

## 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。

In this era, everyone uses electronic devices to work, study, or even use it to relax and communicate with friends and family. But, some people might pay too much attention on their electronic devices that they neglect the people around them. This situation is extremely obvious these days, especially between teenagers. They use social media all the time, such as Instagram, Facebook, TikTok... etc. So, how does "social media" actually do to teenagers, and what consequences would it bring?

As I said, if people pay too much attention on social media, there is a huge chance that they might neglect the people around them. For example, if your friend always stares at their phone while you are trying to talk to them, how would you feel, and what would you think of them? I am quite sure that your answer isn't a positive one. Just imagine this, everyone in this world stops talking to each other in person, and only interact online... To me, that would be a disaster. The happiness and satisfaction that you gain from real life interactions are irreplaceable. No matter how technology evolves, the connection with people in real life is still a crucial part of our life.

Another thing that social media does to teenagers, is that they might make the children's grade go lower and lower. Social media is a very attractive thing to teenagers, it could provide them the love, care and attention that they might not be able to seek in real life. But as they back in all the attention, at  
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the same time, they would grow more and more addicted to it. Eventually, they would use social media all the time instead of paying attention on their studies. As a result, their grades would grow lower and lower, and this problem could lead to other severe problems, such as losing their connections with teachers and classmates, or worse, it might lead to family problems.

There are all sorts of people on the Internet, and most would only show their best sides, so that they could get all the praise and attention. Now, this would lead to yet another problem: how could teenagers gain the confidence they need if all they see is a bunch of brilliant people and geniuses? Like I said, using too much social media could lead to worse grades. This situation itself would already bring sadness and frustration to teenagers, but what if at the same time, they see all those geniuses flexing their grades on social media? This could possibly lead to low self-esteem, anxiety, depression, and all kinds of unhealthy mental state.

But are there only negative effects that social media does to teenagers? The answer is no. Social media is indeed a way to let people communicate, it could let conversations start whenever and wherever you want. For students who are busy preparing for tests and exams, it is a good way to stay connected to your friends and loved ones. Also, using social media is a good way to help us relax. When you are tired, or whenever you feel down and depressed, you could seek comfort on social medias. Sometimes, it would be easier to express yourself through typing, instead of talking.

True, there are both positive and negative effect that social medias do to teenagers. but how are we able to prevent the negative effects? how can we use social medias in safe, healthy ways?

The most simple way, is to limit the amount of time you use on social medias. This could prevent you from getting addicted to it, and could also make sure that you spend enough time on your studies and real life interactions. Also, when we are using social medias, we should always remember that seeing isn't believing. It is simple to fall lies online, so make sure that you don't believe everything you see, and try not to over compare yourself with others. I know some people might seem smart and brilliant on the Internet, but you could never be sure what they are like in real life. If you think that you're not good enough compared to others, the best way to ease your frustration and anxiety is to study hard and improve yourself, instead of whining over your failure and blame others.

For most people, social media is a very convenient tool, and it often comes in handy. But while you enjoy the happiness and satisfaction it brings to you, be aware not to get addicted to it. Social media is a kind of tool, and it is supposed to make our lives better instead of making it harder. Try to make the best out of it, and do your best to prevent most of the negative effects that it might bring you.