

## Homework-2

### Subheading: Negative effect of Social media on youth

Topic Sentence Social media contributes negative effect on youth.

Explanatory or Reasoning Sentence Spending a lot of time and scrolling on social media, take little sleep can cause depression in youth.

Supporting Point Social media platforms often portray an idealized version of others's lives, showcasing exciting activities and events. This can create a fear of missing out (FOMO) among young people leading them to stay up

plate to continuously check social media updates, posts and messages. The fear of being left out can interfere with their ability to relax and wind down for sleep.

**Evidence** In May 2023, U.S. Surgeon General Dr. Vivek Murthy released an advisory to call attention to the effects of social media on youth mental health. He notes that at crucial periods of adolescent brain development, social media is predictive of decreases in life satisfaction, as well as additional concerns around body image, sleep issues and much more.

concluding  
sentence

Hence, excessive use of social media lead to depression in youth.