

Headline: Is society causing insecurity?

Name: Shannon and Alisha

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Image by Shannon and Alisha

Children spend a large amount of time on social media. According to the Office of National Statistics, on average 62% of girls questioned were feeling insecure about themselves in 2008 and this number is on the rise.

The society we live in has a big impact on how people feel about themselves. Not only girls, the percentage in boys is increasing also. Physical and emotional problems occur as people of all ages starve themselves to impress others.

Teens with insecurity appear perfect by having high standards by not showing any faults in themselves. Bullying has a massive impact on how people in

general feel about themselves and towards others. Low self-esteem causes people to have a lack of confidence and feel weak.

We carried out a survey of 20 year 9 students and a teacher at Whitecross and most of the results came back saying that they feel people judge them and that there is pressure to be good enough and to fit in. We also asked what makes YOU insecure and most of the results said they are self-conscious about their looks and features. The majority of people said they cope with it by talking to someone they trust and are comfortable with or simply ignore it. A lot of the survey answers also spoke about how social media has a big role in being self-conscious. People with a good self-image post online about themselves which can cause people to feel jealous and inadequate. A simple compliment can give a big boost of confidence. Lessons on self-love can go a long way.