Natural beauty vs. looks on social media

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Natural beauty can be defined as the intrinsic aesthetic quality of an individual that has not been subject to permanent alteration or enhancement through artificial means. Solomon, "fake beauty pertains to physical attractiveness that has undergone deliberate modification or manipulation" (Solomon, 2022). Advocates of natural beauty argue that it serves as an authentic reflection of an individual's true identity, fostering a sense of self-assurance and self-acceptance. This perspective posits that embracing one's natural features can contribute to a deeper sense of confidence and overall well-being. Furthermore, proponents of natural beauty contend that it promotes a more genuine connection between an individual and their external appearance, emphasizing the importance of authenticity in self-expression. Ultimately, the discourse surrounding natural beauty underscores the significance of embracing and celebrating the unique characteristics that contribute to an individual's distinctive allure and charm.

In the contemporary digital landscape, the impact of social media on our perceptions of beauty and physical appearance is undeniable, given the relentless inundation of meticulously crafted images and videos that accentuate idealized standards of attractiveness. This pervasive exposure to carefully curated content has the potential to significantly shape individuals' conceptions of beauty, contributing to the cultivation of unrealistic expectations and heightened self-consciousness. The perpetuation of idealized beauty standards through social media platforms has been associated with the exacerbation of body dissatisfaction and a preoccupation with achieving an unattainable physical ideal. Furthermore, the proliferation of digitally altered images and videos on social media has been linked to the propagation of distorted beauty norms, which may engender feelings of inadequacy and diminished self-worth among consumers of such content. Zoyaruhail, "They underscored the need to critically examine the influence of social media on beauty perceptions, advocating for heightened awareness of the potential ramifications on individuals' mental well-being and self-image" (Zoyaruhail, 2023). In light of these considerations, there is an imperative to engage in discourse and research that interrogates the multifaceted implications of social media's impact on beauty ideals, to foster a more informed and discerning approach to beauty representation in the digital sphere.

It is vital to understand that there is a significant difference between natural beauty and the superficial looks often portrayed on social media, and we must learn to recognize and appreciate the former. Fake beauty can include enhancements, alterations, or manipulations of a person's appearance. that counterfeit beauty products, costumes, accessories, and makeup can be beautiful, but their appearance is lifeless and easy to fabricate. Zoyaruhail, "Fake cosmetics can also irritate the skin, causing pimples and itching" (Zoyaruhail, 2023). Some counterfeit cosmetics contain toxic levels of arsenic, mercury, and lead, which can cause skin irritation, rashes, burns, and other long-term health problems.
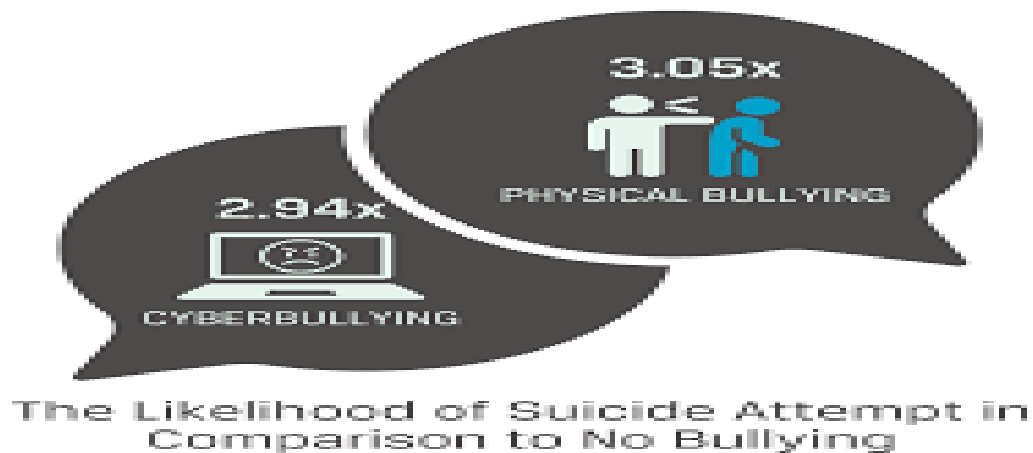
The issue of suicide among teenagers in the context of social media has emerged as a major concern in recent years. The ubiquitous nature of social media platforms has created a digital landscape that can be both pervasive and overwhelming, contributing to increased feelings of isolation and distress among young people. Pantic, "Research has identified a range of factors that can contribute to suicidal ideation and behavior among teenagers in the context of social media, including cyberbullying, social isolation, and exposure to graphic or triggering content (Pantic,2014). The anonymity and distance afforded by social media interactions can exacerbate feelings of alienation and disconnection, increasing the risk of self-harm and suicide. In light of

these concerns, there has been growing attention to the need for targeted interventions that address the unique challenges posed by social media in the context of suicide prevention. This includes efforts to promote awareness of the warning signs of suicide and to provide resources and support for young people who may be struggling with mental health issues. Additionally, there is a need to promote a culture of empathy and compassion online, that actively works to discourage cyberbullying and other forms of harmful behavior. Ultimately, addressing the issue of suicide among teenagers in the context of social media will require a multifaceted approach that prioritizes the mental well-being and safety of young people, and that seeks to cultivate a more supportive and nurturing online environment.

