Oh, how the mighty have fallen. A decade ago, social media was celebrated for sparking democratic uprisings in the Arab world and beyond. Now front pages are splashed with stories of social platforms’ role in misinformation, business conspiracy, malfeasance, and risks to mental health. In a 2022 survey, Americans blamed social media for the coarsening of our political discourse, the spread of misinformation, and the increase in partisan polarization.

Today, tech’s darling is artificial intelligence. Like social media, it has the potential to change the world in many ways, some favorable to democracy. But at the same time, it has the potential to do incredible damage to society.

There is a lot we can learn about social media’s unregulated evolution over the past decade that directly applies to AI companies and technologies. These lessons can help us avoid making the same mistakes with AI that we did with social media.

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