

# Media Pressures

## What media considers beautiful:

Light skin      men: buff  
Women: thin   Sharp features  
Tall              White teeth  
Curves          Clear/tan skin  
Nice hair       Eyebrows  
Big eyes        Makeup  
Abs               Guys: Well groomed  
Guys: V-shape

## Tactics media uses to make people look better than they really do:

photoshop      make up  
hair tools       product placement  
lighting        angles where photos are taken  
clothing        plastic surgery  
altering body size



## In this photo were the following changes:

- ☐ Contoured her face (makeup)
- ☐ Changed the filter
- ☐ Enhanced her hair by color
- ☐ Added more makeup to her eyes
- ☐ Sharper features

It is important to know that this was photoshop because it creates an image that is fake and something that is not natural. It is also important to know this because many girls will think that they have to have contoured and tan skin and that pale skin and minimal makeup is not pretty. In conclusion, photoshopping pictures lowers self esteem for girls and boys which can lead to many problems.

