

# **Social Media Considered Anti-Epicurean: 101 Reasons Why**

**Post by “Julia” of January 23, 2025 at 4:10 PM**

Seeing how I focused on adulthood in my main post above, I would like to link to an article which – albeit not written through an Epicurean lens – does give a good first overview of the serious damage done to children and adolescents by exposing them to social media. While “[t]here are few things more dishonorable than misleading the young” (Thomas Sowell), willfully, purposefully and actively harming them is certainly one of those things, and the [2021 Facebook leak](#) documents precisely that.

Written article: [The Great Rewiring of Childhood: A Smartphone-Social Media Dystopia](#), by Academy of Ideas (AOI), released 2025-01-23.

Same text, narrated version:

<https://www.youtube.com/watch?v=G42xfVmngHY>