

## Negative effect of Social media on youth.

**Topic Sentence.** There are several negative effects of Social media on youth and mental health issue is one of them.

**Explanatory Sentence.** Excessive use of Social media influences and controls the youth's mind. Youngsters spend most of the time using different Social media apps and consuming irrelevant content and information, which affect their mental ability.

**Supporting Point.** As a result, youngsters go sleepless all the night, they struggle to focus on task and daily activities. Their reasoning ability is also affected and thus, they develop anxiety and depression.

**Example Evidence.** Social media causes decreased, disrupted and delayed sleep, which is associated with depression, memory loss and poor academic performance. (US Medical Report 2019)

**Concluding Sentence.** It shows that how Social media is affecting youngsters' mental health.