

Teenagers and Their Self Image

Teenagers today are faced with numerous problems that affect their self image and self confidence in many negative ways. A day in high school can change a person's perspective on themselves for the rest of their life. There is a certain amount of pressure that is put on students to fit a particular mold. It seems that the number one priority is to be a certain size, wear the best brand of clothes, and follow the crowd.

Instead of standing out, they all want to just fit in. Rather than trying to just be themselves, teenagers morph their personalities into something they are not. It is said that high school is suppose to be the best years of one's life, so then why are so many teenagers unhappy? There is a huge emphasis on students to juggle school, sports, family, community involvement, and extra curricular activities that most students have trouble coping and balancing them all. When they try to balance all of these things, they tend to get more and more stressed out. Because stress is such a big factor that all teenagers face, they turn to unhealthy habits. Young people are losing touch with their true sense of self when they choose to drink, do drugs, overeat, or hurt themselves.

These are the challenges that teenagers are faced with day after day.

The bottom line is that all teenagers have a hard time finding out who they really are. The media makes it even more difficult for young people to have a positive self image. When this is added to the mix, teenagers have an unrealistic view of themselves. It is now obvious why teenagers are so unhappy. They allow the small things to take place of the important things in life. A good start to improving a person's self confidence is to realize that the media isn't real. Young people need to stop looking for answers to their problems on the latest movie or reality TV show. To make the right decision can be difficult, but the end result is far better. I would like every teenager to know that they are not alone. Everyone struggles with tough choices, but they need to know that they have lots of support from others. All young people need to face these challenges together, and together all things are possible. Teenagers need to stop trying to measure up to the things that the mainstream wants them to be, but to be who they really are.

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