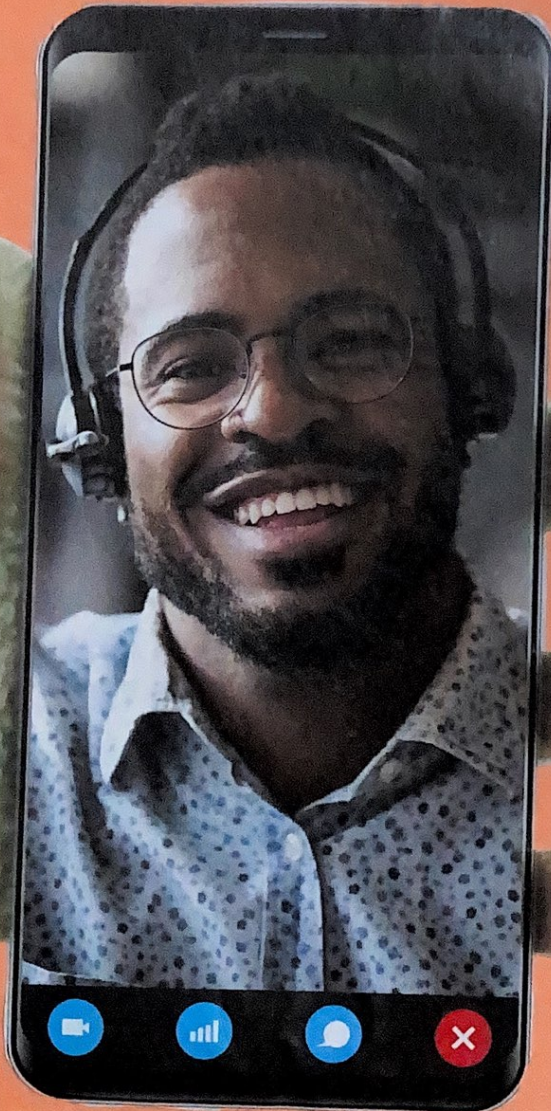
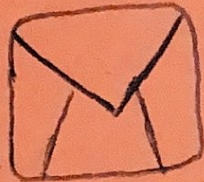


The Real



:Cost



As America witnesses an uprising of the modern era, social media has taken the world by storm. It has been no question that conspiracies of social media mind control have surfaced and gotten very far to even the highest extent of the law. These conspiracies have even made itself a political party (QAnon). Algorithms of social media platforms are programmed to show us (users) things we may like, but algorithms are also programmed to sanitize and wipe things that may be harmful and triggering to the user community. As of recently we have seen social media algorithms sanitize and wipe political statements that were against its "agenda". This has raised many speculation that politicians and political parties work with social media platforms, to show us users things they want us to see and believe. These speculations have brought up many conspiracies on these platforms.



Being an active user of social media platforms, it is very evident that we as users are under effective control of the platforms. We easily are oblivious to the masking of reality that these platforms put us under. Agendas easily being pushed through social media, radical opinions being spread, false information, gore and violence. All of this is so easily accessible by one pick up and a few clicks. Through my research many social media platforms and websites claim to monetize and sanitize the content going through its program, but as we see social media they pick and choose what they want you to see, and what they believe is correct. Having such a big audience to believe the content that is being shown on social media platforms affects society is a huge way.

There is an obvious draining of basic human needs when it comes to technology. Overuse of technology has been related to OCD (obsessive compulsive disorder). There was a study done with 250 students from Isfahan's universities that were randomly selected to complete a questionnaire. The results of the questionnaire includes "psychiatric symptoms such as somatization, sensitivity, depression, anxiety, aggression, phobias, and psychosis with exception of paranoia; and diagnosis of Internet addiction controlling for age, sex, education level, marital status, and type of universities." (Maracy). Excessive technology use wish is usually tied to bringing people together can ironically make users feel socially isolated. There are some methods that can help with internet overuse, unfortunately cutting internet completely out of your life is unrealistic due todays society and the normality of the internet. But you can use screen time limits, find something more productive to do with your time & practice self discipline by not using the internet. Technology doesnt stop at damaging your emotional and physical health, it even damages your wallet. After covid hit, everything is more centered around the internet and this includes payments. This makes it much easier to pay for things as a consumer which means more business for companies but causes us to spend more. An issue with online payments is the fingerprint technology "But letting companies use data from our bodies in this way raises all sorts of questions—especially if it mixes with other personal data.". This could also tie into crypto currency, Where your money would be placed in a bank typically, you just have to trust that your money is safe online where its simply protected by a few characted password on a screen. Due to private banking information being transferred online, AI had to get smarter at detecting fraudulent activity due to all of the hackers trying to virtually rob people.

