

DRAG & DROP

Social Media, Connecting the World or Damaging Our Mental Health?

On the contrary, critics claim that social media can lead to mental health issues such as anxiety and depression. The constant comparison to others and the need for validation through likes and comments can have a negative impact on self-esteem.

CONCLUSION

While social media has its advantages, it's important to use it mindfully. Taking breaks and being aware of its potential negative effects can help maintain a healthy relationship with these platforms.

ISSUE

Social media platforms have become a part of our everyday lives. While they offer various advantages, there are also concerns about their impact on mental health.

SUPPORTING ARGUMENT

Supporters of social media argue that it helps people stay connected with friends and family, especially those who live far away. It also allows people to share their thoughts, creativity, and experiences with a larger audience.

AGAINST ARGUMENT