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After watching the video, I realized how much the media distorts our understanding of cybersecurity and hacking. Movies and TV shows often make hacking look super easy and overly dramatic—like someone can break into a system in seconds by typing a few lines of code. In reality, hacking is much slower and more methodical. The video showed how most Hollywood scenes focus on entertainment rather than accuracy. I think this gives people the wrong idea about how cybersecurity works and can even create unrealistic fears. It also downplays how important cybersecurity professionals are and the complexity of their work. Overall, the media makes hacking seem way cooler and simpler than it really is.