

It is well-known that most photographs of models and celebrities are an unrealistic portrayal of beauty. This is because many of the images have been edited using digital manipulation. Using computer software like Photoshop is so common that the word photoshop has even entered dictionaries as a verb. ¹ The pressure to conform to what the media shows to be beautiful influences people's psychology negatively.

You may think that the manipulation of photographs all began with the development of computer software, but photo manipulation is almost as old as photography itself. ² What you are actually seeing is a photo of the politician John Calhoun with the president's head stuck on it. These early photos were usually changed using ink, paint and airbrushes, but when photo editing software was invented, photo manipulation really took off. ³ Recent developments have even made it possible to digitally edit moving pictures, making actors in a scene thinner, taller, fatter or smaller.

⁴ Obviously, making people look slimmer by 10 kilos, or making their eyes bigger to improve their looks is bending the truth too much. But how about changing the background to suit the colour of a dress, or changing the colour of a model's eyes or hair? Is this acceptable? What about making a model's skin slightly smoother? The point is that everyone has their own opinion about when photo manipulation gets out of hand.

It is important to understand the effect photo manipulation has on people, especially young people. ⁵ It's harmless enough when girls have their hair cut like a famous actress, but having plastic surgery to change the shape of their nose or to make their lips bigger is more serious. The results are permanent and health risks are high. In some countries a shocking 50% of girls from 16 to 21 have considered having plastic surgery to become better-looking. However, these girls don't realise that they want to look like someone that isn't actually real.

Some celebrities have started to rebel against photoshopping and have posted pictures of themselves on the Internet, so that people can see how much digital manipulation of photography is happening in the media. In the UK, the British Girl Guide Association has asked for all photoshopped images to be clearly labelled. ⁶ Perhaps, this way they will realise how fake the media's idea of beauty and perfection is, and appreciate more genuine qualities in themselves.

