

Aliza G. Kopans

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Aliza Kopans' Digital Wellness Work

Notable Work:

- Featured on [60 Minutes Overtime](#).
- Produced “Tech(nically) Politics: The Youth Voice,” a mini-docuseries capturing the experiences of young people with tech and how they want to see design and regulation of the digital world change.
 - [Series](#)
 - [Action Toolkit](#)
- Co-created “[Design It For Us](#),” a campaign in support of the California Age Appropriate Design Code.
 - “[Young Advocates for the California Age-Appropriate Design Code](#)” for Tech Policy Press’ *The Sunday Show* podcast.
 - “Design It For Us” congratulated by Prince Harry and Meghan Markle’s in “[Archewell Congratulates Youth Activism Movement to Design a Safer Internet](#).”
- Co-created [Dear Parents](#), a digital well-being resource from teens to parents that has been downloaded by thousands of people.

Profiles:

- Tech(nically) Politics Co-Founder
<https://www.technicallypolitics.org/>
 - [Instagram](#)
 - [Twitter](#)

Former Positions:

- Intern with Accountable Tech Summer 2022
- Intern with Children’s Screen Time Action Network Summer 2020
- Youth Member on Fairplay’s Children’s Screen Time Action Network Advisory Board (scroll to “K” last names) <https://screentimenetwork.org/about/advisory-board>
 - Elected for two-year term from June 2020 to September 2022
- Founding Member of LookUp.Live Youth Leadership Council
<https://lookup.live/ylc>
 - Head of Advocacy & Education from July 2020 to May 2021

Grants:

- Omidyar Network
- LookUp.Live Social Innovators 2022
<https://lookup.live/technically-politics>

Panels & Webinars:

- Panelist on the [Rally for Kids’ Online Safety](#) with Senators Markey and Blumenthal
- Moderator on “[Dear Parents: Messages from Tech-Wise Teens](#)”
- Panelist for “[Digital Wellness Institute - Social Dilemma Panel: A Digital Flourishing Dialogue™](#)”
 - Intro: [7:58](#)
 - Comments during Mental Health Panel: [23:16](#), [29:59](#), [37:04](#)
- Panelist for “[Your Brain on Social Media: Featuring Gen Z Activists and Allies](#)”

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- Panelist for The Center for Humane Technology webinar “[Why Tech Reform Needs A Youth Led Movement](#)”
 - Intro: [5:46](#)
 - Comments during panel: [16:51](#), [23:40](#), [27:33](#)
- Moderator on “[Teen Advocacy: Mobilizing Your High School Community](#)” (part of the LookUp Youth 4 Youth Summit)
- “[Unplug to Reconnect](#)” [Action Pitch](#) for Youth 4 Youth Summit
- [Digital Well-Being Webinar](#) for [Santa Monica High School PTSA](#)

Written Publications:

- [We’re Just Kids, Instagram](#): op-ed published on Ms. Magazine.
- “Tech(nically) Politics: The Youth Voice” [Accountable Tech Staff Post](#)
- Blog post about my summer 2020 internship: <https://teenjust-us.org/aliza-kopans/>

Written Interviews & Quotes:

- News at Brown article “[Aliza Kopans: Working to promote digital wellness for generations to come](#)”
- Brown Daily Herald article “[Brown student cofounds ‘Tech\(nically\) Politics’ movement to spur greater tech regulation, include youth voices](#)”
- Interviewed for MIT Technology Review article “[Teens are all obsessed with social media? Not so much.](#)”
- Interviewed by Pulitzer Prize-winning journalist Mar Cabra for Spanish newspaper El Confidencial for “[No te vayas de las redes sociales si estás harto: puede ser peor.](#)”
- Interviewed for [All Tech Is Human](#)’s “[HX Report: Aligning Our Tech Future With Our Human Experience.](#)”
- Quoted in “[Going to School Online? Read These Students’ Tips for Tech-Life Balance](#)” (also published on [LookUp](#) and [Freedom](#)).
- Quoted in [All Tech is Human](#)’s “[Co-Creating a Better Tech Future Report](#)” (page 45).

