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Media often distorts the reality of hacking, causing a misleading perception of cyber security. In the video, experts criticize that movies and TV series reflect hacking as fast, very simplified, or visually dramatic. Real hacking is far more complex, including extensive research, patience, and coding knowledge - from the attractive, fast access displayed on the screen. These illustrations affect public opinion, causing cyber security either a mysterious superpower or an invincible strength, rather than a systematic area requiring skills and strategies. This misunderstanding can lead to unrealistic expectations for cyber security professionals and the public's approach to online security. While entertainment should be linked to the audience, more accurate illustrations can raise awareness and encourage better cyber security practices.