The invisible cost

For those of us who used to play outside until dinner
But now stay inside and scroll on twitter

locked in a box of 1's and 0's

But be careful, if you shatter the screen your \$1's will turn to \$0's

Whats so bad about technology anyway

My screen time isnt that high

I can still be productive

After staying online all day, being spoon fed instant gratification

Mouthful of posts

Mouthful of texts

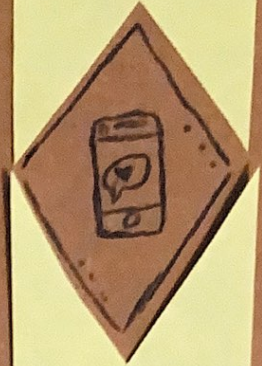
Mouthful of likes

Feel better yet

But your stuck again

Theres a tight string around your hand and that device

Your gonna need bigger scissors than that to cut yourself free...



♥ live the life you love ♥

What happened to me

I was happy and healthy

More and more weight on your shoulders everytime you try to stay away

Anxiety 50lbs

Depression 75lbs

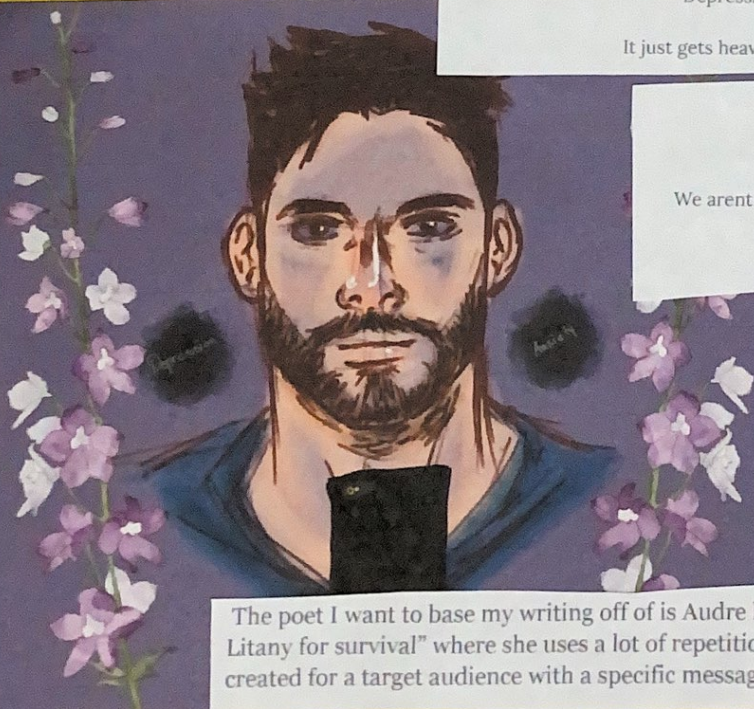
