes, comments, and shares creates a feedback loop that can foster habitual use and, in some cases, addictive behaviors. This neurochemical response parallels mechanisms seen in other forms of behavioral addiction, highlighting the potent influence of digital interaction on emotional states.

While moderate use can enhance mood and social connection, excessive exposure may contribute to anxiety, depression, and decreased emotional resilience. Furthermore, the constant stream of information and social comparison online can overload the brain's emotional processing centers, complicating the regulation of stress and empathy.

Social Cognition and Online Interaction

The internet alters social cognition by mediating interactions through screens rather than face-to-face encounters. This shift affects the brain regions involved in interpreting social cues, such as the

amygdala and mirror neuron systems. Reduced exposure to nonverbal communication and immediate feedback may impair empathy development and social skills, especially in younger users whose brains are still maturing.

Conversely, digital platforms can broaden social networks and expose individuals to diverse perspectives, potentially enhancing cognitive empathy and cross-cultural understanding. The dual nature of internet socialization underscores the importance of context and usage patterns in shaping neural and psychological outcomes.

Balancing the Pros and Cons: Adaptive Changes vs. Cognitive Risks

Understanding what is the internet doing to our brains requires a nuanced appreciation of both its advantages and drawbacks. The internet facilitates rapid information retrieval, democratizes knowledge, and fosters innovation. It supports cognitive tasks such as problem-solving and creativity by providing vast resources and collaborative tools. Additionally, digital literacy has become an essential skill, engaging neural pathways related to learning and adaptation.

However, the risks associated with excessive or unregulated internet use are significant:

- **Information Overload:** The brain’s capacity to filter and prioritize information can be overwhelmed, leading to decision paralysis and reduced cognitive clarity.
- **Reduced Deep Thinking:** Preference for quick answers may diminish critical thinking and reflective reasoning skills.
- **Sleep Disruption:** Screen exposure, especially before bedtime, interferes with circadian rhythms and restorative sleep, impacting memory consolidation and emotional stability.
- **Social Isolation:** Overreliance on virtual communication might reduce meaningful face-to-face interactions, affecting interpersonal relationships and mental health.

Strategies to Mitigate Negative Impacts

Acknowledging the complex effects of internet use on the brain invites proactive measures to optimize cognitive health:

1. **Mindful Consumption:** Limiting multitasking and allocating dedicated time blocks for deep work can preserve attention and memory function.
2. **Digital Detox:** Periodic breaks from screens help recalibrate neural systems and reduce emotional overload.

3. **Enhancing Digital Literacy:** Teaching critical evaluation and information management skills empowers users to navigate content effectively.

4. **Promoting Offline Socialization:** Encouraging in-person interactions supports social cognitive development and emotional well-being.

Emerging Research and Future Directions

The question of what is the internet doing to our brains continues to evolve as new technologies emerge and research methodologies advance. Neuroimaging studies are increasingly sophisticated, revealing intricate changes in brain connectivity associated with different patterns of internet use. Longitudinal studies aim to disentangle causation from correlation, clarifying whether observed cognitive changes stem directly from digital behaviors or underlying lifestyle factors.

Moreover, the rise of artificial intelligence, virtual reality, and immersive media presents novel challenges and opportunities for brain development. Understanding how these innovations interact with neural plasticity will be crucial for shaping educational policies, mental health interventions, and technology design principles.

As society negotiates the balance between digital integration and cognitive preservation, the dialogue surrounding the internet's impact on the brain remains dynamic, underscoring the importance of evidence-based approaches and individual awareness.

What Is The Internet Doing To Our Brains

what is the internet doing to our brains: Responsible Living Ron B. Epstein, PhD, 2018 Does genetic engineering have the potential to be as dangerous a nuclear holocaust? Will playing games online lead to brain shrinkage? These and other environmental and moral dilemmas of the modern world are discussed in a collection of essays which use Buddhist texts and academic resources to analyze problems in today's world. Topics include pollution, animal cruelty, genetically modified foods, and our addictions to digital and social media. Dr. Epstein describes how outer environmental and social problems mirror humanity's inner struggle with selfishness, greed, and desire. By connecting Buddhist concepts such as compassion, causation, and moral precepts to these issues, this collection of essays provides guidance to for ethical conduct in today's world.

