



ARE YOU YOUR SELFIE?



Yes... It's a thing → **SNAPCHAT DYSMORPHIA + EDITING REALITY**

We've all taken a selfie and preferred the version that has the filter laid over the top. The image with smoother skin, whiter teeth, bigger eyes and slimmer cheeks. Maybe you've gone so far as to tweak your body? Made your arms slimmer, added abs, or made your bum look that little bit bigger or smaller in an outfit? As much as this editing may feel harmless, it's actually leading to a world-wide "mental illness" that doctors are now calling 'Snapchat Dysmorphia'.

Before we had editing apps in the palm of our hand, the level of 'perfection' that they provide could only have been achieved by professional studios, who took pictures of models for magazines. But now that these advanced editing techniques are just a click away, more and more young people are meeting with plastic surgeons - not with images of their favourite celebrities, but with images of themselves that have been filtered and edited.



As these images become the norm, the idea of what is 'attractive' worldwide has changed. The domino effect is that low self-esteem is created and Body Dysmorphic Disorder (BDD) can be triggered. BDD is an excessive obsession with a 'flaw' that someone sees in their appearance and is often characterised by people going to great - and at times unhealthy - lengths to hide or 'fix' what they see as their 'imperfections'. This mental illness, which is on the obsessive-compulsive spectrum, is surprisingly common; affecting one in every fifty people - and this number is growing all the while we're influenced by the fake images that we see online.

So, how can we encourage each other to see behind the filters? One key way is to train ourselves to recognise edited images, that distort our idea of perfection and normality.

Zoom in on the pixels
The blurry edges on the first image and the weird halo on the second mean that the pixels in the images have been distorted by an app, to manipulate the body shape. These images are of Kris Jenner and Chloe Ferry.



Look for small bends and wobbly lines in images.
These subtle bends in backgrounds can be hard to spot, but as you can see here, on Kylie Jenner's legs, if you look close enough they're there! Even on the most 'beautiful' celebrities.

Look for the obvious mistakes and over the top editing.
Some images will have obvious editing mistakes and some will have very over the top editing and filtering. Khloe Kardashian often gets called out for this - as you can see from these pictures.



Keep an eye on the lighting.
Wherever there's a light source, there will be a shadow. Not having shadows in the right places is a sure sign the image has been edited.

Don't believe everything you see!

- Here are some of the best Instagram accounts for body positive posts:
- @megan_rose_lane
 - @chessiekingg
 - @alexlight_ldn
 - @bodyposipanda
 - @nerdabouttown
 - @julesvonhep
 - @nonairbrushedme
 - @sonnyturner_
 - @mamacaxx
 - @danaemercer
 - @tess.daly
 - @iskra
 - @mypaleskinblog