In Jeff Orlowski’s documentary “The Social Dilemma,” conscientious defectors from these companies explain that the ability to do serious harm of social networks platforms is a feature, not a bug.

In briskly edited interviews, Orlowski speaks with men and (a few) women who helped build social media and now fear the effects of their creations on users’ mental health and the foundations of democracy.

Despite their vehement criticisms, the interviewees in “The Social Dilemma” are not all doomsayers; many suggest that with the right changes, we can salvage the good of social media without the bad.

Nevertheless, “The Social Dilemma” is remarkably effective in sounding the alarm about the incursion of data mining and manipulative technology into our social lives and beyond.

In this documentary called “The Social Dilemma” is explained how the companies want to make the user stay in a application the more time possible. A lot of people are interviewed in this documentary, and all of them speak about how dangerous could be a social media and that a data breach is not a bug but a programmed thing. Moreover, an ex designer for google, tell that also himself was addicted to google mail and he tried, without success, to change some things in gmail.

It is also explained how the fake news go around at high speed, the diddiculty to find the right news, the operation of some algorithms that propose you photos, video, songs and how some insurrections was born.

In this documentary there is also a parallel story, in which a boy is total addicted to technology, especially to his smartphone.