

How Social Media's Standards on Body Image Affect Mental Health

Our Problem

The problem is that not enough people know about how their standards and the standards of social media affect others' mental health.

Our Plan

We plan to interview people and do research on our topic, and we will make a documentary about our findings.

Details

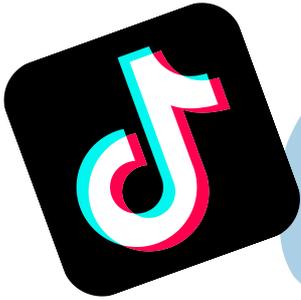
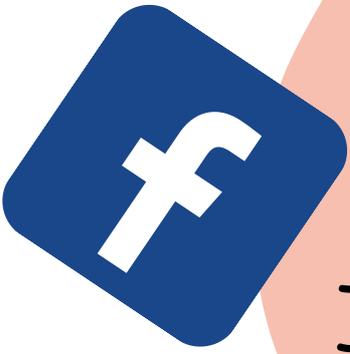
We have about ten questions that we'll interview people individually with, and we'll be using students from all classes.

Our Audience

We want to bring our topic to the school and our community. This includes our teachers and fellow students.

Our Goal

To bring awareness of our topic to SHC, and to share people's stories with the community.

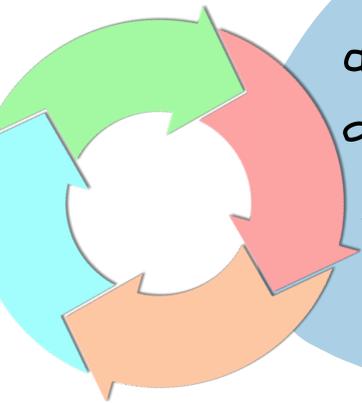


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Our Process

Our process was quite different than we had expected, as a lot of what we thought we would do initially didn't work out. However, we still executed our plan pretty well, as we interviewed around 5-10 people per class, wrote about 5 pages of research, created a script, and filmed/edited a short video documentary that encompasses our topic.



Our Research

We conducted research in a couple of different ways, which included interviewing teenagers about their view of our topic, as well as finding information and statistics online from websites that specialize in the medical and mental health field. Through this, we were able to obtain both quantitative and qualitative data for our research.



Our Roadblocks

Our greatest roadblocks have been getting all the interviews we needed as we really struggled to find enough people. Also, it took a long time to plan out everything that we were going to do for the project.



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What Went Well



- We worked efficiently and productively as a team
- We had a lot of help and support from teachers and peers
- We were able to successfully learn a lot about our topic.

Our Struggles

Some struggles we had were finding and doing interviews since we had to go around finding different people and figuring out what questions we wanted, as well as managing our time wisely since the due date snuck up on us pretty quickly.



What We Learned

Through our process, we learned a great deal about how difficult but rewarding it is to create a project of your own. We also gained some great insight into how social media affects different people, both positively and negatively.

What We Will do Differently

Next year, we definitely want to try to do our projects in a more time-efficient way since we noticed that some of the deadlines came sooner than we thought, and we had to rush on certain things.



Advice for Projects

One piece of advice we would like to give to incoming students is to really pick something you're passionate about because you're going to be spending several months on this, and picking something you love will only make your project even more fun and altogether better.