

Forum : Forum citoyen sur la liberté d'expression (bil)

Thématique : Comment garantir un accès à l'information fiable à la génération Z tout en la protégeant contre les dangers des médias ?

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Situation familiale ○ Marié/en couple ● Célibataire ○ Avec enfants, si oui combien	Niveau d'étude ○ Primaire ○ Secondaire ● Universitaire
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1. De quelle manière êtes-vous concerné.e par le sujet ?

My name is Olivia, I am 22 years old and I am a student in journalism at the university of king Khalid partnering with the SPA academy. Nowadays, people tend to globalize everything thanks to the rapidity and facility with which it is possible to post videos, pictures, messages, etc. This has affected the lives of many individuals. According to the International Telecommunication Union (ITU), 82% of the global population aged 10 and older owned a mobile phone in 2025. Additionally, around 6 billion people, representing 74% of the world's population, used the Internet in 2025.

This question directly influences me as it occupies a large part of my daily life and therefore affects me. I have realised that the amount of information has evolved rapidly over the last six years, while the quality and reliability of the sources stay mostly insecure and unsure for most of the information posted. In today's world, people tend to publish numerous false allegations and opinions. For instance, we have seen the use of AI to create degrading or misleading images of people in positions of power. It is important to acknowledge the power of social media on all generations.

On a smaller scale, this directly affects me as a young student because I am part of the generation that consumes this information every day. Especially specialising in this environment I can see how quickly and easily information can be misleading changing even the slightest word can make a difference. I use social media and the Internet for communication, entertainment and also for my studies. I am constantly exposed to new information, opinions and ideas, and sometimes it is difficult to know which information is reliable and which is not. This can influence the way I think without me even realising it.

As a consumer, I see the pressure social media can create and how it can advocate for certain ideologies and behaviours that may not be appropriate for younger generations. Social media has pressured the younger generation to adopt certain behaviours, letting society completely dissociate from our traditions and ancestors who have already established our values. People are forgetting what should be said and done.

I believe that our generation can sometimes become naive towards any information they stumble upon without questioning it. This is why it is important to acknowledge the power of social media and the influence it has on the younger generation.

We can also see the influence of social media through cases such as Manahel al-Otaibi, a Saudi fitness instructor and social-media influencer whose online activity became connected to wider discussions about women's rights and social change in Saudi Arabia. Her case shows how quickly social-media content can become part of a much larger discussion about values, traditions and the role of women in society.

As a journalism student in Saudi Arabia, I understand that freedom of expression comes with responsibilities. Journalists must verify their sources and respect the laws of their country. There should also be a distinction between expressing an opinion and deliberately spreading false or harmful information.

I also believe that young people should be educated about their country's core values, traditions, laws and institutions. Schools and universities should help students understand their government's perspective while also teaching them how to recognise misinformation and analyse different sources.

As a representative of the youth, I consider that social media should be a controlled platform with certain restrictions, especially when it comes to protecting younger generations. We have seen over the years an insane amount of negativity and the influence that media can have on people.

2. Que proposez-vous à votre échelle ?

Therefore, I believe that schools and universities should teach young people how to use social media responsibly. We should learn how to identify unreliable sources, compare different sources, recognise manipulated content and question information before sharing it.

As Social-media platforms do not take more responsibility for the content they allow to spread. The government should be able to block, report or censure what is deemed to be necessary. With the development of AI, it is becoming easier to create fake images, videos and information.

I also believe that countries should cooperate internationally because information does not stop at borders. Countries can share methods to fight misinformation and help younger generations develop better digital skills.

Ultimately, I believe that we need to find a balance between technological progress, protecting younger generations and preserving our values and traditions. The goal should not be to stop young people from accessing information, but to make sure that they have the correct messages and ideologies.