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Summarize and Reflect

Social media is a complicated subject. It can be used in helpful and positive ways. But people have changed the way we are meant to use it. In the show “Black Mirror” and episode “Nosedive,” Lacie and many others are obsessed with improving their "ratings" to achieve a high social status. The rating system creates a strict social scale. Her life revolves around gaining approval from others, leading to engaging in insincere interactions. She heads to the airport one day, and when she gets there, the attendant says she can no longer fly on that plane because her rating is not high enough. Lacie starts to spiral out of control, and she freaks out on the attendant, causing her rating to plummet. Susan, a low-rated truck driver, offers her a ride. Susan talks about how she became fixated with her ranking during the trip and eventually realized it made her unhappy. Susan's perspective helps Lacie see the obsession with social ratings. That interaction with Susan is pivotal for Lacie, as it plants the seed for her eventual breakdown at her childhood "best friend's" wedding. That's when everything starts to go downhill. She faces severe consequences. What happens to Lacie shows the dangers of a society obsessed with social media validation. It also shows the harmful effects on mental health due to pressure to maintain high ratings. Constantly worrying about how people think of you must be exhausting. But in reality, that's what we all do. Almost every person on this planet is concerned about how others view them. What makes it worse is social media. It's not social media's fault, but the way humans designed it to be and how we changed it.

Social media should not be taken at face value. At the beginning of the episode, Lacie practices an unnatural laugh to seem authentic and genuine when speaking with others. Lacie is obsessed with how she portrays herself. She needs to look and act a certain way to increase her rating. In another part of the episode, she partakes in fake small talk. She only creates small talk when she wants to improve her rating and persuade someone to give her five stars. Social media is a front; there is no need to be obsessed. We should not give our lives to social media when it is mostly fake. Posts distract us from what goes on behind closed doors. We do not need to care what others think of us when they can be in the same boat. We seek attention and recognition for our actions, needing to learn to live for ourselves and stay true to ourselves rather than everyone else. Not everyone needs to know what you are doing at all times. Honestly, it is better to see people not posting their every move but to post what they love and cherish. We should focus more on changing social media and thinking of healthier ways to go about it. This episode goes deep into expressing the reality of social media. When some watched this video, they could have thought how unrealistic this is and how they hope our world does not turn out like that. However, in reality, our world is already like it. Our egos inflate when we receive likes and follows. We want people to take notice of who we are and what good we do. Though we do not specifically have ratings, in some ways, we do. In an attempt to get approval, we post things that are not entirely accurate. All of us have engaged in it. Society should be more mindful of what we post and how much of our lives are tied to social media. Like with Lacie, we frequently become overly involved in social media and allow it to consume us entirely. She let it consume her life and impact her mentality. We should never let the opinions of others control us too much. As previously said, reality hit when Lacie caught a ride with a truck driver with a low rating. The truck driver made her realize how insane it is that everyone cares so much about ratings rather

than people's mental and physical health. For the hospital to give a bed to another patient just because they had a point higher than Susan's husband is unfortunate. Later on, Lacie interrupts her "best friend's" wedding as a result of her interactions with Susan. She was muddy, her hair was a nest, and she arrived late. It was important that she understood the foolishness of rating people and the overpowering temperament of striving for a high position. We can see how phony everyone is in order to maintain their position at the top. In reality, that is how the world is. Everyone is fake and a kiss-up so they can stay at the top. Overall, this episode displayed how we must be authentic and genuine instead of engaging in phony relationships. Having one genuine friend is far simpler than having a thousand false ones.