

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 our everyday life, buying things talking to people, is now able to be done on phone. Since people start using phones, more and more social medias are being used by us. More and more social media are being invented, such as Facebook, Instagram, Twitter and a lot more. This causes a big change to people.

Talking to friends, posting selfies and watching shorts videos are what we can do with social medias. With social medias, we could contact others more easily and conveniently, even if we are on the different side of Earth. We could follow celebrities with social medias too. We can see what they share online, their lifestyle and be a big fan. We could watch short videos, some of it is about cooking, exercising or some cute animals. All of these brings entertainment and happiness to us.

After the benefits of social medias, we must know some negative effects of social media. Why people get addicted to it? It's because that every time you leave a like or comment to a post, or search a topic on it. The computer that's making the system working will remember it and rise the chance of making you see things you liked before. Then more and more posts and videos keep appearing, that makes your finger can't stop but keep swiping up to watch the next video. When you finally get exhausted, an hour may have past. That wastes a big amount of time, and we start studying less, and pay less attention in class, have bad sleeping quality, and worse memory. There's also another problem with social media is that some teenagers care too much about how others

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think about them. They'll try to take better and beautiful pictures to post online. And wish to collect more likes and followers. Some even check their phone every minute, and that makes them can't pay attention to those classes, because they are afraid that people don't like him or her. If someone says that their post doesn't look good enough, they'll feel sad and upset. When time goes on, they'll start being anxious all the day, and it causes serious mental problems.

The reason of why using social medias is for having fun. But more and more people forget about it. And start wasting too much time and forget to put effort on what we really want and need. Lots of teenagers may lose the best time to learn and making themselves better. We must start to control ourselves from spending too much time on it. We can set an alarm to make sure we didn't spend too much time, and also make sure how much time we've spend. Then start cutting the time shorter and shorter, then it won't be too hard for us to be a normal person who we are in the past. After that, we won't be controlled by social media anymore. If we can use social media properly, it won't be like a drug but a great tool for us. And that's how we want social media works correctly not harming us.

errors