titl impact social media beauti standard categori fashion beauti social media revolution connect share inform influenc extend far beyond commun shape percept world includ beauti standard impact double-edg sword potenti cultiv unrealist ideal promot inclus vision beauti one concern aspect social media tendenc perpetu unrealist beauti standard platform flood imag model influenc whose appear meticul craft edit tool filter strateg pose portray present narrow definit beauti often emphas flawless skin symmetr featur unattain bodi type constant exposur `` perfect `` detriment self-esteem particularli young peopl still develop bodi imag studi show correl social media use increas bodi dissatisfact individu compar unfilt selv curat onlin persona see pressur conform unrealist standard lead feel inadequaci anxieti even eat disord social media also foster cultur comparison user tend showcas ideal selv present highlight reel live creat distort percept realiti make easi forget everyon flaw imperfect constant barrag `` perfect `` imag fuel feel inadequaci social anxieti peopl worri measur unrealist onlin beauti standard howev social media n't doom gloom also offer platform challeng tradit beauti standard promot bodi posit grow number influenc activist use social media celebr divers showcas unedit photo discuss struggl bodi imag promot self-lov account provid much-need counterpoint unrealist portray domin social media furthermor social media empow margin commun redefin beauti term peopl color disabl n't conform tradit bodi type find voic creat space represent inclus crucial dismantl narrow beauti ideal foster divers realist understand beauti move forward 's import mind consum social media content recogn use edit tool filter crucial first step follow wider rang account promot bodi posit inclus also help creat healthier onlin experi social media platform also respons promot balanc represent beauti could involv implement polici discourag excess edit label photo significantli alter ultim social media 's impact beauti standard complex perpetu unrealist ideal also potenti forc posit chang foster critic think support divers voic har power social media creat inclus realist vision beauti