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Watching hackers critique movie and TV show hacking scenes reveals how media distorts our understanding of cybersecurity. Hollywood often portrays hacking as a glamorous, high-speed activity, where characters effortlessly break into secure systems within seconds. This portrayal contrasts starkly with the reality of hacking, which involves meticulous planning, patience, and repetitive tasks. Such sensationalized depictions simplify the complexity of hacking, leading the public to underestimate the skills and knowledge required for effective cybersecurity. Furthermore, these dramatized scenes can create undue fear and paranoia, making people believe that any system can be easily compromised. Over time, the depiction of hacking in media has evolved; older media often portrayed hacking as almost magical, with hackers using arcane commands and futuristic interfaces. In contrast, more recent portrayals attempt to incorporate some realism, showing more sophisticated methods and tools, but they still emphasize speed and drama over accuracy. Despite some improvements, the media's influence continues to shape a somewhat flawed public perception of cybersecurity. This underscores the need for better representation and education on this critical topic. Accurate portrayals in media could help demystify the field of cybersecurity, making it more accessible and understandable to the general public. By doing so, it would not only provide a more realistic view of the challenges and intricacies involved but also highlight the importance of cybersecurity in our increasingly digital world.