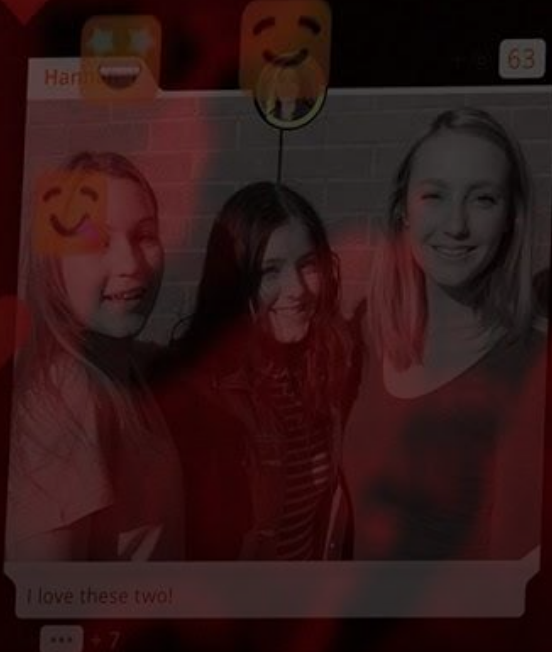# /the social dilemma_

HOST YOUR OWN FILM DISCUSSION

Along with an estimated 100 million around the world, you've watched *The Social Dilemma* and are eager for everyone in your life to see it! Here's a simple guide to support you in hosting your own film discussion.

Watch the Trailer

Watch the film on Netflix

PLAN   **INVITE**   **HOST**   **FOLLOW UP**

PLAN

Consider a co-host

Invite a friend, family member, colleague, or school or community member to join you in planning your event.

Pick a date

We recommend at least 1-2 weeks out to give yourself a bit of planning time.

Create an invite list

Who do you want to participate? Think about who in your network is likely to be most interested in or impacted by these topics — friends, family, coworkers, school or community members.

Pick a virtual platform

We recommend Zoom or Google Hangouts; Zoom allows for breakout rooms, which can be helpful for larger events.

INVITE

Send your invite

Feel free to adapt our sample language:

*I'm excited to invite you to a virtual discussion on The Social Dilemma on [**DATE and TIME**].*

Our discussion will be book-club style, so we'll all watch the film on our own beforehand and then come together to discuss it.

*Here's the link to [The Social Dilemma trailer](#) as well as a link to the film on [Netflix](#). Here's where we'll be gathering: [**LINK to virtual platform**]*

Send a pre-event reminder

Forward your invite with all the event details back to the group as a quick reminder the day before.

HOST

Welcome everyone

We recommend establishing a few norms like confidentiality, speaking from personal experience, being open to different perspectives, and other practices that help create a judgement-free zone.

Have fun!

The discussion is a great opportunity to talk about what we value and how we want to live our lives; welcome both commiseration and laughter. Hope is a powerful motivator; end on a positive note by sharing some of the next steps for you and your community.

Discussion flow

- Open the discussion by showing the trailer in case some participants weren't able to watch the film
- Kick off by encouraging initial reactions and emotions before diving into specific questions (see sample discussion questions on the next page)
- Ensure everyone feels heard, drawing in anyone who hasn't had much speaking time
- If you have a larger group, consider using Zoom's breakout rooms

FOLLOW UP

What next?

Send a follow-up email within a day or two to keep up the momentum.

Encourage people to visit the Center for Humane Technology and Join the Movement to learn more, get involved, and take action.

SAMPLE DISCUSSION QUESTIONS

For Young People

1. How have the issues portrayed in the film impacted your own life? Your friends' lives?

2. What would it look like to take a break from social media? Are there other people at school or at home who might join you?

3. If you could wave a wand and change social media, what would that change look like and how would it make the world better?

4. Take a few moments to check out #MySocialTruth, a place where you can share your story and add your voice to a powerful movement demanding change. Consider setting aside discussion time for sharing your story as part of the campaign.

For Parents, Families, and Educators

1. How have the issues portrayed in the film appeared in your life or the lives of your friends and family?

2. The Social Dilemma makes the case that willpower can't compete with some of the most sophisticated AI on the planet. What can we do to develop healthier relationships with technology for ourselves, our families, and in our community?

3. What can we do to ensure that other families, teachers, and school leadership understand and are organizing around these issues?

For Technologists

1. How have the issues portrayed in the film appeared in your life or the lives of your colleagues? Are people able to talk about and organize around their concerns?

2. This film names the tech industry's business model as a driver of many of the harms of social media. How do attention-capture and related issues shape your work?

3. What kind of change would you personally like to see? Are there tech leaders or products that are especially inspiring to you? What can we do to highlight more examples of humane technology and reimagine what's possible?