what is the internet doing to our brains: Thinking Through Communication Adam Roth, Brenton Malin, Sarah Trenholm, 2025-04-14 This fully updated tenth edition for hybrid introductory communication courses provides a balanced introduction to the fundamental theories and principles of communication. The book explores communication in a variety of contexts, including

interpersonal, group, organizational, and mass media. It provides students with the theoretical knowledge and the research and critical thinking skills they will need to succeed in advanced communication courses and professions. Organized into three parts, this new edition first explores the history of communication studies and explains the basic perspectives used by scholars in the field. Part II looks at how language and listening take place in small and large groups. Part III then examines global, institutional, and public communication. This edition includes an additional chapter on research methods, reflects the changing nature and norms of communication in the workplace, and provides a post-COVID assessment of models, methods, and evaluations of telecommuting practices. The appendix gives users the flexibility to tailor their courses to the interests and needs of their students, offering guidelines for preparing and presenting public presentations and giving examples of major research methods. Thinking Through Communication is an ideal textbook for Introduction to Communication courses that aim to provide a comprehensive overview of the field. Material for instructors including PowerPoint slides, test questions, and an instructor's manual are available at www.routledge.com/9781032499079.

what is the internet doing to our brains: After the Internet Tiziana Terranova, 2022-12-13 On the internet's transformation from communication tool to computational infrastructure. The internet is no more. If it still exists, it does so only as a residual technology, still effective in the present but less intelligible as such. After nearly two decades and a couple of financial crises, it has become the almost imperceptible background of today's Corporate Platform Complex (CPC)—a pervasive planetary technological infrastructure that meshes communication with computation. In the essays collected in this book, written mostly between the mid-2000s and the late 2010s, Tiziana Terranova bears witness to this monstrous transformation. Mobilizing theories of cognitive capitalism, neo-monadology, and sympathetic cooperation, considering ideas such as the attention economy and its psychopathologies, and evoking the relation between algorithmic automation and the Common, she provides real-time takes on the mutations that have changed the technological, cultural, and economic ethos of the Internet. Mostly conceived, elaborated, and discussed in collective activist spaces, After the Internet is neither apocalyptic lamentation nor melancholic "rise and fall" story of betrayed great expectations. On the contrary, it looks within the folds of the recent past to unfold the potential futurities that the post-digital computational present still entails.

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what is the internet doing to our brains: Developing High Performance Leaders Philip Robert Harris, 2013-05-07 Every leader has human resource management and development responsibilities. Using a behavioural science perspective, Developing High Performance Leaders will enable leaders throughout the various business sectors to increase the yield on their organization's human capital and help their team members achieve their goals. In this instructive book, Philip Harris centres his teaching around five key aspects of the leadership process: human behaviour and performance communications cultural influences organizational relations change management A selection of strategies to take forward into practice are offered to the reader and the text is organized with a view to the leader sharing the learning obtained from this volume. For personal or

group growth, each chapter is framed in terms of four I's: Introduction, Input, Interaction and Instrumentation, to provide an ideal framework for any adult education endeavour. Developing High Performance Leaders is for all human resource development professionals, supervisors, managers and executives concerned with the career development of themselves and their team.

what is the internet doing to our brains: Structural Change and Evolution of China's Internet Society Liu Shaojie, 2022-11-28 This title investigates China's network society, both its online cyber society and offline real world society, by analyzing the trends and social foundations of society as network and the social challenges it poses, as well as structural changes in social space and social interaction. The first part of the book examines how network society in China forms and develops, analyzing the challenges and structural changes it poses. The author studies network power and uncertainties that lies in the supply, flow, and reception of a massive amount of information, revealing how this influences the government's administrative power as well as governance measures to stabilize social cohesion. The second part first discusses the social restructuring and characteristics of network social space in China. Based on case studies of several momentous social events, the spatial change characterized by an integration of absence and presence space and its influence on social interaction and experience is elucidated, including active absence interaction, mediated experience, spatial representation, and social identities of network aggregation. The book will be a crucial reference for scholars and students studying sociology, network sociology, and contemporary Chinese society.

