PANEL 1: Social Media and You (impact on daily life)

Social media can be a great way to connect with others, but can be harmful if you aren't careful about who you follow and what influences you

Definitions

Social media: "forms of electronic communication through which users create online communities to share information, ideas, personal messages, and other content" (Merriam-Webster)

Photoshop: "to alter (a digital image) with Photoshop software or other image-editing software especially in a way that distorts reality (as for deliberately deceptive purposes)" (Merriam-Webster)

Trends and Why They Can be Hurtful

Not Everything You See is Reality!

thecougardaily.com

- **What I eat in a day:** Content might be triggering even if it is aimed to do the opposite and create a safe space
- **Get ready with me:** Body checking, including sizes in clothing
- **Makeup tutorials:** Comments about color shades, lack of faces with acne in makeup tutorials, and shaming men for wearing makeup
- **Vlogs:** Showcasing an extravagant style/life that results in comparisons, unrealistic fitness standards, also puts pressure on a glamorized and unattainable male physique

Write a sticky note demonstrating how these images make you feel about your body

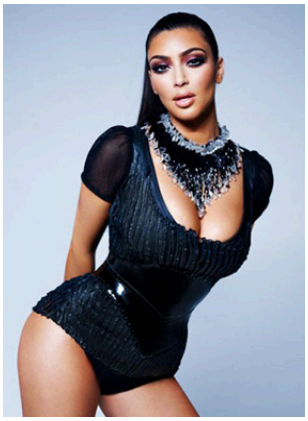
unsplash.com

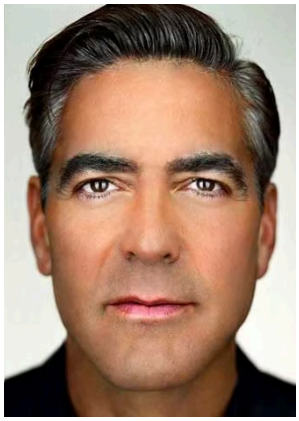
pinterest.com

The ideas of how to achieve a higher self esteem are misconstrued on social media, and ultimately lead to a worsened view of self image. Products and trends that are supposed to influence people positively can be viewed with a negative connotation when influenced by people who use emotion provoking rhetoric and are not sending a positive message, but are rather showing off their lifestyles in a competitive way. This is typically done unknowingly, which is why it's better to think about content and how it can affect others before posting.

PANEL 2: Celebrities and influencers

Are These Photoshopped?





It's not uncommon for celebrities to post unrealistic pictures of themselves which adds to unrealistic beauty standards and makes us question the reality of photos online. When social media users see these unattainable standards being met by celebrities, they will most likely try to obtain the look and develop low self esteem. Unrealistic beauty standards overpower social media. Without realizing it, we are always comparing ourselves to celebrities and people of higher status.

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⬅Try More!!

Photos: dailystar.com, thetalko.com

How Photoshop Tricks us

Since these changes are so slight and subtle, we don't question if the picture is photoshopped or not. But these subtle changes contribute greatly to the high beauty standards put onto society.

PANEL 3: Advocating for Mental Health on Social Media

After seeing the effects of photoshop and unrealistic beauty standards, consumers can't help but feel lost in this social media world that puts a strain on our mental health. To help combat some of these thoughts and feelings about body image and mental health in general, try using the media for good. Instead of viewing social media as a place filled with unrealistic expectations, take control and advocate for yourself with these resources.

Photo credits left to right: Forbes.com, play.acast.com, mikzazon.com

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What Else Can You Do?

- Repost **positive** posts about mental health
- **Don't photoshop** your pictures
- **Limit your time** on social media platforms that promote **unrealistic** expectations
- **Spread awareness** about mental health resources
- **Support companies** that advocate for mental health and body positivity

I want to create a welcoming environment on social media.
- Jenny Lieberman

I hope we have spread awareness of the fake reality shown on social media
- Natalie Eisen

I want to spread awareness about ways to improve our mental health
- Kayla Spern