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## The social dilemma parents guide

Tech companies like Google, Facebook, Twitter, Instagram, YouTube, Wikipedia, Apple, WhatsApp, Snapchat, Firefox, and Mozilla are owned by language tech giants. Professors from universities such as Stanford, NYU, Harvard have been involved in developing technology products. Organizations including the Center for Humane Technology, Human Rights Watch, Data for Democracy, Intuitive AI, and AI Now Institute have also contributed to these efforts. The documentary highlights the impact of social media on young adults' mental health, citing alarming statistics. For instance, hospital admissions for nonfatal self-harm among girls aged 15-19 have increased by 62%. Additionally, addiction to social media is compared to drug use, emphasizing its negative effects on users. Interviewees discuss rates of self-harm and suicide among teens and tweens, pointing out that technology products were not designed with child psychologists in mind. They emphasize the need for healthier online experiences, particularly for children's mental well-being. Social media's influence on youth mental health has seen a drastic increase, with suicide rates among teens and preteens rising by 189%, 151% and 70% respectively. The correlation between social media usage and these trends is unsettling. Experts cannot directly attribute the trend to social media alone but acknowledge its impact. Documentaries like "The Social Dilemma" on Netflix shed light on how social media's algorithms shape our thoughts, feelings, and behaviors, influencing society as a whole. The documentary features interviews with former executives from major tech companies, revealing their tactics in keeping users engaged, often at the cost of individual well-being. Mature topics like suicide, cutting, rioting, and human trafficking are discussed without graphic content. Given this context, watching "The Social Dilemma" with children aged 10 and above is recommended. The reviewer believes parents should be aware of these themes to facilitate open conversations. Given text has been paraphrased to this extent. I recently made a decision regarding my children's use of smartphones and social media. Unlike many parents, we don't allow our kids to have their own phones until they're in high school. We only permit them to use flip phones then too. I believe this approach is necessary due to the potential risks associated with excessive screen time and social media exposure. Many experts agree that kids shouldn't be exposed to smartphones until a later age. I've seen firsthand how difficult it can be for parents to resist the temptation of letting their children have phones, but I'm committed to setting a good example. My approach is not just about controlling my kids' phone use but also encouraging them to develop essential life skills like face-to-face communication and problem-solving. By doing so, I want to help them build strong relationships with others and avoid the negative effects of excessive screen time. The current social climate presents an ideal opportunity to examine our reliance on screens and understand how they influence us. As someone who is not immune to this phenomenon, I'm committed to promoting awareness within my family. By educating them on the reasons behind their screen use, I aim to foster a deeper understanding and encourage healthier habits. Recently, I watched "The Social Dilemma" with my 13-year-old daughter, which sparked an engaging discussion about the psychology of screen addiction. We explored how certain apps, such as "Tom Gold Run," exploit our desire for instant rewards and notifications. This realization resonated with us both, as we acknowledged the allure of screens in pursuit of dopamine hits. The documentary shed light on the concept of random rewards, which my daughters could relate to, especially considering their own experiences with mobile games. We paused the movie to further discuss and expand upon key concepts. In doing so, they became more aware of their screen use and took initiative to delete certain apps and notifications, demonstrating a newfound consciousness about their attention. I believe it's essential for parents to create buy-in from their children by setting boundaries and encouraging self-reflection. By engaging in meaningful discussions about the impact of social media on our lives, we can foster a deeper understanding of how algorithms shape our perspectives and influence our thoughts. The Social Dilemma also prompts us to examine our own biases and habits, including my own struggles with screen use. Watching "The Social Dilemma" together has been a catalyst for introspection, encouraging me to reassess my relationship with technology. By acknowledging the role of algorithms in shaping our media consumption and recognizing the potential for polarization, I aim to make informed choices about how I engage with online content. It's time for personal growth and self-reflection, and I believe that by working together as a family, we can cultivate healthier habits and foster a more nuanced understanding of the world around us. we need to consider what's controlling our lives now and how social media affects society. it's time to think about holding media companies accountable for their business practices. awareness is key. watch "the social dilemma" documentary and reflect on its content. share your thoughts with family, friends, or kids. is the doc just a scare tactic or does it highlight real issues? we're living in a tech world - do we accept it, criticize it, or both? i think we need to be critical, but i also worry that our young minds are exposed too early and too much. if i'm struggling with technology as an adult, can you imagine what it's like for kids? to find a balance, try balancing your social media feed. the documentary shows how fake news spreads fast and how social media platforms create a "matrix" that feeds us what we want. they calculate what we click on, watch, and spend time on. but what really gets our attention? what makes us pause or share? one way to deal with it is to fill your feed with love, positivity, kindness, truth, and hope. at my facebook page, i try to avoid politics and focus on providing real resources and encouragement. if you feel like deleting your accounts altogether, that's okay too. just be mindful of what you're consuming and sharing. want to stay updated on new content? sign up for my newsletter. another key takeaway from the documentary is turning off notifications. it was a step both my husband and kids wanted to take while watching. social media isn't going away, so we need to learn how to coexist with it. The Social Dilemma delves into the transformative impact of social media on individuals and society as a whole. Interviews with tech experts, insiders, and whistleblowers provide insight into the complex mechanisms driving this colossal system. Meanwhile, a family drama unfolds around Ben (Skyler Gisondo), whose life is affected by these programmed elements of social media. The documentary portion of the film excels due to its expertly selected interviewees who possess firsthand knowledge or have conducted thorough research on these topics. They convey complex information in an easily understandable manner. The film effectively links corporate goals to platform results, highlighting that these apps are designed to be addictive for profit, creating profiles and selling data to advertisers. The drama aspect, however, feels unnecessary and amateurish, much like outdated PSAs from the 90s. It's best to fast-forward through this part. Overall, it's an important film that raises awareness about our digital lives being commodified, urging viewers to take control. Directed by Jeff Orlowski. There is footage of mass violence and terror attacks on news outlets. Protesters are shown being physically pushed and shoved. No explicit content or strong language is present. There is no depiction of substance abuse. The most recent home video release of the documentary "The Social Dilemma" was September 10, 2020. The film features interviews with former Big Tech executives, including Google and Facebook. It appears to be a thought-provoking look at the impact of social media on society. Browsing through a sale at Ben's store, customers may catch glimpses of a personal struggle brewing. Ben's health begins to decline due to his excessive screen time addiction. Despite his family's efforts to wean him off his phone, he finds it nearly impossible to resist its allure for even 24 hours. The morning after, he's left feeling disoriented and drained from the previous day's screen marathon. As Ben's dazed state worsens, a choice looms: either succumb completely to his addiction or find a way to break free. A thought-provoking film invites viewers to witness Ben's journey and ponder their own role in shaping his fate. A documentary like The Social Dilemma may not reveal startling new information, but its message is undeniably crucial for parents. It serves as a poignant reminder of the challenges our children face in today's digital age. Many families can relate to the struggles depicted on screen, as seen in my own experience with my teenagers who are deeply entrenched in their phones. When confronted about their excessive screen use, they often cite fear of missing out as the primary reason for not taking a break. To gain further insights from reputable sources, readers may want to explore articles published in Psychology Today, Wired Magazine, and Fielding.

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