**Thesis Statement**

The reason why using TV and cellphone are wasting your time

**Body paragraphs**

1. Watching TV quite often is toxic for you

a. It will lower your social skill (Go out and have experience outside with people)

b. You will get unwanted information from TV and it makes you feel depressed (for example, exaggerated medical information make you worry your health)

2. Using a cellphone is toxic

a. You are forced to connect to other people all the time (for example, through the social media)

b. You will lose the skill how to distinguish what is important and unimportant. (Most information from e cellphone is unimportant)