

ACADEMIC PARAGRAPH STRUCTURE
(Sub-heading: Negative effects of Social Media on Youth)

Topic Sentence	Research shows that social media has effect youth badly.
Explanatory or Reasoning sentence	The negative impact of social media platforms is destroying the mental health of individuals.
Supporting Point (1)	Depression is strongly associated with social media users. The symptoms of fear, anxiety, nervousness, and low self-esteem are dominant in individuals who compare them to people on social media.
Example (1)	A study conducted in 2018 shows that youngsters who used social media seven hours per day were diagnosed with depression by psychologists and mental health professionals compared to individuals using screens for only one hour.
SP 2 (optional)	Excessive use of social media suppresses the capability to think critically and promotes aggressive behavior.
Ex 2 (to be written if SP2 is given)	Doctor Lorry Rosen has researched the mental health effects of social media on youth. He found that young adults with a social media presence tend toward aggression and low analyzing skills. Excessive use of social media is linked to poor academic records of those individuals.
Concluding Sentence	The harmful effects of social networking sites overweigh the positive effects.

(No. of words 158)