 Resource 5

Technology and society

How does technology shape society and social interactions?

| Technology  refers to methods, systems, and devices which are the result of scientific knowledge being used for practical purposes | Society  is a community, nation, or broad grouping of people having common traditions, laws, institutions, collective activities and interests. | Social interactions  are the processes by which we act and react to those around us. Social interactions are the building blocks of society; they help individuals within communities establish social rules and norms, by which we then strive to live. |
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So what do we get out of social media?

| Positives | Negatives |
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| * Sense of approval * Instant gratification * Lifestyle ‘inspiration’ * Dopamine release * Instant communication * Access to a range of perspectives * A place to voice your opinion | * Underdeveloped ‘real life’ social skills * Lack of fulfilment at work * Addiction * Distracted from the ‘joy’ of real life * Increased rates of depression * Lower self-esteem * Superficial friendships/relationships |

Quick write

How correct do you feel Sinek’s sentiments are about your generation and you personally?