

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 recent years, as the internet has being developed rapidly, social media becomes a place where everyone surfs and shares its life. The social media giants, such as Facebook, Instagram, and Twitter, have the significant power to the modern society. Thus, these social media platforms can affect on one's mental health considerably, as well, especially on teenagers, which are mostly likely to be influenced by their peers.

Thanks to the widespread of the social media, teenagers nowadays can communicate and share their lives much easier than before. When there was no such thing like Facebook or Instagram, teenagers could only communicate with others via emails or regular letters if they couldn't talk face to face, let alone responding back immediately. However, as the internet develops fast and everyone basically has a smartphone, communicating in nowadays is no longer a tricky question. If a teenager feel worried, anxious, or unhappy and he or she just want to share his or her emotions, he or she will just text to others or share a story on these platforms to release the negative emotions.

However, social media provides a platform for teenagers to share their lives, it can also hurt someone even he or she doesn't mean to. First, in every user's stories or posts, there are likes and all sorts of comments. If one find out that the likes he or she receives are far less than others, he or she will usually feel depressed, let alone if there are also negative comments below. What's more, if a teenager texted to his or her friend but the text remained read and there was no response, the teenager would feel confused or upset, thinking if his or her friend was trying to ignore him or her.

In conclusion, social media platforms has made social interactions much easier than before, and the phenomenon benefits teenagers indeed. However, as they also brings some negative effects, there are some necessary changes-needed to be made. First, restrict the time teenagers spend on social media. Although

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social media is an useful platform, instead of watching others' magnificent life moments and envy, discovering life moment of themselves is much more beneficial. Second, only send the specific life moments to those who "truly" care. People who post negative comments are just do it for fun and they don't care how the original user feel about, so the best way to deal with it is either ignore them or don't let them have the chance to comment. Last but not least, find something on social media that can bring laughter. If a teenager is tired of watching others' posts and stories, he or she can search for things they like or make them laugh. And soon the social media will fill with the similar posts according to the authorism. Taking myself as an example, when I'm bored, the social media will provide posts and reels included cars and minions, which can cheer me up and let me continue my day. Following these suggestions, teenagers are able to surf on social media platforms in a healthier way.