**Commenting “Social Dilemma”**

1. Consider the quote at the beginning of the documentary: “Nothing vast enters the life of mortals without a curse” (Sophocles)

Mention some inventions which have completely changed the life of human beings in the course of history and explain why/how.

The Internet is certainly the most significant example. It has radically changed everyone’s life but like everything has its flaws. In fact, if not used in moderation, it can cause dependence.

1. What companies did the people interviewed in the documentary work for? What are their comments about the ideas they had when working for those companies? What are thier ideas now?

The documentary interviewed people working for Facebook, Instagram, Twitter and Google. At first they were happy with their work but over time they realized that these applications were used in a different way than expected.

1. Along with the interview, we can see a family dealing with technology. They have different attitudes about it. Explain.

In that family, some are against the use of those devices, others are dependent on social networks.

1. What story does the guy who worked for Google tell about his experience related to email addiction?

Tristan Harris worked in the email business for Google and told his story. These emails changed the lives of a lot of people. Unfortunately, this became just a magnet that kept people connected to the devices.

1. What is the effect of tagging people in posted pictures?

If you receive an email in which you see that a friend tagged you in a photo, you spontaneously click on it and open the photo.

1. What does “we are lab rats” mean?

At Stanford they did an experiment on the study of persuasion, where we are compared to command and control us giving us what we’re looking for, creating dependence through persuasion. “You don’t know what to take, you know when you get it”.

1. Is will power enough to avoid using the phone even when we are at home with our beloved ones? Do you think we are aware of the time we actually spend using the telephone?

I think that only a few people are still able to control the use of social networks thanks to willpower alone. We spend hours and hours looking at photos on social networks and sending messages as if it were an obligation, something that we cannot do without.

1. What happens in the parallel story when the mom puts the mobiles in the box which is blocked for one hour?

The youngest child took an hammer and smashed the box just to take back her phone.

1. Why has the number of teenagers’ access to hospital for self-damage increased in the last years?

Because those teenagers are addicted to social networks and they became depressed.

1. What do they mean by “digital pacifier”?

When a person feels lonely or uncertain or afraid, he uses social networks like a digital pacifier for finding peace.

1. Why is Facebook compared to a magician?

Because the magician amazes you with the result of his game, just like facebook. But to achieve his purpose confuses you or hypnotizes you

1. What is political polarization?

This phenomenon occurs when people, because of social media, change their political vision and are oriented towards other ideologies.

1. What is “Pizzagate”?

The Pizzagate consipacy hypothesis is a conspiracy theory that went viral during the 2016 US presidential election, which would be based on the exchange of some e-mail messages involving US political figures and several US restaurants to alleged human trafficking and abuse of minors.

1. What happened in Myanmar?

In the phones in Myanmar is preinstalled Facebook so that the future user learns to use that social network. The they exploit this power to make propaganda and revolts arise against the government which fails to stop them.

1. What kind of visions about Coronavirus are presented in the docufilm?

Many people are opposed to the idea that the covid is a simple virus, but it is a conspiracy put in place by the state to create alarmism. For example, many people think that 5G technology is one of the causes of covid.

1. What does Tristran Harris say about “persuasive technology”?

According to Tristan, the threat is not the devices themselves but the ability of social networks to bring out the evil of society and is itself the threat.