It just gets heavier and heavier

So it better to go back to your roots

Remember

We arent made to walk through life with a computer chip brain

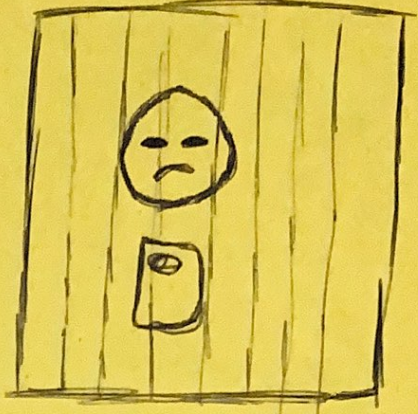
We werent ment to live



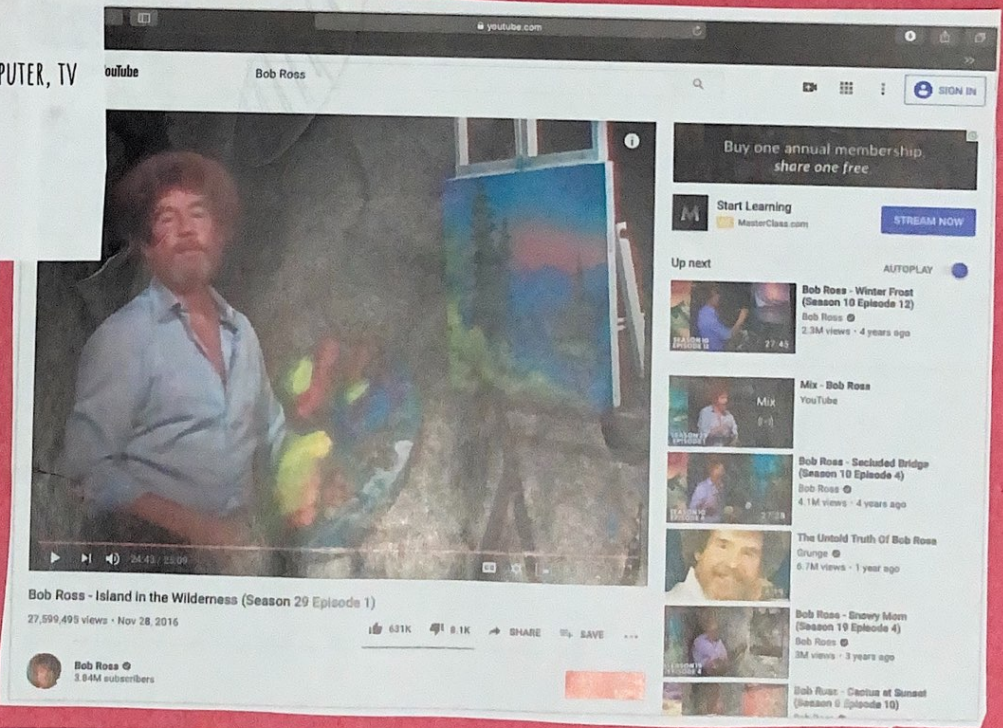
The poet I want to base my writing off of is Audre lorde. I went to recreate the poem she wrote "A Litany for survival" where she uses a lot of repetition to get her point across and the poem was created for a target audience with a specific message, which is perfect for the poem I am trying to do.

Xscape

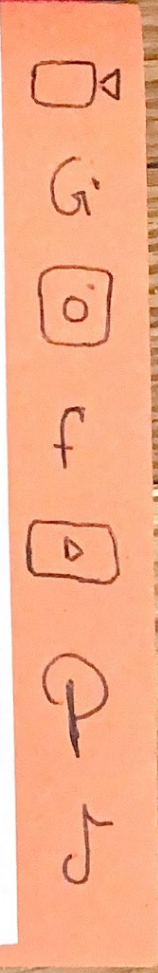
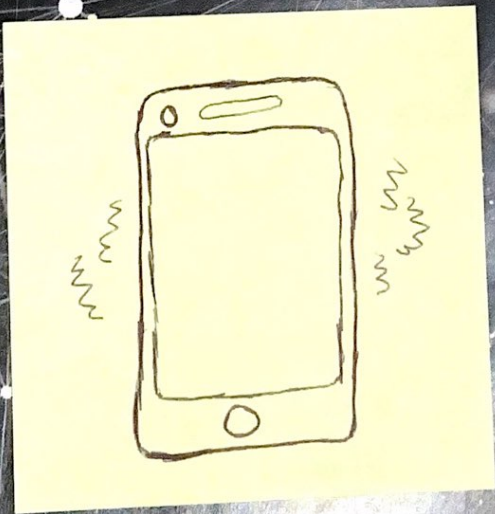
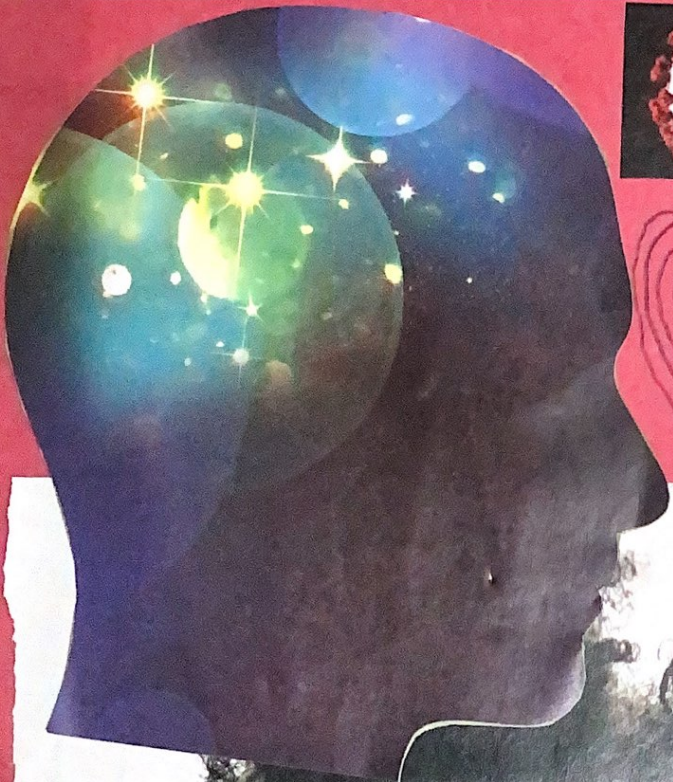
HOW DO WE ESCAPE?
CONTROLLED BY THE INVISIBLE
HOW DO WE ESCAPE?
CAPTIVATED IN THE "UNCAPTIVATING"
DO WE ESCAPE?
IF SO, HOW?
WE'RE STUCK IN THE HOLE OF SOCIAL MEDIA



