

# 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 <sup>by</sup> social networking <sup>Sites</sup> 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 issues 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)

Write on broadlined pages for better presentation.

please give review on handwriting

Rephrase, keeping in view topic sentence.