

## 113 學年度高中部英文作文比賽

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

With the surge of technological developments in recent years, the users on social media has grown rapidly. However, this phenomena has sparked various concerns in different aspects, one of which highlights how social media impact teenagers' mental health. While social media may bring both positive and negative effects, it is crucial to ensure teenagers' mental health under the exposure of such influences, as they may not be fully aware of the impact social media may bring them.

It is no doubt that social media brings various positive effects to teenagers. It helps with accelerating the speed of socialization, thus providing them a virtual world in which they can freely bound with the world. In terms of mental health, under normal circumstances, it may hugely boost one's confidence. By posting photos of oneself, one can get many likes easily. For those who are insecure communicating with people face to face, social media acts as an alternative platform for them to explore, overcome their fears in social interaction, or even transforming them into a lively person.

On the other hand, social media may bring us more problems than we think. Personally, I think that the most essential and deadly negative effect it brings is addiction. What's worse, this kind of addiction it brings happens slowly, making one hard to observe. While it may boost one's confidence through posting photos, social media can act as a double sword and cause one to completely lose his or her confidence. People tend to post "perfect" photos of themselves because it is humans' tendency to show others our

(more space in the back)



best self. However, those "perfect" photos are often photoshopped and is unlikely the same to what it used to look like. As a result, people start to look for perfection in their posts and gradually lose their genuine and daily features due to the fact that they are only looking after attention. This phenomena is especially severe in teenagers because in this stage of life, it is crucial to win the approval of peers. While getting the attention they don't need, anxiety may gradually take the main portion of a teenager's life. Desperate for attention, those teens no longer put life in reality in the first place, which may lead to the corruption in family harmony, the genuine interactions with friends, and so on.

In my personal experience, Instagram is the social media I mainly use. As a person with a rather shy and soft personality, I actually quite enjoy my time I spend on Instagram, where I can chat with people for hours because there isn't a need to talk face to face. When I post about myself, I wouldn't care so much about the likes and comments because family and friends take up the main portion of my followers, and there is no need for me to gain their approval or seek their attention. However, my situation doesn't suit every teenager. For example, some of my old friends who I follow on Instagram but no longer meet, they start to lose their innocent and true features in the photos they post, their faces covered by filters so thick that I almost cannot identify who they are. Although they are always smiling in their photos, it is clear that they aren't genuinely happy because they aren't being their true selfs. How can one be genuinely happy when they have to fake themselves all of the time?

Seeing my old friends from the past seeking for online approval made me realized how social media is causing a serious and dangerous threat to teenagers' mental health, and specific restrictions in life must be implemented. First, social media platforms should forbid certain contents presented before a teenager's eye, as they may cause serious bad influences to the teens, which may



further lead them to mimic those inappropriate behavior. Second, teenagers should have the sense that looking after fame is not what a student should be looking for. Social media is presented for people to share their daily lives more conveniently through virtual networks, yet more and more people tend to use it for publicity. However, to stop teenagers from having this kind of mindset isn't easy. Authorities should actively spread information about the correct use of social media, and call for the public and teachers to unite on this matter. I believe that with the help of correct values of using social media being spread, more and more teenagers would understand how it is dramatically changing their life in an unhealthy way, thus stopping this kind of unhealthy 'relationship' they have with social media. With all that being said, I truly hope that sufficient change would happen, and that social media stop impacting teenagers in such unhealthy ways.