The Social Dilemma is a film from 2020 that exposes the dangerous impact that social media has implemented upon our everyday lives. One thing it exposes is how social media has drastically impacted how people view their self image, and how they place value upon themselves based upon the outcome of what they post, and it shows what they do to themselves.

During the film, it shows how social media affects all age groups, but it is mostly targeted towards teens more than any other age group. It shows how not being accepted by the internet has led to depression within teens, and in extreme cases it shows an extreme increase in teen suicides by the years. It was found that there was a percent higher than one hundred twenty five percent increase in suicide in tween girls after two thousand ten. This was directly linked to not getting the dopamine fix of being liked enough by strangers on the internet, this led to them being overly critical of themselves and not thinking they were good enough so they unfortunately self harmed themselves. It also found that there was an even higher rate of suicide within tweens. This is tragic, and the film does a good job exposing it.

In conclusion, this is one of the many effects this film exposes that social media has upon people, and how they view themselves.