OUR BRAINS CAN BE STRONGER
BUT WE GIVE IT UP TO THE PHONE, COMPUTER, TV
WE ARE SLAVES TO THE PHONE
WILL WE ESCAPE?



Audre Lorde, "Hanging Fire" from *The Collected Poems of Audre Lorde*. Copyright © 1997 by Audre Lorde. Reprinted with the permission of Charlotte Sheedy Literary Agency and W. W. Norton & Company, Inc., www.nortonpoets.com.



Cash Brodzik

Tavel Bundy, Bobbie Rauscher Oct 13, 2022

- Do you use social media? if so what platforms?

"yes, Instagram, snapchat, TikTok, Twitter..."

- Do you feel as though these platforms have control on you?

"I believe Instagram has a remarkable control over my life such as giving me a false impression on reality, beauty norms, standards and ways of life. It also captivates me into continually grabbing and opening the app."

- How does social media affect our real world?

"It affects our economy, by the media influence. If you have enough people spreading things around, for example, "Coca-Cola has started in it," it will affect Coca-Cola. Social media has its affects on culture, such as how we perceive people, and also creates great talents and superstars such as artists. Culture is very important in society and having so accessible via social media."

Cash Bozick

Terrel Bundy, Bobbie Rausher

Oct 13, 2022

- How does technology affect the younger generation?

"The younger generation has a more malleable mind. Also, having access to so many radical things such as porn, radical political opinions, gore/violence, racism, homophobia, and more radicalized mindsets, and just so many harmful opinions from people that we live under ~~the~~ ~~eyes~~ of social

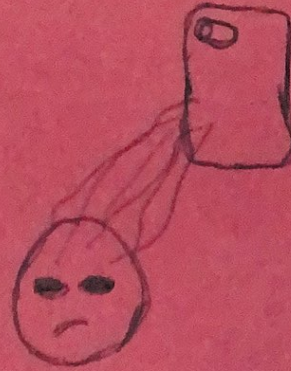
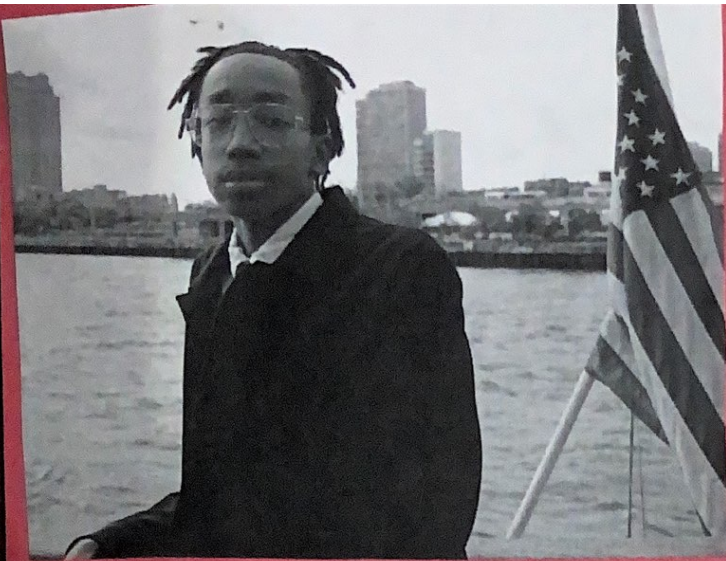
- What is your role in changing how technology controls you?

