

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。

As the technology continuously evolves day by day, the functions of electronic devices, such as laptops, tables, smartwatches, — and of course — smartphones constantly pop out. From various technology giants boasting diverse features, dazzling the users with all kinds of fancy titles, Photoshop boasts the very most professional techniques to change a gobling into a gorgeous and muscular prince white. Canva begs about its multi-functional system for its fully esteemed users, allowing them to create the 'powerpoint' of great uniqueness. Nevertheless, among all the apps available online, there stands an existence drawing all the users' eyes and can never be neglected — social media.

Serving as the most profitable kind of application, profound is its impact on the general public, especially teenagers. This kind of invention comes with both pros and cons. For the advantages, it can be one of the best means to introduce yourself to the cosmos. Social media is a kind of app where you can document and exhibit your daily life by posting some photographs, waiting for a while until the platform widely spread your memories, checking who click the like button, selecting one of them and starting to chat with each others.... Then you successfully made a precious friendship! In other words, if you are an introvert shy to make friends in real life, Social media can help you accomplish the goal easily. How wonderful! Upon the first friend being made, the second, the third definitely becomes much easier, not to mention making friend in reality. Those who feel uncomfortable in their skins will gradually getting outgoing, passionate, and no longer fear of having conversations with

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others. Secondly, social media can help reduce stress. It was a story of my own experience. When I was in the ninth grade, I was suffered from overwhelming pressure deriving from high school entrance exam. In an occasion, I was exposed to the social media called "Facebook". Expressing my own thoughts on it became the most frequent thing I would do then. I expressed my ecstasy when I performed brilliantly at school, and the reverse is true. People on the net were so considerate that they gave me courage when I was down, praised me whenever I did a great job. Never had I experienced this before, they made my entire days following in junior high school. Thanks for those comments, I am still standing and facing straight to every obstacle in my life.

Social media is not so flawless, however, it also brings negative influences to our mentality. First of all, social media is a platform where "whoever" can say whatever about others, causing numerous unforgivable tragedy to happen. One of the gravest examples is the tragedy about a girl who consequently murdered by hostile comments below her post. Satisfied with her own appearance, she took a picture of her own and post it on her Instagram. Unfortunately, thousands of users didn't agree with her sense of beauty, leaving comments like, "You are so ugly, why did you dare to post your photo this boldly?" and so on. Feeling inconsolable, she ended up her lives by committing suicide. How horrifying is the impact of social media!

To prevent the tragedy once again happens, we must stand in others' boots and follow the regulations of those social media. For teenagers addicted to social media, it's crucial for them to let go of their phones or tablets, spend more time on reality with their parents and friends. Only by doing so, we can enjoy our time on the social media in a healthier way.