

Helping Child Gun Violence Survivors with PTSD



Theme: **Design for Crisis** Rebuild and heal the world with design



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Team





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Problem Identified

How might Stella, a 12-year old studying in Uvalde School, cope up from PTSD due to mass gun shooting in her school?





Urgency/Importance

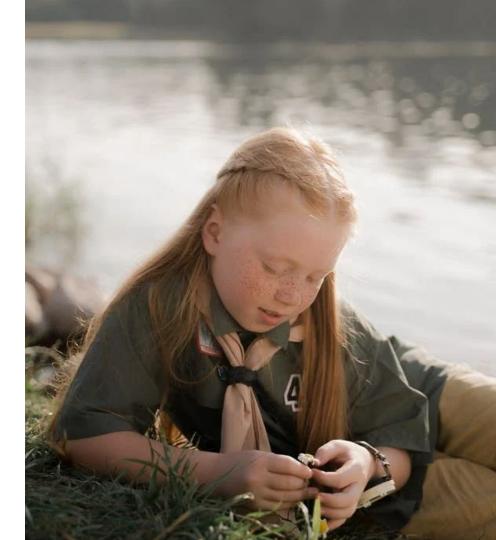
Gun violence is the most common cause of death for American children. Due to their still developing brain, a school shooting trauma attacks their sense of security at a place where they should feel the safest. It strikes a horrific fear in them, giving rise to PTSD and forces us to act urgently.





Stella Parker

Stella is a 12 year old girl studying in Uvalde School. She lives in Texas with her father, she loves watching TV and using social media. She mostly spends time at her school. Massive gun shooting has recently taken place at her school making a big impact on her. Hearing a guy she knew from the class next door, shot dead has made her a victim of PTSD. She doesn't want to go school anymore. She sees nightmares and flashbacks everyday. She gets frustrated easily as she does not know what is wrong with her. Earlier, she used to spend a lot of time playing with her friends but now she quietly does her work.



Target User Persona (Stella Parker)



PROFILE & DEMOGRAPHICS

Job Title: Student Gender: Female Family and Social Setting: Child Income: Not earning yet Education: didn't finished school yet

FEELINGS

Worries: Being left alone, changing schools, not being prepared for a gun attack Influences: Children story books, social media and school's horrific environment

GOALS & VALUES

Goals: Be ready and aware of gun attack and cope up with stressful conditions in school. Values: She values friends and family time Motivations: Getting to learn new things and being together with family and friends.

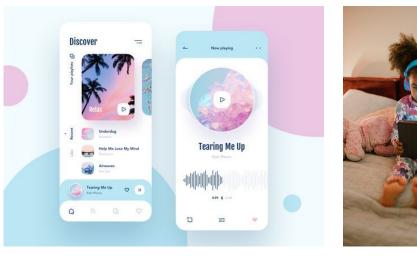
PAIN POINTS

Fears: Watching a loved one getting shotFrustrations: Feeling guilty for not able toprotect a friend from being shotChallenges: Suffering from PTSD and don't knowhow to overcome or talk about it

Explorations

The Musical Stories

Children with PTSD try to escape from reality through music. The musical stories have a collection of songs that talk about the symptoms and challenges of PTSD. This will make children feel relatable to the lyrics and reach out to people for help.





Sometimes children with PTSD cannot afford to pay for their therapies, psychologists, and other medical stuff, especially if they are orphans. At Gift for Smile, one can buy mental health supplies for an anonymous child as a gift.



Final Solution & Innovation

One year of dog-training programme alleviated PTSD symptoms, defined as a change in CAPS-CA-5 diagnostic status, underlined by physiologically measured attention and emotional regulation. But everyone cannot have a pet.

So, here come the Paw Buddies, the children's partner in PTSD. Select your pet from Coco, Joy, Hopper, Buttercup and Paully. You can play mini-games with it, go on various adventures with it, and listen to its brave stories about how it overcame its fears. Not only this, you can even connect with it on WhatsApp, Instagram, and Snapchat to read its feed, and you can also do a timepass together.





User Experience



Design Process

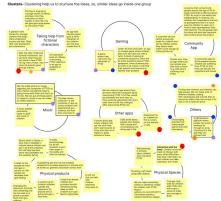
We all started by putting down all the problems on a page, voted for the unique ones, and then used the SWOT analysis to figure out our final problem statement and target audience. It was followed by research of surveys and articles to dive deep into our target audience.

