



Hello Parents and Guardians of BPS Students,

Barnstable High School's Business Management and Leadership (BML) classes recently watched the Netflix documentary 'The Social Dilemma' and were very concerned by what we saw. The documentary focuses on two main problems of social networking:

1. The algorithms that these apps use are designed to increase screen time to access their personal data for monetization.
2. That users of these apps are being manipulated by perverse incentives of companies that can warp the users sense of reality.

Our classes designed a project that we titled, **Barnstable's 'Social Dilemma'**, in an effort to educate both parents and students regarding the detrimental impacts technology is having on young adults. Our tagline "**how deep does the rabbit hole go**" reflects the scary reality that our youth are spending more and more time on their personal devices and less time interacting in real time with their peers. National data has shown that as a result of these personal devices several disturbing, unhealthy effects have emerged like significant increases in teen suicide, depression, anxiety, and stress. (<https://www.humanetech.com/the-social-dilemma>) Our classes are trying to determine the impact on our BPS community as we are concerned by this data and are looking to find ways to support both students and parents as they navigate their digital footprint.

We, BML students, are asking that you take a few minutes to complete the attached survey to help us better understand both our student's risk and exposure to social networking as well as the strategies you are using in your homes to help guide your children through this dangerous digital world. The results of these surveys will dictate our next steps as we explore ways to inform and support our community. If you have any questions, you can reach our teachers Mrs. Maurice and Mr. Jansen whose contact information is listed below. Thank you for your time and support!

[Barnstable's Social Dilemma Parent Survey link](#)

Thank you,

Barnstable's 'Social Dilemma'  
'How deep does the rabbit hole go?'

***Mission Statement:***

***Barnstable's 'Social Dilemma' Project aims to inform our community of the potential dangers of social networking on the social and emotional health of individuals, while also providing guidance on how to manage a healthy balance of digital influence.***

[jansen\\_brent@mybps.us](mailto:jansen_brent@mybps.us)

[maurice\\_monice@mybps.us](mailto:maurice_monice@mybps.us)