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what is the internet doing to our brains: Life after New Media Sarah Kember, Joanna Zylinska, 2014-12-05 An argument for a shift in understanding new media—from a fascination with devices to an examination of the complex processes of mediation. In Life after New Media, Sarah Kember and Joanna Zylinska make a case for a significant shift in our understanding of new media. They argue that we should move beyond our fascination with objects—computers, smart phones, iPods, Kindles—to an examination of the interlocking technical, social, and biological processes of mediation. Doing so, they say, reveals that life itself can be understood as mediated—subject to the same processes of reproduction, transformation, flattening, and patenting undergone by other media forms. By Kember and Zylinska's account, the dispersal of media and technology into our biological and social lives intensifies our entanglement with nonhuman entities. Mediation—all-encompassing and indivisible—becomes for them a key trope for understanding our being in the technological world. Drawing on the work of Bergson and Derrida while displaying a rigorous playfulness toward philosophy, Kember and Zylinska examine the multiple flows of mediation. Importantly, they also consider the ethical necessity of making a "cut" to any media processes in order to contain them. Considering topics that range from media-enacted cosmic events to the intelligent home, they propose a new way of "doing" media studies that is simultaneously critical and creative, and that performs an encounter between theory and practice.

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access to technology. It eliminates the need to learn a new language, is affordable, and overcomes problems associated with many devices, such as needing to use a small keypad and screen. Get ready to learn how Voice Internet technology rides on existing infrastructure; how to take further steps to harness the benefits of the Internet; and how this technology can positively affect economies and cultures. If you are a decision maker, governmental policy maker, teacher, entrepreneur, philanthropist, or someone concerned with helping humanity enjoy access to the Internet, then this guidebook provides you with the knowledge to take action. Bridge the gaps that limit the usage of technology and open up the Internet for Everyone.

what is the internet doing to our brains: The Internet Lelia Green, 2010-05-01 Life without the internet, a very new technology, seems almost unimaginable for most people in western nations. Today the internet is intrinsic to media and communications, entertainment, politics, defence, business, banking, education and administrative systems as well as to social interaction. The Internet disentangles this extraordinarily complex information and communication technology from its place in our daily lives, allowing it to be examined anew. Technology has historically been shaped by governmental, military and commercial requirements, but the development of the internet is increasingly driven by its users. YouTube, Facebook, Twitter, Flickr and many other emerging applications are shifting the way we express ourselves, communicate with our friends, and even engage with global politics. At the same time three-quarters of the world's population remain effectively excluded from the internet. Packed with case studies drawn from around the world, The Internet presents a clear and up-to-date introduction to the social, cultural, technological and political worlds this new media form is creating.

what is the internet doing to our brains: The Shallows: What the Internet Is Doing to Our Brains Nicholas Carr, 2011-06-06 Finalist for the 2011 Pulitzer Prize in General Nonfiction: “Nicholas Carr has written a Silent Spring for the literary mind.”—Michael Agger, Slate “Is Google making us stupid?” When Nicholas Carr posed that question, in a celebrated Atlantic Monthly cover story, he tapped into a well of anxiety about how the Internet is changing us. He also crystallized one of the most important debates of our time: As we enjoy the Net’s bounties, are we sacrificing our ability to read and think deeply? Now, Carr expands his argument into the most compelling exploration of the Internet’s intellectual and cultural consequences yet published. As he describes how human thought has been shaped through the centuries by “tools of the mind”—from the alphabet to maps, to the printing press, the clock, and the computer—Carr interweaves a fascinating account of recent discoveries in neuroscience by such pioneers as Michael Merzenich and Eric Kandel. Our brains, the historical and scientific evidence reveals, change in response to our experiences. The technologies we use to find, store, and share information can literally reroute our neural pathways. Building on the insights of thinkers from Plato to McLuhan, Carr makes a convincing case that every information technology carries an intellectual ethic—a set of assumptions about the nature of knowledge and intelligence. He explains how the printed book served to focus our attention, promoting deep and creative thought. In stark contrast, the Internet encourages the rapid, distracted sampling of small bits of information from many sources. Its ethic is that of the industrialist, an ethic of speed and efficiency, of optimized production and consumption—and now the Net is remaking us in its own image. We are becoming ever more adept at scanning and skimming, but what we are losing is our capacity for concentration, contemplation, and reflection. Part intellectual history, part popular science, and part cultural criticism, The Shallows sparkles with memorable vignettes—Friedrich Nietzsche wrestling with a typewriter, Sigmund Freud dissecting the brains of sea creatures, Nathaniel Hawthorne contemplating the thunderous approach of a steam locomotive—even as it plumbs profound questions about the state of our modern psyche. This is a book that will forever alter the way we think about media and our minds.

