

Popping pop culture's toxic bubble



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When you take a moment to reflect on it, you will realize not a single thing you do is original. It does seem harsh, but it is the truth. Every aspect of your appearance, your music taste and even your speech is influenced by pop culture.

The true definition of pop culture is modern popular culture transmitted via the mass media and aimed

particularly at younger people, according to the Oxford dictionary. This definition really shows us how toxic pop culture could become. Targeting anything at a young impressionable age group can be detrimental in so many ways.

It is easy to forget how what we do and say can influence so many lives of future generations. I remember when my little sister started talking, she was like a parrot. Anything you would say she would repeat it. My mom always used to tell me about how I need to be careful what I say around my little sister. But I always laughed it off and did it anyway. And sure, enough it came.

That's exactly how

pop culture affects us.

Children are exposed to sex, drugs, and violence through pop culture without us even noticing. Exposing children to this makes it seem like this type of behavior is acceptable... which it is not.

There are many types of music that children and teens listen to around the world that reflect horrible behavior. Even the children's shows that we think are innocent can have adult humor that really is not proper for kids.

Not only is television and music harmful, but social media plays a huge role in the negative effects of pop culture.

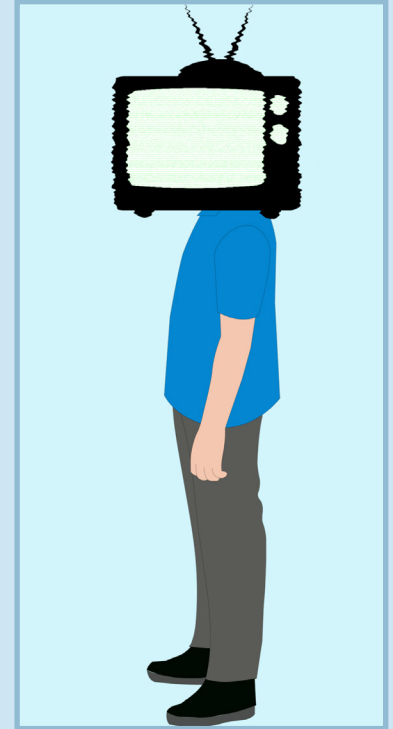
It is sad how much social media affects our mindsets, and how one comment or post can ruin our entire day and how the status of someone's Instagram page can figure out how much respect they do or do not deserve.

Also, most of what we see on social media is not even real, some of the people we compare ourselves to live fake lives. And when we see this as young impressionable teenagers and children it hurts us. It gives us fake standards that we will try but never be able to reach, not because we are not good enough but because they are impossible to reach. And no matter how many people post contradicting posts saying we are all perfect the way we are, it does not make us feel any

better.

This does not just happen on social media, "reality" tv shows and movies do the same thing. When people act the way they do on these shows so often, it makes us believe that we can act like that. When that is not true, no one in the real-world acts like that, but when we watch it so often it does become our reality.

The thing behind all of this is it is all fake, its fake confidence, fake money, everything we aspire to is fake. None of it is something we should be comparing ourselves to, instead we should start surrounding ourselves with people that bring us up. Not just our friends but even instead of following people that make us feel bad about ourselves, start listening to other influencers who preach positivity. The thing behind all of this is it is all fake, its fake confidence, fake money, everything we aspire to is fake. None of it is something we should be comparing ourselves to, instead we should start surrounding ourselves with people that bring us up. Not just our friends but even instead



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Not only must the influencers do better, but we as a community must also do better. Be careful what you post, be vigilant of whom may see it, and think about who it could influence.

Ultimately Pop Culture is what you make of it, if you follow and preach to the wrong people, you will get an inferior result. But take the initiative to make something good out of it and you can see how good pop culture can become.



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