

## Annotated Bibliography

1. Frazee, Gretchen, and Patty Gorena Morales. "Suicide among Teens and Young Adults Reaches Highest Level since 2000." PBS. Public Broadcasting Service, June 18, 2019. <https://www.pbs.org/newshour/nation/suicide-among-teens-and-young-adults-reaches-highest-level-since-2000>.
  - In this article, sources tell us that suicide among teens and young adults have reached a new high since 2000. Many people have blamed this on social media and the depression, as well as bullying that happens on social media. Before the rise of social media, kids would get bullied during school and that would be it. They would be able to be left alone and then it would repeat tomorrow possibly during school again. However, now, the bullying continues 24/7 and you can never escape due to social media. I want to use this to talk about how to avoid social media burnout and if there's ways to use social media without feeling overwhelmed
2. García Héctor, and Francesc Miralles. *Ikigai*. Kbh.: People's Press, 2017. With the surge of social media, this book talks about ikigai. A Japanese concept that roughly translates to "a reason for being." With all the distractions in social media, the news, and other things going on around the world, I want to explore how you can find your purpose for being and your purpose in life? Does it revolve around community, diet, exercise, and doing what you love? In addition, is there a way to use social media to your advantage here to find what you love and your purpose?
3. Kastrenakes, Jacob. "Congress Just Cleared the Way for Internet Providers to Sell Your Web Browsing History." CNBC. CNBC, March 29, 2017. <https://www.cnbc.com/2017/03/28/congress-clears-way-for-isps-to-sell-browsing-history.html>.
4. In this article, we learn that congress had cleared the way for internet providers to sell users' web browsing history to other companies. In 2017, the congress agreed to allow internet providers to sell user data to third parties! Not only is this concerning, it is also very immoral. I will use this data to raise questions on my podcast about the morality of this situation and if we, as consumers, truly have a say in this.
5. Mineo, Liz. "On Internet Privacy, Be Very Afraid." Harvard Gazette. Harvard Gazette, March 21, 2019. <https://news.harvard.edu/gazette/story/2017/08/when-it-comes-to-internet-privacy-be-very-afraid-analyst-suggests/>.

In this Harvard report, Mr. Scheiner, a fellow Berkman Klein, warned both consumers and citizens of the dangers involving social media. After Edward Snowden's leaking of the NSA's secret spying, many became aware of the privacy issues looming today. I will use this article to build on my questions and points that may be social media and large tech companies have a little more power than necessary. At first, social media was meant to create a place for people all over the globe to connect, but now it's just become a profitable business of data collection.

6. Rhodes, Larissa. *Social Dilemma*. Exposure Labs, 2020.  
<https://www.netflix.com/title/81254224?source=35>.

In this documentary, there are many former silicon valley employees and high leadership positions talking about why they left their respected companies and how they were addicted to the products that they once created. One example I remember clearly is a google employee talking about the email and how it was formatted. He became addicted to his email because of the refresh button and he tried to push for this to be changed when he saw that a lot of his co-workers were also struggling from the same fate, but to no avail. I'll use this documentary definitely for bringing up a lot of the good visuals and depictions they used to showcase the true epidemic that many of us are facing without ever realizing our phones. We can't seem to get off our phones for long because every notification we receive might be important and the average in screen time is continuing to increase as technology improves.

7. Rogan, Joe. *Edward Snowden: How Your Cell Phone Spies on You*. Youtube, 2019.  
<https://youtu.be/VFns39RXPrU>.

In this video and podcast, Rogan talks to Snowden about how our cell phones spy on us. Snowden uses a good example of our individualized phone numbers. Why is it that when someone dials our phone number, it is only our phone that rings? Phones use our pings to track us because each time we're connected to a cell tower, that is a permanent record of where we were at that exact moment. This will be used to talk about privacy concerns using technology in my podcast about social media privacy and purpose in life.

8. Rogan, Joe. *The Psychological Effect of Social Media | Joe Rogan & Bill Ottman*. Youtube, 2019. <https://youtu.be/F1esj9H7XnQ>.

With the rise of social media, Bill Ottman, the founder of a social media platform talks to Joe Rogan about the psychological effects of social media and how big tech corporations are capitalizing off of consumers. He brings up a good point about how technology corporations aren't transparent with consumers and users about what is in their apps and the algorithms. Why is it that we want to know what's in our foods nowadays but don't really care about what's on the apps we use on a daily basis? I want to use this to talk about privacy concerns when using social media, as well as, how social media can leave a heavy impact on one's mental health. Is there a sense of addiction when it comes to social media and ultimately our phones?

9. *Social Media Is Destroying Us - Joe Rogan & Elon Musk*. Youtube, 2018.  
<https://youtu.be/eKcvth7okXQ>.

Elon Musk, the CEO of Tesla and SpaceX, talks to Rogan about how social media is actually destroying us. He uses the example that today, people seem to do things to impress people that they don't really even like, or they'll question their lives and wonder why they couldn't live the life the person next to them was living. I want to use this to talk about mental health and if we've allowed social media to dictate what we as individuals

like and if social media is just a world of fantasy where people hide their true life and only post their “happiest” moments.

10. *Why Free College Doesn't Make Sense* - Ethan Klein & Andrew Yang. Youtube, 2019. <https://youtu.be/SmBa9UycUJE>.

Recently, I've seen a surge by many attempting to push free college into law. At first, I agreed because why would I want to pay for something that could be free? But after doing some research, hearing other people's point of view and ultimately Yang's plan, I didn't believe in free college anymore. Yang says that free college isn't a basic human right because not everyone needs college. With the push of this narrative of free college for all, we're telling kids that college is THE road for everyone. However, according to the National Center for Education Statistics, only 62% of kids graduated in a 4 year program in a 6 year time frame as of 2018. What happens to the other 48% that didn't graduate but still has the burden of loans? I think there should be more on social media and the internet encouraging kids to find the path for them rather than attending college just to find themselves and as a safety plan.