

# 09/18: Yu, Adrian - Explanatory Essay Outline

Sunday, September 18, 2022 12:41 PM

Question: How has social media use affected the physical and mental health of teenagers?

## 1. (Introduction) All about Social media:

- What is social media?
  - Describes what people use to share status updates or posts on websites and applications
- Types of media/applications
  - Instagram
  - Snapchat
  - Facebook
- Positives of social media
  - Need to research some more information.
- Negatives of social media
  - Need to research some more information.
- End with thesis statement (With more social media applications being downloaded and used, the physical and mental health of teenagers will be on the rise.)

## 2. Mental Health

- What is mental health?
- Different types of mental health issues
- Important subtopic to talk about: Suicide (go in depth on this subtopic) and mention the National Suicide Hotline

## 3. Physical Health

- Social media use and physical health
  - Social media can cause eyestrain
  - Poor posture (neck or back pain)
- Important things to reduce physical health with social media use
  - Going outside and focusing on outdoor activities (baseball, running, jogging, basketball, etc)
  - Surround yourself with friends and positive people

## 4. Ways to reduce social media use

- a. Limit screen viewing time
- b. Adjust phone screen settings (brightness) as well as use a blue light filter (to help with sleeping at night)
- c. Take breaks in between (20/20/20 rule): Every **20 minutes**, take a **20-second break**, looking at something **20 feet away**.

## 5. (Conclusion) Answer the topic question: How does social media affect the physical and mental health of teenagers?

- Restate thesis statement.

## Articles to Use:

1. <https://www.sir.advancedleadership.harvard.edu/articles/teens-social-media-and-mental-health-its-not-as-clear-cut-as-you-think>
2. <https://healthcare.utah.edu/healthfeed/postings/2022/09/social-media-teen-mental-health.php>
3. Social Media definition: <https://www.nfi.edu/what-is-social-media/>
4. Social Media Negative Impact and Ways to Reduce Usage:

- <https://betterme.world/articles/social-media-and-physical-health/>
5. <https://onlinedegrees.unr.edu/online-master-of-public-health/impact-of-social-media-on-youth-mental-health/>
  6. Columbia University: <https://www.cuimc.columbia.edu/news/social-media-threatening-teens-mental-health-and-well-being>
  7. <https://www.hsph.harvard.edu/news/features/social-media-positive-mental-health/>