Blog 2

# Editing your profile picture to look better

In this week’s blog I’m going to talk about people editing their profile pictures to look better on social media.

## Example

I have an example I got permission to use. This is my friend’s mother. Left is the original picture and right is the edited one.

A collage of a person

Description automatically generated with medium confidenceThe changes made to this picture are extreme. The skin is lighter and cleaner. All the wrinkles are gone. Her eyes are bigger. Her nose was made smaller and thinner. Basically, she looks a completely different person.

## Why this isn’t healthy

Many young people, especially girls, which use social media and see these unrealistic heavily edited selfies of people, thinking that they actually look like that in real life, will have unrealistic expectations of appearance. Having these unrealistic expectations isn’t healthy since you’ll always compare yourself to something unachievable and fabricated. Young people will have anxiety or feel ashamed because they are “ugly”. Girls especially suffer from this because of the unrealistic beauty standards our society imposes on women. This in turn results into more people editing their profile pictures to look better once they find out how to edit pictures.

## Avoidance

Avoidance is easy. See an extremely good-looking person on social media? Unfollow. Odds are, they most likely don’t have anything important say. Always seeing edited pictures of attractive people to compare yourself to is bad. Unless you can see through the edits, you should really stop following these sorts of people on social media, especially if you think you are ugly or unattractive.

If a family member, friend or relative uses an edited picture of themselves, then unfollowing or unfriending them might be rude. In these cases, it’s better to just accept that this is not the real face of that person.

I’m not expert on this these topics so this is just my opinion.

Thanks for reading this week’s blog! Stay safe.