

1 Teens' self-edited photos show unreal beauty standards they face (New York Post)

By [Hannah Frishberg](#), February 6, 2019,

Social media is selfie-destructive.

A series of before-and-after portraits edited by teens* shows the unreal standards filters and Instagram culture have instilled in these young digital natives. British fashion photographer Rankin took photos of 15 teens and then allowed them* to take five minutes to edit the images so they were "social media ready."

The contrast between the original and the teen-edited photos is stark*, displaying the ease* and capacity thousands of free mobile apps give young users to tweak* their own faces to perceived perfection. The after images all sport uncannily smooth skin, larger and more gem-like* eyes and narrower noses.

The series, titled "[Selfie Harm](#)," is part of a larger [Visual Diet](#) project aiming to bring attention to the "hyper-retouched, sexually gratuitous" images that many are "force-fed every day."

"Every platform is full of hyper-retouched and highly addictive imagery, and it's messing people up," says Rankin, who feels that photography has been "hijacked" by those abusing its power through digital enhancements.

"Selfie Harm" shows the mental impact of Snapchat and other platforms' easy-to-use photo tools on young people's minds, and the stats support it too. In an April 2018 survey, only 31 percent of teenagers reported that they found social media to have a "mostly positive effect" while 45 percent were neutral. Another 24 percent said the platforms were "mostly negative" because of, in part, their ability to cause mental health issues and give unrealistic views of others' lives. (...)

2 Teenage Girls In This Photo Series Show The Scary Effects Of Editing Apps (Huffpost)

British photographer Rankin asked teens to edit their own portraits until they were "social media ready." The results are fascinating.

By [Julia Brucculieri](#), March 6, 2019

Photo editing has become an open secret in the land of social media. Apps like Instagram and Face Tune have made it so easy for us to change the way we look — through filters, retouching or a combination of both — that it's becoming harder to determine what's real and what's not. We'd also argue that these apps are enabling us to perpetuate a homogenized* expression of beauty as opposed to celebrating true individuality.

British photographer Rankin (born John Rankin Waddell) explored these apps and their potentially harmful affects in a recent photo series aptly titled, "[Selfie Harm](#)." For the project, which was done as part of [Visual Diet](#), a new online initiative that aims to change the way we consume images, Rankin photographed a group of teenagers and then asked them to edit their own portrait until it was "social media ready".

Rankin told HuffPost he had been noticing people on social media retouching their own photos for the past few years. What was once a tool reserved for celebrities and models in magazines is now available to pretty much anyone with a smartphone. (...)

"What I was particularly scared by on that was how much like a game it is to do it," he said. "You take a picture of yourself and, as you're changing it, you can look at a before and after very easily. It also makes you feel very inadequate about what you look like in this game-y way." (...)

As he witnessed the girls edit their photos, he realized that they all seemed to do the same things — enlarge their eyes and plump* their lips, for example — which he felt was a reflection on how people see beauty at the moment. Interestingly, he said, the individuals didn't really like the altered* versions of themselves, but they did feel like the edited images would warrant* more likes on social media. He clarified that he also photographed boys for the series, but he noted the changes were much more drastic with the girls.

Rankin's goal for the project wasn't to blame* apps like FaceTune or the people who created them. Instead, he wanted to raise awareness that these apps exist and people are using them to alter their faces to fit an ideal that has become extremely homogenous. We've explored this idea before, pointing out just how much Instagram influencers are starting to look like clones of each other. It's a phenomenon of the social media age we're living in. (...)

When asked whether he believes these apps negatively affect confidence and self-esteem*, he responded, "Oh, God, yeah. One hundred percent."