



1 in 3 girls are unhappy with their appearance by the time they're 14.

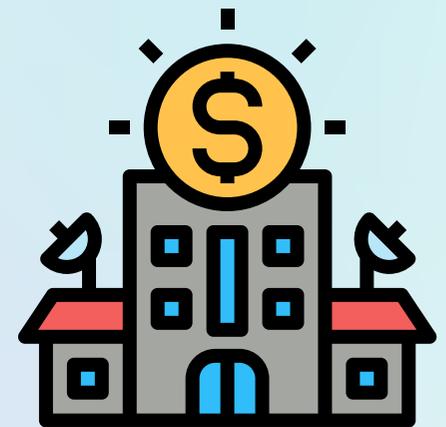


80% of girls have used a filter to change their face before they're 13. 52% do it every day.

Social media beauty filters destroy kids' self-esteem



Hospitalizations for eating disorders doubled last year. The average patient was 15.



Tech companies are getting rich from beauty filters that hurt kids.



ParentsTogether

**1 in 3 girls are
unhappy with
their appearance
by the time
they're 14.**

**Heavy social media use is associated
with increased self-hatred, low self-
esteem, and poor body image --
even more so for kids under 11.**



ParentsTogether

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Teens are flocking to plastic surgeons' offices, asking for procedures to make them look like their edited selfies. It's so common, surgeons have a name for it -- "Snapchat dysmorphia."



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The more time kids spend on social media, the more likely they are to develop severe disordered eating symptoms.



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Social media platforms must stop harming kids' mental health by:

- **Clearly labeling manipulated photos, including those by 3rd party apps**
- **Disabling beauty filters on kids' accounts**
- **Stopping promotion of harmful body image content to kids**



Here's what parents can do:



- Talk to your kids about filters, photoshop, and other ways social media isn't real life
- Show your kids people who look like them, in the media and in real life
- Sign the open letter to tech companies asking for design changes to keep kids safer online:

<https://bit.ly/3k5Dm8Y>

