

## Paragraph Writing

Sub-heading: Negative effect of social media on youth (mental illness)

Topic Sentence: There are several negative effects of social media usage on youth, chief among which is having mental illness

Explanatory Sentence: The impact of social media on youth is significantly detrimental to mental health because social media and teen depression are closely linked.

Supporting Point: The constant overstimulation of social networking shifts nervous system into fight-or-flight mode. As a result, this makes disorders such as ADHD, teen depression, oppositional defiant disorder and teen anxiety worse.

Example/Evidence: The National Institute of Mental Health reports that the lifetime prevalence of any mental disorder among adolescents was 49.5%, and 22.2% of adolescents will suffer from severe mental impairment in their lifetimes.

Concluding Sentence: Mental health issue have gone up steadily following the trendlines from smartphone and social network releases. As more people use them, there are more people with greater health concerns.

\* please give review on handwriting