

# Selfie culture by Rebecca Lee

I heard someone say recently that selfie culture was the end of civilisation. Not only is this fear-mongering and untrue, What's so inherently wrong with taking a photo of yourself?

Self-esteem issues have always existed, people have always felt insecure, it's not a new concept. 'Selfie culture' hasn't generated an epidemic of body dysmorphia nor is it churning out teenagers whose brains is glued to their hands. Instead selfie culture is inspiring confidence in young girls, they snap a 'pic' when they're happy and then they have that photo to keep, they can look back on that happiness and remember what inspired it. They learn to validate themselves whilst having fun and what's so wrong with looking at a picture and liking what you see? I agree that social media sites like instagram can do more harm than good but taking selfies only helps to increase self esteem. And as for filters associated with selfies, studies show that filters are only used to make the pictures appear more alike to the subject and decreases camera distortion and not to forget there's a new trend in #nofilter.

Selfie culture is a concept created (unsurprisingly) by someone who doesn't understand teenagers and buzzword alert; Millennials. It's amazing.

Adolescence is a stage of life that everyone experiences and yet adolescence is the only age group that is distrusted and generalised whilst also experiencing huge responsibilities and scrutiny. Painting millenials as a group of narcissistic air-headed people is wholly unfair but sadly it's a trend among adults. The same adults who destroyed the economy during the Celtic tiger and who insist on voting in incompetent governments.

From 'millennials eat too many avocados', to 'millenials are lazy' we just can't catch a break. But in a world with a generations of questionable morals, if our biggest downfall is taking pictures then I think we're doing okay.