

Subheading: Negative effect of Social media on youth

Topic sentence: Although, social media provides opportunities but it also showing negative effect on youth.

Reason or explanation: The reason is unlimited use of social media. Its use can also negative effect, distracting them, disrupting their sleep and unrealistic views of other peoples lives.

Supporting point: Many psychiatrists believe the social media is single factor causing depression, anxiety and poor mental growth. Increase use of social media can lead to poor sleeping patterns.

Evidence: In 2019 study of more than 6,500 12 to 15-year-olds in the US found that those who spent more than three hours

a day using social media might be heightened risk of mental health problem.

Concluding sentence: Hence this shows unlimited use of social media exerts negative effect on youth.

Total words: 116