The Dangers Of Social Media
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Wanting popularity has always been one of our weak traits as humans. Some people are popular because of their attitudes and others are popular because of their looks. To try and be popular on social media, or to try and live up to impossible standards can hurt a girl's confidence. Sometimes you want others' approval so much you give in. One of these girls who gave into the pressure of the media was Padma, a 16 year old girl. Padma was posting photos in casual clothes on Facebook and not getting many likes. One day she started posting pictures in revealing clothes and she suddenly started getting a lot of attention. As she continued posting these photos she got positive reinforcement from others so she continued sexualize herself. Padma decided to give in, but you don't have to.

The media affects everyone;  it shows you what being "perfect" means. Nearly all images are photoshopped. It's impossible to look like those women, because real women don't even look like that. Media is known to affect how a girl sees herself; she can develop depression because she doesn't naturally look like a heavily-made up model. Seventy-five percent of girls have low self esteem that can result in cutting, smoking, drinking, and eating disorders. One study shows that 44% of girls who are in highschool attempt to lose weight.One study shows that 44% of girls who are in highschool attempt to lose weight.One study shows that 44% of girls who are in highschool attempt to lose weight. Another study shows that the more you use social media the more susceptible you are to depression. Twelve percent of light social media users and 38% of heavy social media users have depression; 3-5 hours of social media a day was linked to a 26% increase in depression for girls. Girls who use social media for over 5 hours a day are 50% more likely to develop depression; these statistics show just how harmful social media is. Just because social media can be harmful doesn't mean there is nothing you can do to fight back.

Learn the statistics and arm yourself with knowledge if you will still be on social media. Another thing you can do to take action is to let yourself know that you don't always have to succeed, remind yourself that nobody is perfect and that everyone has flaws and you need to embrace yours. You also need to learn to be proud of yourself when you succeed. If you're overwhelmed take a break, and remember you need to accept yourself for who you are. Remember Padma; you don't have to change how you dress to be 'in'. Lastly, make sure you look up to actual people and not their fake photos! Most posts have filters and have been photoshopped, so embrace who you are without makeup and cat ears.

Sources:https://www.nytimes.com/2019/06/03/well/family/teenagers-social-media.html
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