Cause-Effect Outline & Content Prompts

Title Page

- **Title:** The Impact of Social Media on Teen Sleep Patterns
- **Prepared for:** [City Council / School Board / Public Health Committee]
- **Prepared by:** [Your Name]
- **Date:** [Date]
- **Course/Organization:** [If applicable]

Executive Summary (~0.5 page; separate page)

- **Purpose:** Give readers a concise overview of the relationship between social media use and teen sleep issues.
- **Content Prompts:**
    - State the problem: increasing teen social media use linked to disrupted sleep.
    - Highlight 2–3 primary causes (e.g., screen exposure, fear of missing out, late-night messaging).
    - Summarize main effects (mental health, academics, physical health).
    - Stress the relevance for community well-being and policy considerations.
- **Evidence & Sources:** CDC adolescent sleep statistics, Pew Research on teen tech use, APA reports.

Introduction (~0.5 page)

- **Purpose:** Define scope, explain why sleep matters for teens, and establish audience relevance.
- **Content Prompts:**
    - Define key terms: *social media*, *sleep hygiene*, *blue light exposure*.
    - Note why this issue is important for schools, parents, and policymakers.
    - Preview cause-and-effect organization.
- **Evidence & Sources:** American Academy of Pediatrics (AAP) guidelines, NIH sleep studies, Pew Research surveys.

Discussion

I. Identifying the Problem (~0.75 page)

- **Purpose:** Clarify what the issue is and why it matters.
- **Content Prompts:**
    - Average teen sleep requirements vs. actual reported sleep.
    - Increasing prevalence of late-night social media use.

- o   Public health framing: insufficient sleep linked to long-term risks.
- **Evidence & Sources:** CDC Youth Risk Behavior Surveillance, National Sleep Foundation reports.

II. Major Causes (~2–2.5 pages total)

Cause 1: Screen Exposure & Blue Light (~0.75 page)
- **Purpose:** Explain biological disruptions.
- **Content Prompts:**
  - o   How blue light affects melatonin production.
  - o   Longer screen time = later bedtimes.
  - o   Case study: A high school that measured reduced sleep in students reporting more than 3 hours of screen use nightly.
- **Sources:** Harvard Medical School sleep research, AAP reports.

Cause 2: Fear of Missing Out (FOMO) & Peer Pressure (~0.75 page)
- **Purpose:** Explain social/psychological drivers.
- **Content Prompts:**
  - o   Teens feel pressure to stay connected late at night.
  - o   Notifications interrupt rest.
  - o   Case study: Survey of teens reporting anxiety about "missing messages" if they go offline.
- **Sources:** Pew Research Center teen digital life studies, APA psychology reports.

Cause 3: Platform Design & Habit Formation (~0.75 page)
- **Purpose:** Show how apps encourage late-night use.
- **Content Prompts:**
  - o   Infinite scroll, autoplay, and push alerts.
  - o   Algorithms encourage prolonged engagement.
  - o   Case study: Comparison of platforms—TikTok vs. YouTube—on average use before bedtime.
- **Sources:** Common Sense Media reports, academic studies on persuasive design.

III. Major Effects (~2–2.5 pages total)

Effect 1: Mental Health (~0.75 page)
- **Purpose:** Show psychological impacts.
- **Content Prompts:**
  - o   Sleep deprivation linked to anxiety, depression, and irritability.
  - o   Increased risk of burnout and social withdrawal.

o Case study: School counseling office reporting rising stress tied to sleep loss.
- **Sources:** NIH adolescent health studies, APA reports.

Effect 2: Academic Performance (~0.75 page)

- **Purpose:** Connect sleep loss to learning.
- **Content Prompts:**
    o Reduced focus, memory, and test performance.
    o Increased tardiness/absenteeism.
    o Case study: Local district comparing GPA of students with <6 hours vs. >8 hours of sleep.
- **Sources:** Educational psychology journals, CDC studies on sleep and academics.

Effect 3: Physical Health (~0.75 page)

- **Purpose:** Explain long-term physical risks.
- **Content Prompts:**
    o Increased risk of obesity, weakened immune response, cardiovascular strain.
    o Daytime fatigue leading to accidents (sports, driving).
    o Case study: State-level teen driving accident statistics tied to drowsy driving.
- **Sources:** Mayo Clinic, National Sleep Foundation, CDC teen injury reports.

IV. Interconnections (~0.5–0.75 page)

- **Purpose:** Show feedback loops.
- **Content Prompts:**
    o Sleep deprivation worsens mental health, leading to more online coping behaviors, which further reduces sleep.
    o Diagram of "Cause–Effect Cycle."
- **Sources:** Systems analysis studies in adolescent psychology, nonprofit research on digital health.

Looking Forward (~0.5 page)

- **Purpose:** Provide forward-looking insights without making recommendations.
- **Content Prompts:**
    o Projected increases in teen social media use.
    o New platform designs and risks.
    o Potential positive shifts (screen time apps, parental involvement, school sleep education).
- **Sources:** Pew Research projections, tech trend reports, APA future outlooks.

Conclusion (~0.25–0.5 page)

- **Purpose:** Reinforce the core issue and importance of understanding cause-and-effect.
- **Content Prompts:**
  - Restate main causes and effects.
  - Emphasize teen well-being as a community issue.

References (not counted in page length)

- **Purpose:** Provide full citations.
- **Content Prompts:**
  - 8–10 credible sources (CDC, NIH, APA, Pew Research, academic journals).
- **Style:** IEEE.