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Composing Digital Media

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Visual Argument Reflection

My visual argument is a stand against the harmful effects of social media on body image. In this project, I decided to use my own photography and model for the image myself as well. I used my camera to create the blurred, multi-face effect seen in the image. Furthermore, I used a red light to set a tone for the image. Red is usually associated with evil, and I figured it would be appropriate for the point I wanted to make. My audience is mainly geared towards young women like me, who may be struggling with these influences. However, I believe my audience could be extended to anyone who is struggling with this specific issue. I used the empty space in my photo and layered multiple other images on top. I ended up with around eight layers. The tools I used in Gimp included free select, text tool, color adjustments, overlay, and a few others. I used an image of a social media feed and had it overlayed onto the original image. Using this feed, I put other images (such as the one of the model in the right hand corner) to push my message of body image standards that get put all over the internet and our feeds. One thing that may not be super noticeable is the hand holding onto my face in the center of the image. This is used to represent the hold that social media has on us and how it can make us feel. It is “grabbing” my face, pulling it down and to the right. The facial expressions shown are to represent the range of emotions that could come from struggling with these issues. The image flows well, I think that although it isn’t super simple it isn’t too complicated either. I used text based around the image in a symmetrical way in order to help guide the viewers eye across the image and to help ensure that the message was clear. The font was chosen specifically to invoke a sense of artificiality or to represent something that you might see in a social media post.