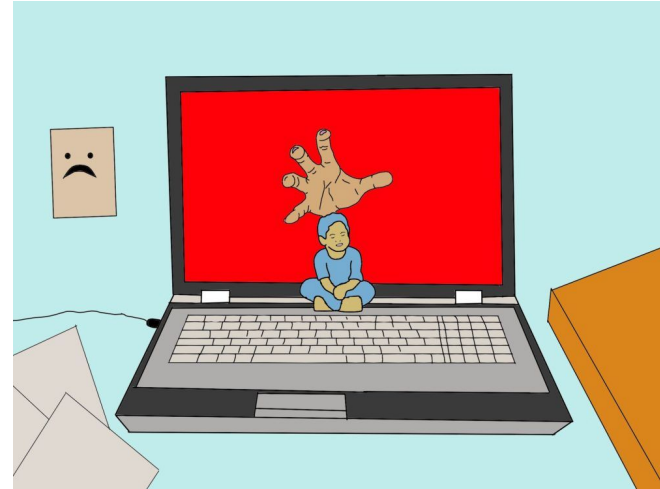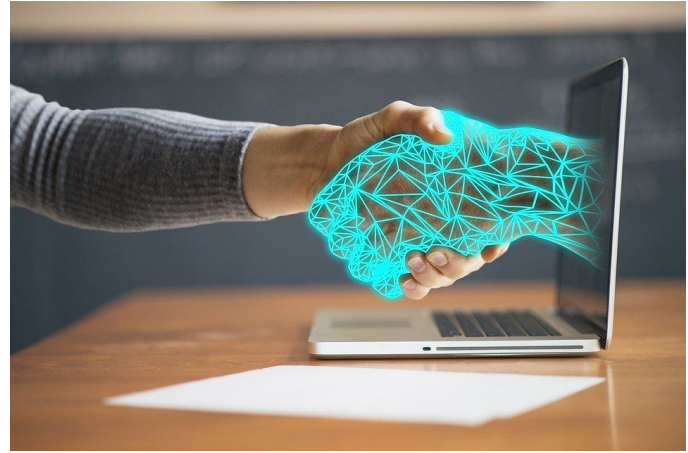# My Relationship With Technology

Alexis Metro

Media in my life

- Extremely important to me through high school
  - Relied on it
  - Felt who I was online was how people saw me
  - Thought likes and follows were important
  - Hard to maintain focus
- Making real relationships and connection
  - Wanted to change
  - For a lot of people it takes a toll on personal image
  - Idolize unrealistic images of people
    - Photos that are edited

Positives

- Allowed me to keep in contact with people
    - Family
    - Friends from home
    - New friends from online
- Easy access to news and information
    - Google
    - Twitter
    - News apps
- Easy way to share ideas
    - Tik tok
    - Youtube
    - Instagram

Negatives

- Less time with those around you
- Focus problems
- Mental health
- Identity theft
- False reality

Reality of technology

- Futurama
  - Created a false image of what technology would really do
  - Had inaccurate predictions
  - WALL-E
  - Talks about making the world more productive
- Dark Side
  - Accurate depiction of what technology has become
  - How some people feel on the inside
  - Shows how easy it is to miss the world around you with your phone
- Both
  - I think that the Dark Side video is not true for everyone
  - Technology affects everyone different based off of their experiences
  - Had created a less productive humans
  - More productive within industries due to the lack of need for human