

## **Expository Essay Sample**

Social media has become an integral part of our lives, and it's hard to imagine living without it. It allows us to stay connected with friends and family, spread awareness about important topics, and even find jobs. However, it also has a few downsides that can lead to negative effects on our mental health if not used correctly.

One of the main positive aspects of social media is that it allows people to stay connected with their friends and family located in different countries or states. On most platforms, you can message, video call, and even share pictures with just a few clicks. This helps us build strong relationships even when we are far apart from one another. It also makes it easier to maintain relationships with our friends and family in the long run, since there are numerous ways of staying connected.

Another advantage is that social media can be used as a powerful tool for raising awareness about important issues like climate change, racial injustice, poverty, etc. It helps spread information quickly and efficiently so that more people can learn about these topics. This can lead to positive changes, since more people will become aware of the issues and take action to help out.

On the other hand, social media has some downsides that can be detrimental to our mental health if not used in moderation. For instance, users may start feeling inadequate when they compare themselves to others or get caught up in comparing their lives with others'. This can lead to feelings of depression, anxiety and low self-esteem, since social media only portrays the perfect version of our lives. Furthermore, too much time spent on social media can affect our sleeping patterns as well as interfere with daily activities like studying or working.

Overall, it is important to remember that social media is a double-edged sword. Although it has its advantages, misusing it can lead to serious mental health issues. Therefore, it should be used in moderation and we should take caution when interacting with others on social media platforms. With these precautions in place, you can use social media as an effective tool for connecting with friends and family while also spreading awareness about important topics.