

Mehera Khan

Sub-heading: Negative effects of social media on youth.

Topic Sentence.	Unfiltered access to social media has led to rampant mental health issues specifically amongst adolescents and young adults.
Explanatory or Reasoning Sentence	Users post their lives through a filtered lens, only showing themselves in greener pastures and rarely showing their vulnerabilities in their day to day lives.
Supporting point (1)	As of April 2023, there were 5.18 billion internet users worldwide. Of this 4.8 billion were social media users. The rose tinted glasses with which <del>to</del> the youth view the world is amplified with the way social media portrays the lives of others.
Example (1)	A 2022 Harvard University study found a direct correlation between anxiety, depression, body dysmorphia and suicidal tendencies to social media usage.
Concluding Sentence.	Unrestricted access to social media has morphed the way we view ourselves and other people, resulting in unfair and unrealistic comparisons of ourselves and those who we idealize.