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Ten impactful statements from the film:

1. **"**If you’re not paying for the product, you are the product."
2. "We are the first generation to raise children in a world where social media is the primary form of communication."
3. "Algorithms are designed to keep us hooked, even if it harms us."
4. "Social media platforms exploit our psychological vulnerabilities."
5. "The spread of misinformation is a direct result of how algorithms prioritize engagement over truth."
6. "Notifications are designed to be addictive."
7. "Many social media companies do not have your best interests at heart."
8. "We have lost control over our own attention."
9. "The consequences of social media are not just personal; they are societal."
10. "We need to reimagine social media in a way that promotes mental well-being."

***“We are the first generation to raise children in a world where social media is the primary form of communication."***

* Social media influences my personality by shaping my self-esteem, social interactions, and sense of identity. I often find myself comparing my life to curated images and lifestyles, which can affect how I feel about myself. My communication style has also changed; I notice that I engage in more superficial interactions and sometimes struggle with face-to-face conversations. The feedback I receive through likes and comments reinforces certain behaviors, making me seek validation and sometimes stifling my authentic self-expression.

***“Social media platforms exploit our psychological vulnerabilities."***

* Social media platforms exploit my psychological vulnerabilities, which has a profound effect on my personality. I often find myself drawn to content that plays on my insecurities, making me more self-conscious and anxious about how I present myself online. The constant need for validation through likes and comments can make me overly focused on external approval, which sometimes undermines my self-confidence. Additionally, I notice that my mood can fluctuate based on online interactions, leading me to become more reactive and less resilient. This constant engagement with social media shapes my behaviors and attitudes, often pushing me away from my authentic self.

***"The consequences of social media are not just personal; they are societal."***

* The consequences of social media are not just personal; they also shape societal attitudes, which influences my personality in various ways. I feel the pressure to conform to trends and opinions that are prevalent online, which can make me more susceptible to groupthink. This affects how I express my views and can lead me to suppress my true feelings in favor of fitting in. I also notice that the divisive nature of social media often heightens my anxiety and makes me more defensive in discussions, as I become aware of the polarized perspectives around me. Overall, these societal influences push me to navigate my identity carefully, sometimes making me feel disconnected from my

authentic self.

**Personal Code of Commitment to Responsible Media Use for Peace:**

1. **Engage Mindfully:** I will approach media consumption with awareness, choosing content that fosters understanding and promotes peace.
2. **Seek Truth:** I commit to verifying facts and sources before sharing information, striving to combat misinformation and its harmful effects.
3. **Encourage Constructive Dialogue:** I will participate in conversations that promote empathy and understanding, avoiding negativity and divisiveness.
4. **Limit Exposure to Toxic Content:** I will set boundaries on media that incites fear or hatred, focusing instead on uplifting and positive narratives.
5. **Promote Positive Action:** I will share and support initiatives that encourage peace, community building, and social harmony.
6. **Advocate for Ethical Practices:** I will support media platforms and creators who prioritize responsible content and promote mental well-being.
7. **Reflect Regularly:** I will take time to assess my media habits and their impact on my mindset, adjusting as needed to ensure they align with my commitment to peace.