"Turn my notifications off from these social media apps, giving me more time to focus on things. Being that my career is built on social media I cannot be completely away from it. Also, spiritual getaways like lakes and nature."

Cash Bozick
10/13

Bobbie Rausher
10/13

Terrel Bundy
10/13



My Why?

"Being a huge user of social media and seeing the rise of careers made by digital devices I felt as though we as a society needed to address this, I took it upon myself to do so. By using artistic languages WE convey the research WE have done to address this digital age. This is not a zine to say stop and drop your phone, but a zine to spread awareness of how these devices control us and our surroundings. WE used the format of a zine because I wanted to throw a lot of information in the most elementary way possible. With future aspirations of governing I used this zine as a small step towards that, sharing my thoughts and ideas to heal the society."

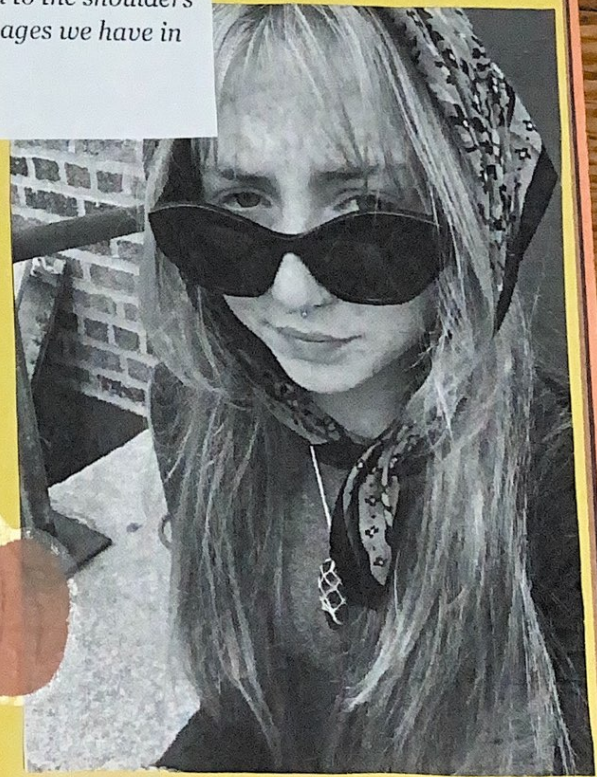
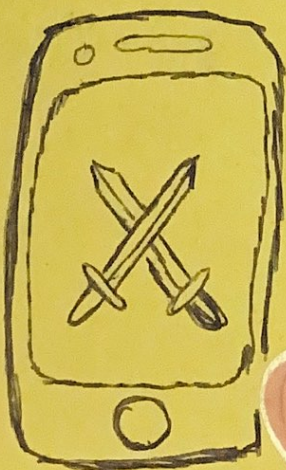
- Terrel Bundy



"As a social activist, this started as a project but soon turned out to be much more. I realized the weight of this burden on our society, I wanted to jump on this opportunity to speak on the grasp technology has on our minds and more. We hand crafted this zine with the intention to assist our peers in the war with technology. By using a self created digital image, I portrayed the weight I explained in my poem to the shoulders of the technology user in the photo. We also carefully selected the images we have in the zine to add to the understanding that technology is controlling."

- Bobbie Rauscher

My Why?



WORK CITED

DeLong, Donnacha. "Is Social Media Controlling You?" The Habtic Standard
<https://www.thehapticstandard.com/articles/is-social-media-controlling-you>. Accessed 6 October
2022.



Maracy, Mohammad Reza. "The effect of psychiatric symptoms on the internet addiction
disorder in Isfahan's University students." NCBI,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3214398/>. Accessed by 6 October 2022.

DeLong, Donnacha. "Is Social Media Controlling You?" The Habtic Standard,
<https://www.thehapticstandard.com/articles/is-social-media-controlling-you>. Accessed 6
October 2022.

Maracy, Mohammad Reza. "The effect of psychiatric symptoms on the internet addiction
disorder in Isfahan's University students." NCBI,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3214398/>. Accessed 6 October 2022.

