

Write an SPE answering one of the following prompts. Highlight the prompt you are answering. Use paragraph format (so don't write what type of sentence everything is). Do an outline as well.

- Drugs should be legal / illegal
 - Life is better / worse now than it was 50 years ago
 - **Social media is mostly positive / negative**
-

Outline:

LT: Social media is negative.

TS1: Social media causes cyberbullying.

CD: 10 percent of teens report being bullied on social media and through offensive comments. Social media like Twitter can spread hurtful rumors or lies.

<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>

CM: Social media is a way for people to make hateful comments which can hurt people's feelings.

TS2: Lowers self-esteem.

CD: A survey of 1500 people by disability charity Scope found that half of 18 to 34-year-olds think that social media makes them less attractive because they compare themselves negatively to other women.

<https://www.bbc.com/future/article/20180104-is-social-media-bad-for-you-the-evidence-and-the-unknowns>

CM: Social media can make people believe that they aren't in good shape, and those people with low self-esteem eat unhealthily.

Scrolling through Instagram or Facebook has become one of the things people do most. However, a comment you leave without offense may be harmful to someone and a picture you post could make someone feel more depressed. That's why social media is affecting people negatively.

Rewrite:

People are addicted to scrolling through Instagram or Facebook.

That's why social media is terrible.

The first reason why social media is bad is that it is a major source of causes cyberbullying. According to the mental health website [Help Guide](#), 10 percent of teens have been bullied on social media or have been offended by comments. Platforms like Twitter are popular for spreading hurtful rumors and criticisms that can hurt people. MThose mean comments would leave emotional scars on the people who were cyberbullied. Therefore, social media is negative because of the bullying it causes.

Rewrite:

The first reason why social media is bad is that it is a major source of cyberbullying.

Mean comments leave emotional scars on the people who were cyberbullied.

Another reason why social media is a problem is that it lowers people's self-esteem. According to the *BBC*, social media sites make more than half of the female users feel unattractive because they compare themselves negatively to other women. Many of the models on social media use Photoshop and filters to make themselves look better which causes other users to think that they aren't attractive in good shape. This can cause some of the users to develop an unhealthy lifestyle because of their desire to look like the models. So, because social media makes users doubt themselves, it is bad for people.

Rewrite:

According to the *BBC*, social media sites make more than half of female users feel unattractive because they compare themselves negatively to other women. Many of the models on social media use Photoshop and filters to make themselves look better which causes other users to develop an unhealthy lifestyle because of their desire to

Social media is harmful to society because people get bullied on the internet and users will lack confidence when seeing models in perfect shape. It can lead you to feel down and depressed when seeing that others are better than you. As such, people shouldn't be using social media so much because, for it is toxic to the users.