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Cause and Effect Essay Outline

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Cause and Effect Essay Introduction	<ol style="list-style-type: none">1. Background information on the topic2. Thesis statement: The excessive use of social media has been linked to negative effects on mental health.
Cause and Effect Essay Body Paragraph 1	Causes <ol style="list-style-type: none">1. Addiction to social media2. Increased social comparison and unrealistic expectations3. Exposure to cyberbullying4. Decreased face-to-face communication
Cause and Effect Essay Body Paragraph 2	Effects <ol style="list-style-type: none">1. Depression and anxiety2. Low self-esteem and body image issues3. Sleep disturbances4. Addiction and compulsive behavior
Cause and Effect Essay Body Paragraph 3	Counter Arguments <ol style="list-style-type: none">1. Social media can provide social support2. It can be a source of entertainment and relaxation3. It can be a tool for social activism and awareness



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Cause and Effect Essay Body Paragraph 4	Solutions <ol style="list-style-type: none">1. Limiting social media use2. Promoting face-to-face communication3. Encouraging self-reflection and self-care4. Raising awareness and educating about the risks of excessive social media use.
Cause and Effect Essay Conclusion	<ol style="list-style-type: none">1. Restate thesis statement2. Summarize main points3. Call to action: Encourage readers to be mindful of their social media use and seek help if needed.

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