

## Blank Template

- I. Introduction
  - A. Hook / opening context
  - B. Background information
  - C. Thesis statement
  
- II. Body Paragraph 1 — [Main Argument]
  - A. Topic sentence
  - B. Supporting evidence
    - 1. Source/data point
    - 2. Source/data point
  - C. Analysis / explanation
  - D. Transition
  
- III. Body Paragraph 2 — [Main Argument]
  - A. Topic sentence
  - B. Supporting evidence
    - 1. Source/data point
    - 2. Source/data point
  - C. Analysis / explanation
  - D. Transition
  
- IV. Body Paragraph 3 — [Main Argument]
  - A. Topic sentence
  - B. Supporting evidence
    - 1. Source/data point
    - 2. Source/data point
  - C. Analysis / explanation
  - D. Transition
  
- V. Conclusion
  - A. Restatement of thesis
  - B. Summary of main arguments
  - C. Broader implications / closing thought

### Filled-In Example on Topic:

#### The impact of social media on adolescent mental health:

- I. Introduction
  - A. Hook: Teen depression rates have risen 60% since 2010
  - B. Background: Social media use among adolescents aged 13–17
  - C. Thesis: Heavy social media use contributes to increased anxiety, depression, and social comparison in adolescents
  
- II. Body — Social Comparison and Self-Esteem
  - A. Social media creates unrealistic appearance standards
  - B. Supporting evidence
    - 1. Twenge (2017) — correlation between Instagram use and body dissatisfaction

- 2. Royal Society for Public Health report on platform-specific effects
- C. Filtered images distort adolescents' perception of normal appearance
- D. Transition to psychological effects

### III. Body — Anxiety and Sleep Disruption

- A. Nighttime phone use disrupts sleep, which worsens anxiety
- B. Supporting evidence
  - 1. National Sleep Foundation data on teen screen time
  - 2. APA study linking poor sleep to increased anxiety disorders
- C. Disrupted sleep creates a cycle that amplifies mental health symptoms
- D. Transition to counterargument

### IV. Body — Counterargument: Social Connection Benefits

- A. Some research shows social media reduces isolation for marginalized teens
- B. Supporting evidence
  - 1. Pew Research: 81% of teens say social media makes them feel connected
  - 2. Studies on LGBTQ+ youth finding community online
- C. Rebuttal: Benefits exist but don't offset documented harms for majority

### V. Conclusion

- A. Restate thesis: social media use is associated with measurable mental health risks for adolescents
- B. Summary: social comparison, sleep disruption, anxiety cycle
- C. Implications: need for usage guidelines, parental awareness, platform design reform