Your social media is made in a certain way so that it changes how people see themselves. This has had many negative effects on young people. What effects that social media has on self image is that it makes you think less of yourself and **manipulate** yourself to be perfect. Social media also affects self image by seeking validation from others/ likes. It also affects your mental health and through its **propaganda** filled posts.. Social media can also give you a hit of dopamine after every like and positive comments.

Social media affects self- image by affecting your confidence and overall well being. This is state on the cite: <https://socialmediavictims.org/mental-health/self-esteem/#:~:text=It%20often%20leads%20t> “It often leads to social comparison, seeking validation through likes and comments, and exposure to cyberbullying. This complex interplay impacts their self-worth and confidence, contributing to feelings of inadequacy, depression, anxiety, and loneliness, which affect their overall well-being.” This piece of evidence supports how social media affects self image. Another way Social media affects self image is it gets you **addicted** to social media and that affects your mental health and your self image. It states on the cite: <https://www.acc.edu.au/blog/social-media-low-self-esteem/#:~:text=While%20social%20media%20may%20help,(though%20not%20yet%20conclusively)>. “While social media may help to cultivate friendships and reduce loneliness, evidence suggests that excessive use negatively impacts self-esteem and life satisfaction. It’s also linked to an increase in mental health problems and suicidality.” This piece of evidence shows how being addicted to the social media **algorithms** can negatively affect your mental health/ self image.

In conclusion these are the reasons that social media negatively affects your/ society’s self image.