

Sub-heading: Negative Effects of Social Media
on Youth

Topic Sentence	Social media has various negative effects on youth.
Explanatory Sentence	This is because it has become major influencer for youth in the form of blogs, reels, YouTube videos, etc. and youngsters are preoccupied with its usage.
Supporting point (1)	Social media leads to leads to physiological and psychological effects such as disturbance in sleep cycle, depression, anxiety and disruption in thought patterns.
Evidence (1)	A research reported in the journal JAMA Psychiatry suggests that adolescents who spend more than 3 hours a day on social media have higher risks of mental problems, particularly internalizing problems.
Supporting Point (2)	Not only this, social media also has social and moral implications on youth, cyber-bullying being one of them.
Evidence (2)	A report by Pew Research centre provides an estimation that about 26% boys and 36% girls have reported being the victims of online bullying.
Concluding sentence	This implies that young people have high risk of being negatively impacted by social media.

(words = 142)