The deleterious effects of societal pressures to conform to unrealistic beauty standards have been widely documented, with numerous studies highlighting the negative impact on an individual's mental health. Pantic, "The pervasive influence of idealized beauty norms has been linked to the development of a range of issues, including low self-esteem, body dysmorphia, and eating disorders, among others" (Pantic, 2014). In light of these concerns, there has been a growing emphasis on the need to cultivate a more inclusive and accepting cultural ethos that celebrates diversity and individuality, rather than adhering to a narrow and often unattainable conception of beauty. This approach prioritizes the recognition and appreciation of the intrinsic worth and unique qualities of each individual, emphasizing the importance of promoting a

positive self-image and self-acceptance. the crucial role that young teens play in shaping attitudes and norms surrounding beauty, emphasizing the need to foster an environment that prioritizes inclusivity and diversity. By promoting a culture that embraces and celebrates the inherent beauty of all individuals, regardless of their adherence to conventional beauty standards, there is the potential to engender a more positive and affirming atmosphere that can contribute to the mental well-being and holistic development of young people. Ultimately, the promotion of a more inclusive and accepting cultural milieu represents a vital step toward creating a healthier and more equitable society for all.

Issues Kids Feel Result From Cyberbullying

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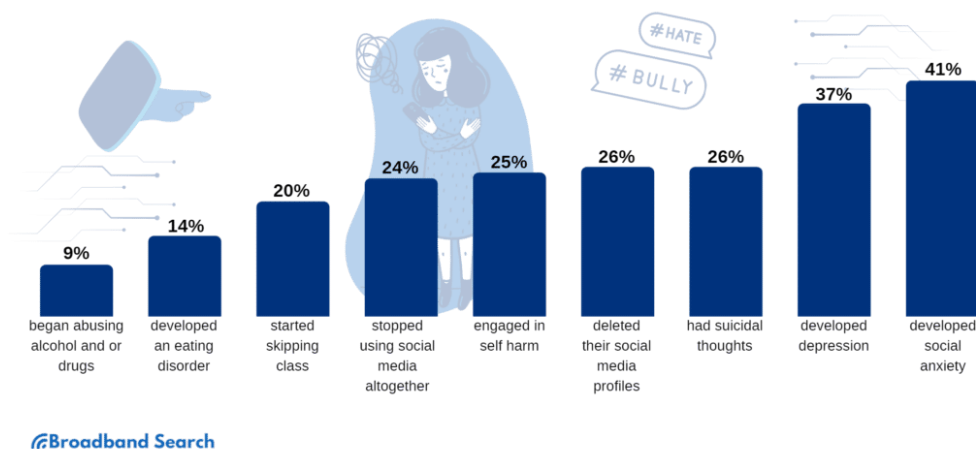
Educating children about self-awareness concerning natural beauty represents an important aspect of holistic development and well-being. By fostering an understanding of natural beauty, children can cultivate a positive and authentic relationship with their appearance, emphasizing the appreciation of their unique physical attributes. Through targeted educational initiatives, children can be encouraged to recognize and celebrate the diversity of natural beauty, promoting a sense of inclusivity and acceptance. Strauss, "instilling self-awareness about natural beauty can equip children with the tools to navigate societal beauty standards with confidence and resilience, fostering a positive self-image and self-acceptance" (Strauss, 2021). By integrating

these principles into educational curricula and promoting open discussions about natural beauty, educators can play a pivotal role in empowering children to embrace their individuality and develop a healthy and balanced perception of beauty. Ultimately, teaching children to be self-aware about natural beauty serves as a foundational element in nurturing their overall well-being and fostering a culture of positivity and inclusivity.

We must remember that true beauty comes from within and cannot be measured by external factors such as physical appearance or the number of likes and followers on social media. Natural beauty encompasses a person's inner qualities, such as kindness, intelligence, and sincerity, that shine through regardless of external appearance. Strauss, "reflects one's true self and can be seen in how a person carries themselves, their smile, and their actions towards others" (Strauss, 2021). In contrast, looks on social media often prioritize external features such as flawless skin, perfect hair, and toned bodies, which can be deceiving and unrealistic.

The pressure to conform to society's beauty standards is amplified on social media, where influencers and celebrities showcase their seemingly perfect lives and appearances to millions of followers. This can lead to feelings of inadequacy and low self-esteem among users who compare themselves to these ideals. It is essential to remember that what is portrayed on social media is often a carefully crafted image that may not accurately reflect reality. Natural beauty transcends physical appearances and is not limited to societal norms or trends. It is a reflection of one's authenticity and uniqueness, which cannot be overshadowed by filters or editing tools. This type of beauty is timeless and genuine, making it more valuable than the fleeting looks that

dominate social media platforms.

While looks on social media may garner attention and validation, true beauty lies in one's character, values, and actions. It is important to prioritize inner qualities over external appearances and to cultivate self-love and acceptance regardless of societal standards. Natural beauty radiates from within and is not dependent on likes, comments, or followers on social media.

Social media has the power to perpetuate unrealistic beauty standards and create a toxic environment for individuals who struggle with self-image and confidence. It is crucial to remember that beauty comes in all shapes, sizes, and forms, and that one's worth is not determined by the number of likes or followers they have. Embracing natural beauty and focusing on inner qualities can help combat the negative effects of social media on self-esteem, especially young teen girls.

In a society that places a high value on looks and physical appearance, shifting the focus toward appreciating and celebrating natural beauty is important. This includes recognizing the beauty in diversity, imperfections, and flaws, and embracing individuality rather than conforming to unrealistic standards set by social media. By prioritizing authenticity and self-love, we can redefine beauty standards and promote a more inclusive and positive environment online.

In conclusion, the distinction between natural beauty and looks on social media is essential in understanding the impact of beauty standards on individuals' self-esteem and perceptions. While social media may perpetuate unrealistic ideals of beauty, it is crucial to remember that true beauty comes from within and is not defined by external appearances. By valuing and appreciating natural beauty, we can promote self-acceptance, diversity, and inclusivity in a digital age where looks often overshadow authenticity and genuine beauty.

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