## Part 2 Outline

# Social Media Side A

## Topic sentence: Beginning with the most popular, people think social media is the worst problem for mental health. Social media has become an addiction.

### Children are tech savvy and love to look at screens. Screen time, a new way to keep track of children’s phone use. Being young children learn very quickly and can be exposed to inappropriate things easily.

### Some say social media should monitor their content more closely. There are “report” options on posts, but not all are always taken down.

### What people post online can be toxic. People post their “best lives” on social media. A goal is to get the most likes and comments or become famous.

### “There’s no doubt that Instagram played a part in Molly’s death” (Freeman).

### Even millennials, who did not grow up with technology have become addicted. Online communication has become more popular than in person conversations.

### People seek out pictures that could be harmful to them. Even after social media platforms continue to send ads and pictures that you previously looked up.

# Social Media Side B

## Topic Sentence: This brings up the side of people who say if social media effects a person, they should just completely get off the platform.

### In today’s world, social media has become the center. People from all ages are on social media platforms.

### Children are pressured from a young age to have the most likes or views on their posts.

### People who do not have social media are considered “weird” or “odd.” These words are demeaning to people no matter the age.

# Trauma

## Topic sentence; As time goes on, more people are traumatized.

### Another side to this story is that people are traumatized either from a young age or in their adulthood.

### Every year there is a new school shooting or another member of the military being taken out for traumatic events. These events will last in your mind for as long as you live.

### The question is, what can be done about it? The answer is, there is not one. Some people go to therapy, take medications, have service animals, or do all of these.

### What counts as trauma is more than we think of originally. Childhood trauma from parents or bullies in school, orphaned children, abusive relationships, sexual assault, divorce, even Covid-19. The list keeps going.

### “[Estimated] that COVID-19 may [have] lead to anywhere from 27,644 to 154,037 additional U.S. deaths of despair, as mass employment, social isolation, depression and anxiety drive increase in suicides and drug overdoses” (Gruber).

### There are so many treatments available for the effects the events have on your mental health, but not treatments that can take away the event entirely.

### Childhood trauma has been found to increase the likelihood of poor adult outcomes, “it is well established that child maltreatment and other childhood adversities are associated with poor outcomes later on in life” (Finkelhor).

### As others have mentioned trauma can not be fixed, it will live inside someone and is dealt with the rest of their lives.

# Budget and Access

## Topic Sentence: Once again, another side to the argument. School’s and hospital’s should be provided with more money to staff their faculty with the appropriate amount of doctor to patient or counselor to student ratios.

### School budgets have been decreased and this means less help. With schools not able to offer higher payments the desire to work is decreasing.

### “It’s estimated there is one school psychologist for every 1,381 students” (Strauss). The ratio between school counselors and students is drastic.

### “Mental health trust budgets and funding for early intervention services have bee slashed, and rate of depression and self-harm in young people have skyrocketed. We are now in what is widely agreed to be an adolescent mental health crisis, with waiting lists for psychiatric services as long as 18 months”(Freeman).

### Places like prisons do not have enough help to account for the prisoners who need mental help. There are actually more mentally ill patients in prisons than in hospitals. As said by Bozelko, “prisons are called the new asylums and house more mentally ill people than hospitals do.”

### Prices for treatments have to go up and the percentage of people who can afford the treatment is small. As seen in the article by Jones, explaining that because mental illness is often blamed for wrong doings, “lawmakers’ uses of mentally ill people as scapegoats are disingenuous because they blame mental illness for mass shootings while also taking actions that make mental health care more difficult to access and afford.”

### This brings the other argument into play, the faculty at schools and hospitals are at fault. The doctors or medical professionals do no care enough about their mentally ill patients, or when someone comes for help they deny them treatment.

Bozelko, Chandra. *Mental Health Care Is Little Better than Prison*. Gale, a Cengage Company, 2016.

Finkelhor, David. “How Universal Childhood Trauma Screenings Could Backfire.” *The Conversation*, 11 Feb. 2021, https://theconversation.com/how-universal-childhood-trauma-screenings-could-backfire-127420.

Freeman, Hadley. “Blaming Instagram Is Too Easy: Politicians Must Do More to Help Teens.” *The Guardian*, Guardian News and Media, 2 Feb. 2019, https://www.theguardian.com/commentisfree/2019/feb/02/blaming-instagram-is-too-easy-politicians-must-do-more-to-help-teens.

Gruber, June, and Jonathan Rottenberg. “Flattening the Mental Health Curve Is the next Big Coronavirus Challenge.” *The Conversation*, 14 Oct. 2021, https://theconversation.com/flattening-the-mental-health-curve-is-the-next-big-coronavirus-challenge-139066.