Meta-Grounded

Meta-Grounded is a multi-faceted movement aimed at the education and protection of the users of the social media platform:
The Metaverse

Our goal is to prevent widespread Metaverse addiction and mitigate the negative effects of such an addictive platform on our society.

What?

Meta-Grounded will pass legislation requiring the implementation of monthly, mandatory education sessions within the Metaverse featuring talks from experts on addiction and mental-health. Additionally, we will track users' hours logged and choice of activity and will implement an AI that will scan those statistics to identify users experiencing Metaverse addiction. Users with 'extreme addiction' over the course of a couple months will be required to meet with a psychiatrist in the Metaverse before having access to their account returned.

Who?

Meta-Grounded is aimed at every Metaverse user but will primarily be used to protect children and adolescents. Developing brains are the most susceptible to addiction and, as a result, long-term depression. So, Meta-Grounded's AI will have a lower 'extreme addiction' marker for users younger than 18.

Why?

Meta-Grounded is an anticipatory response to prevent widespread Metaverse addiction. Social Media technologies are designed to be addictive, and yet our society makes no effort to inform the public due to their profitability. If we approach the Metaverse with the same naivety, the effects could be catastrophic on our society and could drive an era of unprecedented disconnect and hardship.