The Myth of the Perfect Selfie
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Everyday, millions of people all around the world upload products of creativity and skill: Perfect selfies. It's a perfectly angled shot. But behind the screen, endless hours of dedication are put into this picture, with no flaw in sight. In pursuit of a faultless shot, many have overlooked the underlying truth: The "Perfect Selfie" is not a reflection of reality, but a facade that hides imperfections, inimitability, and identity. What are the effects of this expectation, towards both the influencer and influenced? Does this "selfie-culture" impact how we truly see others, and more importantly; ourselves?

With the widespread use of "fixing" tools such as filters and Photoshop, a false narrative of beauty steadily rises; A standard of perfection that is humanly impossible to reach. Social media influencers are spending hours upon hours curating and uploading unrealistic images of themselves for the world to see; driven by the ecstasy of validation, seeking approval and compliments. They believe that posting and conforming to the idealized standard of beauty garners the most attention. Despite these visibly unnatural JPEGs, social media influencers still raise an incredible number of fans praising their body, face, and skin. Subsequently, teens' self-esteem are actively plummeting the more they try and fail to replicate this similar standard of perfect beauty. This continues the unending cycle of social validation that shapes netizens' online personas, and ties an unhealthy connection between self-worth and internet recognition.

While editing these photos can airbrush over and erase our imperfections, it distorts our reality and humanity. With the unending production of curated images, we may start to measure a person's worth with how they are presented online, which overlooks their complexities, flaws and self as a real person. Similar to that, individuals may start to feel that their authentic selves are flawed, feeling an immense amount of pressure and obsession to constantly change themselves for affirmation of others, tying ourselves to the perception of others rather than who we truly are.

Our society today is blinded by the truth behind social media and its negative influence on its own users. We need to learn to acknowledge and recognize the reality of social media posting and its effects to the ones both in front, and behind the screen.