

ACADEMIC PARAGRAPH STRUCTURE(Sub-heading: Negative effect of social media on youth.)

Topic Sentence	The usage of social media can lead to numerous negative effects on youth, chief among which is addiction.
Explanatory or Reasoning sentence	This is because the addictive nature of social media with constant notifications and the fear of missing out can lead to ^{frequent} addiction and problematic use.
Supporting Point (1)	Individuals who fall into this trap often feel an irresistible urge to check their social media accounts and spend an excessive amount of time online, even when they had not planned to do so.
Example (1)	As a result, it leads to neglect of real life responsibilities among youth such as work, school, household chores as well as a drop in academic performance.
SP 2 (optional)	Moreover, youth addicted to social media may experience feelings of anxiety or irritability when they intentionally try to reduce their usage.
Ex 2 (to be written if SP2 is given)	This is because it triggers the fear of missing out (FOMO) and also leads to reduced dopamine release, therefore generating a feeling of unease.
Concluding Sentence	This shows how social media addiction adversely impacts youth by disturbing a healthy daily routine and their mental health.