

## Topic: "The Impact of Social Media on Teenagers' Mental Health"

Instructions: In your essay, discuss both the positive and negative effects of social media on the mental health of teenagers. Consider how social media platforms influence self-esteem, anxiety, and social interactions. Provide examples from real life or research to support your arguments. Conclude by offering suggestions on how teenagers can use social media in a healthier way.

1. 字數：至少 500 字。
2. 比賽時間：13:10~14:50，共 100 分鐘。
3. 不得使用任何形式的字典與電子載具，其餘依本校考試規定辦理。

## The Impact of Social Media on Teenagers' Mental Health

In the modern world, social media is sure to be one of the things that deeply impact teenagers. However, to define whether it causes positive or negative impact isn't as easy as it seems.

Most people may say that social media destroys teenagers' self-esteem, but I would say it could also do the opposite. As the Chinese saying goes, 'Water can carry a boat, but can also flip it', I think it depends on each person's own ways and thoughts. Social media can be seen as a platform to express oneself and build self-esteem, or as a black hole that takes one's self-esteem away. In my opinion, not following celebrities or other glamorous accounts, but focusing on ourselves and those around us is an effective way to solve this problem.

As for anxiety caused by social media, I would also suggest what I mentioned in the previous paragraph. By not fixing our eyes upon those who make us feel anxious and depressed, we would have more time to do what truly makes us happy. I, myself, can serve as an example. I used to follow all kinds of accounts and spend prolonged time on social media. I then discovered that it was causing me anxiety, so I cut down the number of follows and set a time limit for daily usage, and I now use social media anxiety-free!

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Regarding social interactions, I think the impact social media has on it is mostly positive. We can stay in touch with friends we don't see that often, or can find something in common with those we haven't known for long. On the other hand, though, some teenagers may focus on online relationships rather than real-life ones. For example, when eating out with friends, some people might spend more time posting pictures online than enjoying the food itself and connecting between each other, which could break close relationships. Social media should be a tool for maintaining connections, not destroying them. It's crucial for teenagers to make clear what is essential to them.

Social media has impacts on teenagers from many aspects, and they can do both harm and good. By decreasing the number of follows and keeping ourselves in real-life relationships, we teenagers can use social media in a healthier way. Having will power and focusing on what's important is how social media can become our tool, not a weapon.