

Is social media shaping who you are or just showing it?

BY PATRICK SSENTONGO

From TikTok trends to perfectly curated Instagram feeds, social media has become a powerful force in how young people express themselves and connect with the world. But beneath the likes, filters and viral moments lies a deeper question—are you simply showcasing who you already are, or are you being subtly shaped by what you consume online? *Teens Buzz* spoke to students of Uganda Martyrs High School Rubaga to hear their take.



Mark Joseph Muwonge, S.5

As an active social media user, honestly, it shapes us more than we admit. You find yourself dressing, talking and even thinking like what you see online. It's not always fake, but it's not always you either.



Michelle Nabacwa, S.2

There is the emotional impact of online validation. Social media affects how we feel about ourselves. When your post does not get attention, you start questioning yourself. That can change your confidence.



Melissa Nalubega, S.2

Influence depends on how individuals engage with platforms. It depends on the person. Some people copy everything they see, while others just use it for fun.



Noreen Kibirige, S.2

I think it only shapes you if you allow it. If you know who you are, then social media just becomes a place to express yourself, not change yourself.



Maria Namutebi, S.2

Social media trends quickly affect behaviour among peers. We follow what is trending without thinking twice. You see someone doing something and suddenly everyone is doing it, that definitely shapes who you become.



Derrick Niwamanya, S.6

With more experience online, it comes with constant visibility. There is definitely an influence. You post something and start thinking about likes and comments.



Jordan Ankunda, S.6

It is two ways. It is both shaping and showing. You go online as yourself, but along the way, you pick habits, trends and ideas that slowly change you.



Jeremiah Mwesigwa, S.5

Social media is more of a mirror than a mould. It mostly shows who you already are. If you are confident, it comes out. If you are not, you tend to hide. Social media just amplifies what is existing.