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Have you ever had a really pretty friend and wished you were them? Or have you ever seen a model on social media and wished you looked like them? My physical and virtual environment has shaped my identity in multiple ways. For example my life on social media, my family, and friends are some of the many reasons I am who I am today.

Social media has shaped who I am today in many ways. There are many beautiful people on social media. Sometimes I see some of them on social media and it affects who I am as a person. Sometimes I even wish I was them. Another way social media has shaped who I am as a person today is because there are lots of silly trends that people do to make themselves look “cool” or to be “popular”. This has shaped me as a person because I have participated in some of the silly trends people have done on tiktok. But now I look back and think about how silly it was for me to follow those people and copy their trends. Now I don’t do any trends because they are useless to my own well being and just watch other people do them. This way my virtual environment has affected who I am as a person. In conclusion, this is how social media or my virtual environment has affected who I am as a person today.

My family has had a huge impact on who I am as a person. My family has really helped me be the person I am today. For example, my family always makes me feel good about myself when I do something that I am iffy about. Like when I decide to dye my hair, I dye my hair all the time and I usually can’t tell if I like it or not. My family always reassures me and lets me know that it does look good. Another example of how my family has affected my physical environment is that my family has always made me feel good about myself even if I do something wrong because my family knows that making mistakes is a part of growing up. Having this kind of support is good because it makes me feel good about making my own decisions. In conclusion, this is how my family has had a huge impact on my physical environment.

My friends are a very important part of how I have shaped my identity. For example, my friends are always there for me thick and thin. When I am going through something and I can’t/don’t want to talk to my family about it I know there is always at least one of my friends that I can talk to about

anything. They always help me through stuff and I always help them. Also, another example of how my friends have shaped my identity is because my friends always help me when I am down. Even if I don't want to talk to them about something that happened they still try to help me and make me feel better. This is because that is what friends are for. Your friends are supposed to be there even when you are at your lowest. In conclusion, this is how my friends have helped shape my identity and is a very important part of my physical environment.

My physical and virtual environment has helped shape who I am as a person. Social media has had a negative impact on me by having so many beautiful people on all platforms of social media and it sometimes affects me as a person. My family is also another huge influence on who I am as a person. My family has really helped me with my confidence and in decision making even if I am wrong. Finally, my friends are another very important part of my physical environment because my friends are always there and help me throughout anything. In conclusion, this is how my physical and virtual environment has helped shape who I am as a person today.