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Subject: Leadership

Reflection of the movie The Social Dilemma

After watching "The Social Dilemma" movie, I felt a little unsettled, and honestly it's stuck with me. The movie wasn't just about saying "phones are bad" It went much deeper, and it explained why it feels so hard to look away from our screens. The biggest idea I took away was that if you're not paying for the product, you are the product. I'd never really thought about it that way. I always thought apps like Facebook or YouTube were free. But the movie explained that these companies aren't selling us anything; they're selling our time and attention to advertisers. Their main goal is to keep us scrolling for as long as possible, because that's how they make their money. It was strange to see the insiders, the people who actually built these things, be so worried. They explained how the computer programs behind our screens are designed to figure us out. It's not just showing us random videos or posts. It's always learning what we like, what makes us angry, and what will make us stop and look. That's why you can feel like you're being "listened to" . The system just gets so good at predicting what you want to see next. The movie also showed the real-world side of this. It wasn't just about wasting time. It talked about how this is affecting kids' mental health, making them feel like they always have to be "liked", It also showed how fake news can spread so much faster than the truth, because shocking or angry stories get more clicks. It makes it feel like everyone is living in their own little bubble, seeing a completely different version of the world, which is scary when you think about it. My main feeling after the movie wasn't that I needed to throw my phone in the ocean. It was more about awareness. I now see my "feed" differently. I realize that every single thing on it is there for a reason to keep me hooked. It made me want to be more in charge of my own time, to turn off notifications, and to make a real effort to put the phone down and just be present in the real world. It was a powerful reminder that we're supposed to use these tools, not let them use us.