We then started with brainstorming ideas, clustering them and identifying their future possibilities. Further, we developed and made mood boards for our top 3 ideas.

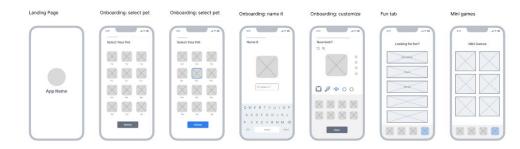
Based on analysis, we selected Paw Buddies and started making the user flow and wireframes for the app.

Key Findings- Summarise all the findings in the form of notes

violence spec survivors, their gun family and surv loved ones also altho suffer along are a	re aren't Sfic apps for violence twors, ough there apps for D patients.	Given there are so many apps for PTSD, but there aren't many that include art therapy.		Art therapy could incude, crafts, painting, music, dancing.	also f defon gun v incide adds	survivors ace physical nitites in olence nts, which a different f stress.	The other available app offer CBT, AC CPT based exercises and monitor moot changes.	t, fc T, fc a	rt therapy is not sadily available or individuals ithin segregated nd poor ommunities.
People of different age groups react differently to trauma. For eg, a child survivor may not want to alk about the incident whereas an adolescent might act out or rebel.	Having a compeople i.e. sur- victims, activiti together for th cause is very ii the people wh affected by ga	vivors, its, who are ie same mportant for o are	creat and their can day	bing survivors the a self care plan sharing it with r family and friend help them make to day activities stressful.	time soci can surv	tting the spent on al media help the ivors from hving 85.	Having a list coping mecahnisms- good and be save survivor spiraling into habits like excessive dri	both I can s from bad	Gun violence takes place almost everyday but mostly the mass shootings get attention.
Our violence Knowlfullying, a mobile app created by the Substance disproportionately affects and Mental Health Services Anministration (SAM-H tepposite) of Answer (Same Services Anministration (SAM-H tepposite) (Answer), and and an anti- annerican people form urban areas are more bullying and explains how to recognize warming as prover to be a violation, and the substance child is oblighty, intensity bullying, as being bullet and an anti-					(A) have to provide a the tools environment and i ren about talk about what his ent Therefore orphan is that a seek other forms i		ide a safe and help them hat happened, phans need to orms of	safe song (really helps with flashbacks) and special photos to have to keep whe it gets tough, helpful tips or how to handle PTSD, a self-	
Help Kids Cope, a mobile Network (NCTSN) is an ap children about different di experienced. This app ind each on how to explain, pr family is concerned with 1 preschool, school-age, an parents can help themsely	op designed to a sasters they may ludes 10 different repare, respond, Each section give d adolescent ch	ssist parents in to y experience or h t disaster types or and heal from th es guidance on to idren, as well as,	alking have a with s le eve alking , inclu	to their a irready c ections in a nt their d to S des ways p	pp does hange ti ssessmi lownload lymptom rogress.	ple dislike this n't allow you t the time of rem ents, does not the music on History has n it could mayb ating to add b	o properly inders for let you it, the Track ot saved all e do with	you har which i types o diary a forum t reassu passwo forum a	ment to determine if we PTSD, and if so, of the three main st PTSD you have, a st PTSD you have, a nd notes section, a to ask for help or rance, and a way to ord protect both the and personal sections, n full of artificiants.



Based on userflow





Impact on the Society

In the US 34.8 million children (0-17 years)- nearly half American children are exposed to adverse childhood experiences (ACEs) that can severely harm their future health and well-being.

Paw Buddies provide children with the secret company and love that they need. It will aid them in dealing with their trauma and realizing that it's okay not to be okay. It will help them in becoming social again by joining the community section in the app. Little by little, they will become mentally stronger.





Sustainability

As the years go by, they will grow old with their dog and pass on their dog's child to their child to make them stronger. And then the cycle will go on, with Paw Buddies becoming a VR pet in the near future.

After years, gun violence may be gone, but PTSD will always be there, especially in children. Living in a world of uncertainties, Paw Buddies will be a rescuer for all these innocent children by making them mentally stronger.





Practicality & Business Viability

Paw Buddies will be launched on 14th November as a gift to all the children. It will be promoted in schools, colleges and social media. Paw Buddies accounts on social media will further help in reaching more children and their parents.

After all, only smile suits on these little faces :)





Credits Illustrations: Freepik Lottie Files

Thank you!

Credits Images: Pexels Pixabay Unsplash

