

Know! Tip Special Edition: 27 Minutes - Self Esteem

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About 27 Minutes

27 Minutes is an educational campaign created by Bridgett Bajorek, Samantha Happel, and Audrey Williams, three students at Olentangy High School in Central Ohio. The campaign focuses on educating parents and guardians about the dangers and issues of social media.

I got my first phone for Christmas in 3rd grade and my first social media platform going into 6th grade. I grew up with constant exposure to filtered perfection and unattainable beauty standards that had an enormous impact on how I viewed myself. While I scrolled through different platforms at a young age, I couldn't help but compare myself to the curated perfection I saw all day, every day. Recognizing that only "pretty people" were the people who got famous and that I didn't look like them. Self-doubt grew in me as I wondered if I could ever look like the edited perfection that gleamed on my screen. The distorted lens of social media affected me greatly and eroded my confidence as a young girl. To this day, as social media is still a huge factor in my life, my confidence continues to get degraded, leaving me to feel inadequate and unworthy.

Self-esteem issues are not uncommon when using social media. "40% of teenagers said images on social media had caused them to worry about body image," (mentalhealth.org) When young kids are exposed to beauty standards it can cause many different issues:

- Eating disorders
- Low confidence
- Comparison to others
- Anxiety
- Depression

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The pervasive influence of social media is undoubtedly connected to developing self esteem issues seen in adolescents. Consistent exposure of filtered perfection invades and infects the minds of adolescents when using social media. When young children are exposed to these harms, they can develop the previously mentioned issues at a young age. It is essential for parents/guardians to understand the dangers they are exposing their children to.

Written by Bridgett Bajorek, current Senior at Olentangy High School, working with a group project focusing on the issues associated with social media and teens, and educating parents on Ohio House Bill 33

Resources

[Social Media Effects on Teens | Impact of Social Media on Self-Esteem \(childmind.org\)](#)

[Social Media and Self-Esteem | Impact of Social Media on Youth | Child Mind Institute](#)

[Social Media and Self-Esteem – Thrive \(psu.edu\)](#)

[How Can I Improve My Self-Esteem? \(for Teens\) - Nemours KidsHealth](#)

[Know! that Body Image Matters - Prevention Action Alliance](#)

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In the coming six weeks, Special Edition Know! Tips will be released on topics related to sextortion, depression, anxiety and self-esteem, personal safety, addiction to social media, and Ohio's Social Media Parental Notification Act. These tips will be written by teens, for caring adults everywhere.

For additional Know! Prevention Tips for Everyone, scan the QR code:



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