what is the internet doing to our brains: *Overcoming Internet Addiction For Dummies* David N. Greenfield, 2021-09-08 A guidebook to beating internet addiction and screen overuse and for living a fuller life There’s no escaping it—we live in a digital world. We work, play, socialize, and learn online, and the Internet provides many amazing opportunities. Unfortunately, because of our

basic biology, we're all susceptible to overuse and addiction to screens. Video games, social media, porn, and even scrolling online, taps into that pleasurable dopamine reward system. So, when is it time to log off or put the phone down and get help? Overcoming Internet Addiction For Dummies gives you the information, resources, and the self-assessment tools you need to discover how much is too much, along with practical suggestions on what to do about it. Learn how to take back control of your time and attention—or help your kids or loved ones get control of theirs. This comprehensive, user-friendly overview of Internet addiction is full of helpful and proven methods to help foster a healthy, balanced, and sustainable life with screens. Discover the basic biology of addiction, including why children and teens are especially susceptible. Become aware of the cognitive, psychological, and physical effects excess Internet and screen use. Learn how social media, video gaming, and Internet pornography could be getting in the way of real-time living. Find out why smartphones are not smart for you to use all the time. Understand the science of how and why you can become addicted to your screens so you can unplug more easily and use your time for what matters most. Empower yourself and your children to build a positive relationship with the Internet and digital technology. This book can help you and your loved ones plug back into life and show you where you can find information, resources, support, and treatment. Overcoming Internet Addiction is about taking back control of your time and attention and learning to manage your screen use, so it doesn't manage you.

what is the internet doing to our brains: *To Those Who Have Confused You to Be a Person* Alia Dastagir, 2025-02-25 An urgently needed reckoning with the harm, harassment, and abuse women face on the Internet, complicating how we think about violence online and featuring deep reporting on how women are surviving the trauma—by an award-winning reporter When Alia Dastagir published a story for USA Today as part of an investigation into child sexual abuse, she became the target of an online mob launched by QAnon and encouraged by Donald Trump, Jr. While female journalists, politicians, academics, and influencers receive a disproportionate amount of online attacks because of the nature of their professions, all women online experience hate, creating profound harms for individual women and society. In To Those Who Have Confused You to Be a Person, Dastagir uses critical analysis from psychologists, sociologists, neuroscientists, technologists, and philosophers to offer a uniquely deep and intimate look at what women experience during online abuse, as well as how they cope and make meaning out of violence. Dastagir weaves together her story with those of thirteen other women, including a comedian who uses feminist humor to subvert her harassment and an ob-gyn who channels anger over her abuse to fight attacks on reproductive rights. Dastagir explores why language online cannot be ignored, how it damages bodies, when it triggers and traumatizes, and why women's responses are so varied. Dastagir analyzes why online abuse is perpetrated by people across the ideological spectrum and how it intersects with the dangers of disinformation. She argues that while online abuse is often framed exclusively as a problem of misogyny, it is also connected to a culture of white supremacy and the systems with which it intertwines. To Those Who Have Confused You to Be a Person is the book on online abuse for this cultural moment, when being online is a daily necessity for so many, even as we grow ever more polarized. Systemic solutions are key to combating violence online, but the narrative of reform does not help women today. This nuanced examination of what it means to effectively cope will empower women to raise their voices against the forces bent on silencing them.

