

# Sharing While Caring

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## 1 WHEN IT COMES TO HEALTH & WELLBEING, HOW SAFE IS IT TO SHARE ONLINE?

- When engaging with online platforms for digital health and wellbeing, these platforms can provide users with important space for **social support, information exchange, and self-expression**. However, online platforms also raise significant **privacy and trust concerns** among users.

Our project – **Sharing While Caring** – examines online safety experiences in the context of online platforms for 1) pregnancy loss and 2) fitness sharing.

Through systematic reviews of the literature and empirical work we've found that users are concerned about:

- the **security of their personal data**, including **sensitive health information**.
- breaches or misuse of their data by third parties**.
- privacy violations or harassment**.

## 2 USERS ARE MORE COMPETENT THAT WE THINK – HOW CAN WE CULTIVATE THAT COMPETENCE FOR INCREASED SAFETY?

- Users are concerned about the impact of **platform algorithms** and **insufficient privacy settings**.
- While users can take certain measures to actively manage their online safety, **key tensions still exist** within their online experiences **which prevent users from fully protecting themselves on these platforms**.

For example:

- Among users who consume and create media about their fitness, their own ability to manage their online safety is **weighed against concerns they have for younger populations**, who have not yet learned how to do this.
- Users sharing after pregnancy loss are concerned about their sensitive data being **circulated beyond their personal networks** by platform algorithms.

## 3 CO-DESIGNING PRACTICAL DESIGN RESPONSES TO IMPLEMENT FOR SAFER DIGITAL HEALTH EXPERIENCES

- The next stages of our research will focus on collaboration and co-design with platform users, as **we will conduct participatory workshops** with participants affected by these issues in our research.

These workshops will aim to:

- Further **explore the challenges faced by users on online platforms**.
- Develop practical design responses** which can ultimately **support safer online platform engagement** among these users in the future.
- Work with software engineers and platform designers** to **develop feasible and relevant responses** which can be **practically implemented** for the benefit of users.

### Your Health Information Was Hacked. What Now?

A data breach can leave you feeling helpless, but there are steps you can take to limit the potential harm.

### POV: Health Misinformation Is Rampant on Social Media

Here's what it does, why it spreads, and what people can do about it

### The problems with regulating abusive online content

### 'New age' of online regulation to tackle harmful content

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