

## ACADEMIC PARAGRAPH STRUCTURE

(Sub-heading: Negative effect of Social Media On Youth)

Topic Sentence	The rise of social media has, undoubtedly, <sup>transformed</sup> affected the lives of youth & it has not been without negative consequences.
Explanatory or Reasoning sentence	One <u>prominent</u> side of using social media is the detrimental effect on the mental & physical health of the youth. <i>adverse effect</i>
Supporting Point (1)	constant exposure to often unrealistic portrayals of others' lives lead to feelings of inadequacy, low self-esteem & depression
Example (1)	Due to this, the pressure to conform to societal standards and gain validation through social media creates an unhealthy obsession with appearance and popularity
SP 2 (optional)	Excessive screen time is addictive in nature causing more problems.
Ex 2 (to be written if SP2 is given)	It leads to sleep deprivation, reduced physical activity, obesity & impaired social skills.
Concluding Sentence	Overall, social media maybe beneficial but its in-correct use among the youth has impacted their <sup>mental</sup> and <sup>physical</sup> health.