what is the internet doing to our brains: Dialogic: Education for the Internet Age Rupert Wegerif, 2013-01-04 Dialogic: Education for the Internet Age argues that despite rapid advances in communications technology, most teaching still relies on traditional approaches to education, built upon the logic of print, and dependent on the notion that there is a single true representation of reality. In practice, the use of the Internet disrupts this traditional logic of education by offering an experience of knowledge as participatory and multiple. This new logic of education is dialogic and characterises education as learning to learn, think and thrive in the context of working with multiple perspectives and ultimate uncertainty. The book builds upon the simple contrast between observing dialogue from an outside point of view, and participating in a dialogue from the inside, before

pinpointing an essential feature of dialogic: the gap or difference between voices in dialogue which is understood as an irreducible source of meaning. Each chapter of the book applies this dialogic thinking to a specific challenge facing education, re-thinking the challenge and revealing a new theory of education. Areas covered in the book include: dialogical learning and cognition dialogical learning and emotional intelligence educational technology, dialogic 'spaces' and consciousness global dialogue and global citizenship dialogic theories of science and maths education The challenge identified in Wegerif's text is the growing need to develop a new understanding of education that holds the potential to transform educational policy and pedagogy in order to meet the realities of the digital age. Dialogic: Education for the Internet Age draws upon the latest research in dialogic theory, creativity and technology, and is essential reading for advanced students and researchers in educational psychology, technology and policy.

what is the internet doing to our brains: Windows 10 for the Internet of Things Charles Bell, 2016-10-27 Manage and control Internet-connected devices from Windows and Raspberry Pi. Master the Windows IoT Core application programming interface and feature set to develop Internet of Things applications on the Raspberry Pi using your Windows and .NET programming skills. Windows 10 for the Internet of Things presents a set of example projects covering a wide range of techniques designed specifically to jump start your own Internet of Things creativity. You'll learn everything you need to know about Windows IoT Core in order to develop Windows and IoT applications that run on the Pi. Microsoft's release of Windows IoT Core is groundbreaking in how it makes the Raspberry Pi and Internet of Things programming accessible to Windows developers. Now it's possible to develop for the Raspberry Pi using native Windows and all the related programming skills that Windows programmers have learned from developing desktop and mobile applications.Windows 10 becomes a gateway by which many can experience hardware and Internet of Things development who may never have had the opportunity otherwise. However, even savvy Windows programmers require help to get started with hardware development. This book, Windows 10 for the Internet of Things, provides just the help you need to get started in putting your Windows skills to use in a burgeoning new world of development for small devices that are ubiquitously connected to the Internet. What You Will Learn Learn Windows 10 on the Raspberry Pi Read sensor data and control actuators Connect to and transmit data into the cloud Remotely control your devices from any web browser Develop IOT applications under Windows using C# and Python Store your IOT data in a database for later analysis Who This Book Is For Developers and enthusiasts wanting to take their skills in Windows development and jump on board one of the largest and fastest growing trends to hit the technology world in years – that of connecting everyday devices to the Internet. This book shows how to develop for Microsoft's operating-system for devices, Windows 10 IoT Core. Readers learn to develop in C# and Python using Visual Studio, for deployment on devices such as the Raspberry Pi and the Ardunio.

what is the internet doing to our brains: Internet of Things and Data Analytics Handbook Hwaiyu Geng, 2017-01-10 This book examines the Internet of Things (IoT) and Data Analytics from a technical, application, and business point of view. Internet of Things and Data Analytics Handbook describes essential technical knowledge, building blocks, processes, design principles, implementation, and marketing for IoT projects. It provides readers with knowledge in planning, designing, and implementing IoT projects. The book is written by experts on the subject matter, including international experts from nine countries in the consumer and enterprise fields of IoT. The text starts with an overview and anatomy of IoT, ecosystem of IoT, communication protocols, networking, and available hardware, both present and future applications and transformations, and business models. The text also addresses big data analytics, machine learning, cloud computing, and consideration of sustainability that are essential to be both socially responsible and successful. Design and implementation processes are illustrated with best practices and case studies in action. In addition, the book: Examines cloud computing, data analytics, and sustainability and how they relate to IoT overs the scope of consumer, government, and enterprise applications Includes best practices, business model, and real-world case studies Hwaiyu Geng, P.E., is a

consultant with Amica Research (www.AmicaResearch.org, Palo Alto, California), promoting green planning, design, and construction projects. He has had over 40 years of manufacturing and management experience, working with Westinghouse, Applied Materials, Hewlett Packard, and Intel on multi-million high-tech projects. He has written and presented numerous technical papers at international conferences. Mr. Geng, a patent holder, is also the editor/author of Data Center Handbook (Wiley, 2015).

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