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## The Media and Body Image



Social media is a big part of everyone's life because that is how everyone communicates in today's world. The internet has made everything easier for everyone for example in the middle of the covid 19 pandemic today it has helped all of the students around the world continue with their education online. People use the internet more for social media like Facebook and Instagram where they can share parts of their lives. People spend too much time on their phones. They have become too dependent on them for everything. In today's society social media is everything for the young people while the older one sticks to their tvs and other alternatives. "Gender roles are constantly reinforced through the media, which influences the highly impressionable children and young adults as they develop and form ideas of their own (Cumberledge, 1). This is a more common problem with women because they are always seen as not equal to men. The problem in this is that it creates an image for every woman, this makes the women believe that they have to be this way. Making them more insecure, this problem relates to the women gender course because women are not being treated fairly. "We should teach them that every woman is unique and unrepeatable, beautiful in her own way; that the stereotypes we encounter every day are non-existent models" (Aloisi,1). If young girls learn from a young age to love themselves they would not care too much about what the men think of them or how society views them. This can easily be achieved by allowing every young girl to have access to counselors that can talk to them about their image and how they should accept themselves. "Having icons and role models to look up to on the big screen can help young girls and women gain confidence and feel strong" (R Sasha, 1). If there were more women shown in a positive way more women would be able to look up to them as role models. I propose creating a program or organization that 's just for girls, focusing on the effects that social media has on body image. In this program every woman should be able to speak freely about themselves without having to look at others who they believe look better. They would have counselors that would help them work on their self esteem, this program would be free for everyone who needs it. The program would last 6 months with the help of donors and people who can volunteer to make it work. In this program they would also get help with their education whether its advising for college or help to finish high school. Getting more educated on the subject would help them be more aware of the things that they can do to change the situations.

