

English essay:

Tristan Harris and new tech, social media and AI

“How can we change the intention of social media and AI?”

New technologies are increasingly present in our life, but the real question is to know how can we use new technologies, in particular the social medias? Like new technologies evaluate, more and more people are asking questions about their utilization. Among these voices, that of Tristan Harris, former Google employee and advocate of the ethical use of technology, stands out. He highlights social challenges, ethics and politics demand by the social medias and IA, while proposing solutions to guide them towards a positive impact on humanity.

In first, we will show problems raised by social media and IA using. Then, we highlight the solutions raised by Tristan Harris to change their intention. After, we will ask how can we change the social medias and IA intention to better serve the society and interest humanity. To answer this question, I watched and puts some ideas in this different video of Tristan Harris : « I'm not afraid. You're afraid | Tristan Harris | Nobel Prize Summit 2023 », Tristan Harris Congress Testimony: Understanding the Use of Persuasive Technology, Tristan Harris, l'ex-Googler qui veut rendre la technologie plus altruiste.

I) Issues raised by Tristan Harris

In his interventions, Tristan Harris highlight several problems associate to the using of social medias and artificial intelligences. In his conference “I'm not afraid. You're afraid | Tristan Harris | Nobel Prize Summit 2023”, he shows that social medias they are created, at the beginning, only to facilitate communication between people, but, they have evaluated to platforms where users' attention is captured and exploited for commercial purposes. In parallel, IA progress have opened new possibility, but also raised questions about their impact on society and on the future of humanity.

Harris reveals that we spend too much time on our phones, captivated by the necessity to receive attention and always check our notifications. This tendance conduces to dependence. This tendency leads to dependency and impairment of our social interactions and our ability to discern fact from fiction.

Moreover, he shows that social medias misuse improve the propagation of fake news, driving cultural and social changes.

That's why, daily IA using raised more and more concerns.

In the same video, Harris mentioned that since the IA arrived, people sand more and more falsified contents, like pictures which are generated by IA. This proliferation of falsified content calls into question confidence in the information available online and its ability to reflect reality. In addition, Harris warns of the potential risks to data security and confidentiality associated with the uncontrolled use of AI.

II) Solutions proposes by Tristan Harris

To answer these problems, Tristan Harris proposed various solutions, for each problem raised by new technologies.

Firstly, in the video: "I'm not afraid. You're afraid | Tristan Harris | Nobel Prize Summit 2023", he talks about the necessity to solve problems at their source. He compares the multiplication of problems related to social medias and IA to virus, highlighting that simply raising awareness of the risks is not the solution. Then, a proactive approach that changes the fundamental incentives behind the use of technology is essential.

After, he proposes in his conference "Tristan Harris Congress Testimony: Understanding the Use of Persuasive Technology" to modernize our social and political institutions to adapt them to challenge raised by the new technologies progress. He insists by necessity to restructure this institutions to make them more agile, clear and responsible. Instead, it can more serve the society interests.

Finally, in his video entitled "Tristan Harris, l'ex-Googleur qui veut rendre la technologie plus altruiste", Harris highlights the importance of guiding and regulating the new technologies development to guarantee their using ethic and responsible. He proposes to relate technologic progress to humanist and ethic values and instaure reglementations appropriated to guarantee that it's benefiting for all.

In resume, Tristan Harris identifies the main problems related to social medias and artificial intelligence using, answered concrete solutions to confront it.

His nuanced vision calls for a careful and considered approach to managing the social, ethical and political implications of these technological advances.

III) Conclusion

To conclude, Tristan Harris underlines a crucial point: it is essential to deal with the problems associated with social media and artificial intelligence from the outset. Social media have a massive impact on our society, influencing our behavior, our perceptions and even our development.

According to me, one of the most important reason why we should regulate social medias is their influence on teenagers. In fact, it at this age that we form our identity and our world vision. Social media can influence these perceptions significantly, often unconstructive. Excessive exposure to social media can distort perceptions of reality, cause self-esteem problems, and even lead to addictive behavior.

In our days, social media access is happening earlier and earlier. Children and teenagers are exposed to potentially harmful content from an early age, which can disrupt their cognitive and emotional development. This highlights the urgent need for measures to regulate and control access to social media, particularly for young people.

The solution isn't to ban social media, but instaure politics and regulations which guarantee a healthy, balanced use. It can include stricter age restrictions, screen time limits and better education on the responsible use of social media. By investing in awareness programs and encouraging platforms to adopt more ethical practices, we can create a safer and healthier online environment for teenagers and for society as a whole.

