When people are asked to describe self image the first thought of it is people being fake on social media, but it's much deeper. Self-image is another of the “self” concepts in society.

Self-image is how people perceive themselves. It is a number of self-impressions that have built over time. These self-images can be very positive , giving a person confidence in their thoughts and actions. On the other hand polarization can make a negative impression on self-image, making a person doubtful of their capabilities and ideas. Having a self-image that is distorted or simply untrue is harmful and unhealthy to someone’s well being. Kids nowadays, have an addiction on social media for using a wide variety of Snapchat filters and apps. These filters manipulate people to want to change how they look towards others and themselves on social media. Self-image refers to how people see themselves on a more global level, both internally and externally. The algorithm recommends users what they want to see online, like how people wish they had as a self image.

In conclusion social media and society has a huge positive and negative impact on self image in many ways.