

I had already started to notice social media's effects on my behaviour long before watching this documentary, but it did give me a new, more global perspective. I started to notice how easily I could get manipulated by video essays on YouTube, how watching a single 40-minute video on a topic would get that information ingrained into my brain as the truth. Even if it is real information with a scientific basis and studies around it with channels like CGP Grey, Kurzgesagt, Vsauce and others, that doesn't mean you should believe it blindly.

The ideal and utopian future would be one where everyone researches academic papers about the news they hear, and think critically about how to solve short or long-term problems, and have healthy debates over their political views, but that simply ~~isn't~~ isn't going to happen, not ~~any~~ any time soon, anyway.

The even bigger problem about social media is not so much how it's affecting us, but how so few people have noticed its effect. Most of us are oblivious to its power and those that don't actively search for true information never learn about it.

I can't foresee a ~~future~~ solution that doesn't depend on some gargantuan movement like recycling incentives. The structure is already crumbling, and it's not making enough noise.