

Topic:

Mandatory Digital Literacy and Social Media Boundaries for Student Well-Being

General Purpose:

persuade

Specific Purpose:

To persuade my audience that colleges must enact mandatory digital literacy initiatives and enforce social media boundaries to protect student mental health.

Organizational Pattern:

Problem-Solution

Introduction

I. Attention Catcher:

Imagine walking through campus knowing that three out of every four students you see are silently struggling with anxiety or depression.

II. Thesis Statement:

To counteract the epidemic of anxiety and depression, colleges must enact mandatory digital literacy initiatives and enforce social media boundaries to safeguard student well-being.

III. Preview:

First, I'll explain the scope of the mental health crisis among college students. Next, I'll show how social media use worsens this crisis. Finally, I'll present solutions colleges can implement to protect student mental health.

IV. (transition)

Let's begin by looking at just how serious this mental health crisis is.

Body

I. First main point:

The college mental health crisis represents an extensive and highly disturbing problem. The data available from Manhattan Mental Health Counseling shows that 76% of college students experience severe psychological distress while suicide stands as the second most common cause of college student death (Manhattan Mental Health Counseling, 2025).

Mental health problems affect students deeply because they operate throughout the system causing impairments in academic performance and student relationships and student lives.

With an understanding of how pernicious the problem is, we can detail one of the primary drivers: social media.

II. Second main point:

Social media usage is strongly correlated with increased anxiety and depression among students.

A. A 2025 report from UNC-Chapel Hill states that increased social media usage resulted in increased rates of depression, social isolation, loneliness, and anxiety among students (UNC-Chapel Hill, 2025).

B. These findings imply that unchecked social media use is not just a distraction; it is a significant factor in the degradation of student mental health.

(transition)

Now that we know the dangers, what can colleges do to help?

III. Third main point:

Mandatory digital literacy initiatives and social media boundaries can safeguard student mental health.

A. As BestColleges states, digital literacy programs can support meaningful collaboration, empower students to recognize tangential and unhealthy online behavior, assess quality and reliability of content, and engage in boundary setting, while digital detox programs and tech-free spaces have been shown to decrease screen and network addiction while improving mood (BestColleges, 2024). In addition, Plazola (2022) highlights that these strategies could support students in taking control of their mental health in a digitally-mediated world.

Conclusion

I. Restate Thesis:

To fight the epidemic of anxiety and depression, colleges must require digital literacy education and enforce social media boundaries.

II. Review Main Points:

Social media is hundred percent wording mental health in young people one way to counter is effectiveness of digital literacy and setting up boundaries for solutions

III. Closing Statement:

If we as student wanna continue to grow and connect with out peers not be distressed we take the bold action and protect student well being in this digital age.

References

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