

Social Media Use and Student Well-Being

Social media plays a major role in the daily lives of many students. These platforms help people stay connected, share ideas, and access information quickly. At the same time, concerns have grown about distraction, comparison, privacy issues, and the impact on mental health. Schools and families continue to discuss the role social media should have in students' routines.

Should schools limit students' use of social media during the school day?

Read and carefully consider these perspectives. Each offers a different way of thinking about the question above.

Perspective One

Limiting social media protects students from distraction and improves focus, which helps them learn more during class time.

Perspective Two

Responsible use is a skill. Students benefit when schools teach healthy digital habits instead of blocking access entirely.

Perspective Three

Restrictions create unequal experiences. Students who rely on social media for communication, support, or school updates lose important access.

Essay Task

Write a unified, well-structured essay responding to the question of whether classroom instruction should depend heavily on digital devices. In your essay, make sure to:

- present your own perspective and explain how it connects to at least one of the other perspectives
- support your points with logical reasoning and specific examples
- arrange your ideas in a clear, consistent order
- express your thoughts in standard written English

Your perspective may fully align with any of the given viewpoints, overlap with them, or differ entirely.