

General Topic: Social media and its effect on the self esteem of adolescents

Elevator Pitch:

Research has suggested that adolescents who view social media tend to compare themselves to those they see online, which can lead to lowered levels of self esteem. Others have suggested that social media may have a positive impact on its viewers. What is unknown is how much time spent using social media is needed to make an impact on users, as well as if social media truly can have a positive impact on the self-esteem of adolescents in the long term. I hypothesize that social media has a negative impact on adolescents' self confidence overall and that any feelings of boosted self esteem while on social media are based on temporary instant gratification.