



## **“Social Media Vs Reality”**

I chose “Social Media Vs. Reality” because it highlights the harmful effects that digital lives can have on one's mental image or health. An artist that inspired my piece was Barbara Kruger, she uses text and imagery to individualize and create a sense of identity within her artwork. I wanted to highlight and discuss the contrast between online portrayed personas and real-life struggles. Art and artists are socially responsible. An art piece has the opportunity to challenge false assumptions and provoke real feelings. In a world where likes and comments mean everything to some people, I believe artists should use their platform to encourage self-acceptance and awareness of the realities that are hidden in social media. My digital collage is split image; One side of my digital collage is the filtered version that we see online, and the other side is the hidden ashamed version that reveals anxiety and insecurities. This relates to my own experiences of feeling pressure to be the “perfect” version of myself. In the last year, I have realized that I will never be perfect and I will also have an insecurity, so rather than dwell on thoughts, I choose to focus on the positive things about myself.