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Imagine being a 16 year old young teenage girl, posting a picture on Instagram and getting 5 likes. You're in your thoughts now like "Why am I only getting 5 likes and this other girl is getting 1,000 likes?" "Am I not pretty enough?" "Am I doing something wrong?" You begin to overthink yourself and gain a rush of different emotions. Social media plays a major role in people's lives, affecting their insecurities giving them a rush of different emotions. Although social media might also be a reason as to why people have high confidence levels, at times social media can make people feel less than others.

Social media plays a major role in teenagers' lives, affecting their insecurities in many different ways, but at times social media can make teens feel less than other teens that they see on the media. In the Canadian Medical Association Journal they discuss how social media affects the youth and its detrimental effects on mental health, CMAJ writes, "Moreover, participants who were high in appearance comparison tendency reported an increased desire to change the appearance of their face, hair or skin after spending time on Facebook, in comparison with those who browsed the control website" (CMAJ) There are some teens who spend most of their time on social media who want to change things physically about themselves based on what they're seeing when they open up social media. CMAJ goes on to show that there are studies proving that teenagers are more than likely to compare themselves to others' appearance on social media

making them want to change their looks to accommodate the beauty standards that are normalized on the media. The CMAJ goes to justify my point even more by stating. “found that students who spent more time on the social media platform Facebook were more likely to endorse feeling envy or sensing that others in their social network were better off than they were.” (CMAJ). CMAJ proved based on their studies that students who spend time on social media begin to feel like others are doing better than they are based on what they see. Of course social media is used to post all your positive things and everything good that's going on in your life. So you're more than likely to believe that those people are doing better than you due to the fact they're only posting their accomplishments and not their downfalls. Teenagers tend to compare themselves and put in their head that others are better than them when in reality they are most likely all at the same level.

Social media might also be a reason as to why people have high confidence levels. Young teens have voted on whether using social media makes them feel more confident or more insecure, based on the graph where it says “effect on confidence”, social media actually makes some teens feel more confident when using social media. The teens who feel more confident while using social media are the ones who are most likely getting the 1,000+ likes on Instagram or Facebook, the ones who get all the love.

Social media is one of the main reasons/ways teenagers compare themselves to other teens. The Columbia University Irving Medical Center writes an article to question if social media is threatening teenagers mental health, Ann Marie Albano writes, “Any kid who is prone to concerns about their self-image and who they are, who is anxious about fitting in or what other people think about them, will inevitably compare themselves to the number of likes, friends, or followers other people have when they go online.” (CUIMC) It is most common for teens to

care about their self image and what others think of them so it's easier for them to fit in, making them compare themselves to others. Albano also writes, "That mindset puts them at risk of increasing depression and isolation, and these are all factors that can contribute to feelings of suicide, especially when bullying gets added to the mix." (CUIMC) Albano shows how teenagers comparing themselves to others can have a major effect on their mental health, leading to depression which at times could lead to suicide. "Teens often feel emotionally invested in their social media accounts. Not only do they feel pressure to respond quickly online, but they also feel pressure to have perfect photos and well-written posts, all of which can cause a great deal of anxiety. In fact, some studies have found that the larger a teen's social circle online the more anxiety they feel about keeping up with everything online"

Social media plays a major role in people's lives, affecting their insecurities, although social media might also be a reason as to why people have high confidence levels, at times social media can make people feel less than others. Social media is known for building up people's insecurities. Social media is something that portrays people's lives as perfect online, people fail to realize that everyone on social media are regular people just like themselves. Social media can also be used for only friends and family.

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