Filmed Interviews:

- Featured in the CBS documentary “[Are the Kids All Right?: The Internet.](#)”
- Interviewed on Quirky Momma, a Facebook page with 3.5 million followers in “[A Teen Shares Her Passion and Pursuit of Screen-Life Balance.](#)”
- Interviewed by psychologist and parenting coach, [Teodora Pavkovic](#), and founder of [Turning Life On](#), Adrienne Principe in “[The Next Step: Solution to the Dilemma Panel Discussion.](#)”
- Interviewed for “[Log Off Social Media for Thanksgiving](#)” tech tips video.

Podcasts:

- “[Leading a Movement with Aliza Kopans](#)” for *Gen Z’s Digital Decalogue* podcast.
- “[A Sit Down with Youth Digital Advocate Aliza Kopans](#)” for LOG OFF Movement’s *LOG OFF & Listen Up* podcast.
- “[Supporting Youth in Achieving Digital Wellness: A Youth Perspective](#)” for Emerson Hospital’s *HealthWorks Here* podcast series.
- “[Social Dilemma Solutions \(Part 2\)](#)” for the *No App for Life* Podcast.
- “[Dr Ina Park and Log Off Movement’s Celine Bernhardt-Lanier and Aliza Kopans](#)” on *Stand Up! with Pete Dominick* (Celine and Aliza’s section starts at 1:19:23).

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Resources/Ways to Get Involved
(non-exhaustive, still in progress)

Organizations:

- [Fairplay](#) (formally Campaign for a Commercial-Free Childhood)
 - “Fairplay is the leading nonprofit organization committed to helping children thrive in an increasingly commercialized, screen-obsessed culture, and the only organization dedicated to ending marketing to children. Our advocacy is grounded in the overwhelming evidence that child-targeted marketing – and the excessive screen time it encourages – undermines kids’ healthy development. Our unique approach helps put kids’ wellbeing first at home, in communities, and in corporate boardrooms. Working closely with policymakers, health and child development experts, and our nearly 40,000 members, we’re bringing to life a new vision of childhood – one shaped by what’s best for kids, not what’s best for profits.”
- [Children’s Screen Time Action Network](#)
 - “The Children’s Screen Time Action Network is a collaborative community of practitioners, educators, advocates, and parents who work to reduce excessive technology use harming children, adolescents, and families. We support practical solutions grounded in research by developing strategic partnerships, creating groundbreaking resources, and amplifying the work of our members.”
- [Center for Humane Tech](#)
 - “Center for Humane Technology raises awareness and drives change through high-profile presentations to global leaders, public testimony to policymakers and heads of state, and mass media campaigns reaching millions. We also mobilize technologists as advocates and collaborate with top tech leaders through open and closed-door convenings.”
- [Tech\(nically\) Politics](#)
 - “While teens cannot yet hold seats in government, we can still influence the decisions being made for them. Tech(nically) Politics hopes to harness the power of youth storytelling to push forth much needed tech regulation. We want teens from around the country to share their personal experiences with technology and social media, and their wishes for the future of tech regulation via a short, 2 minute video submission on our website. By sharing their experiences with technology and the change they hope to see, teens are playing an active role in strengthening democracy and the digital world.”

Additional organizations listed on “[Screen Time Resources for Teens, Young Adults, and their Families](#)”:

- [Celling Your Soul and the No App for Life Challenge](#)
 - A two-for-one experience that pairs the documentary Celling Your Soul (dir. Joni Siani), with a challenge for teens and young adults to engage in authentic self-assessment to restore emotional connection and real interpersonal communication in their lives.
- [LiveMore ScreenLess](#)
 - Advocating and promoting digital wellbeing for and with young people through a collaborative and comprehensive community approach.
- [TextLess Live More](#)
 - A student-led movement to eliminate distracted driving and promote digital wellness.
- [/the social dilemma](#)
 - “Discover what’s hiding on the other side of your screen We tweet, we like, and we share— but what are the consequences of our growing dependence on social media? This documentary-drama hybrid reveals how social media is reprogramming civilization with tech experts sounding the alarm on their own creations.”