**Final Outline**

**Topic: Effects of Social Media Websites on Society**

**Purpose of Research Paper**: My audience will be able to understand the positive effects of social networking, and the negative effects of social networking, and will be able to understand what to do to ensure safety while online.

1. Introduction:

**Thesis**: Social networking sites can cause both beneficial and harmful effects on young adults.

1. **Gaining and maintaining favorable attention:** Social networking can be a great tool to help us connect with family or friends that we've somehow lost touch with. It can be the one thing that helps us to get to know someone better. However, can you imagine having to go to the hospital and possibly never coming out all for playing to many online games? Or developing a social anxiety disorder due to the overuse of Facebook? I never really thought about these things happening until a few weeks ago. Unfortunately, it does happen.
2. **Relating the topic to the audience:** How many of you have a Facebook or twitter account? I'm sure quite a few of you do. Facebook and Twitter can be very beneficial to many of us. Businesses even use them as a way to promote their businesses. But, it can also harm you in a social sense and a physical sense.
3. **Relating the topic to the presenter:** I did some research on regarding social networking and what I found was pretty interesting. I mean don’t get me wrong-- I have both Facebook and twitter. I even have a gaming account...or two.
4. **Previewing the message:** Social networking continues to be the most popular form of communication throughout the world. Although, it may be very useful to us it can also affect us negatively. Today I will inform you about how social networking can help you, examine how it can harm you, and explore the things you can do to protect yourself from potential hazards.

*Transition:*

I will start by identifying some of the benefits of social networking.

1. **First main point**: Social networking can be very useful to us in many ways.
2. Statistics show that 92% of people who fall in the age group of 18-24, are the most active users of social networking sites in 2012. (The Most Social Networked Age Group: Not Teens)
3. We use sites such as FB and Twitter to connect with friends, relatives, and classmates.
4. We can even use the FB timeline as visual aids to complete class projects*.*
5. Many of us use sites such as LinkedIn to get employment info out to employers.
6. Researchers have been experimenting with a site that combines social networking to the Academic lives of their students.
7. Social networking websites such as Facebook are helping to reduce college drop-out rates (Facebook 'cuts student drop-outs').
8. Schools that use *Inigral* to build a social networking site, see a decrease in retention rates of college students (Can Social Networking Keep Students in School?)
9. The more kids that stay in school, the less money the school spends on replacing them.

*Transition:*

Now that you know how SNs can be beneficial to you, I will discuss the negative affect of too much social networking.

1. **Second main Point:** Social networking can pose a serious threat on your health and social development.
2. Prolonged usage of social networks can cause dangerous health risks.
3. Obesity from reduced movement of our muscles
4. Death by gaming from formations of blood colts due to long periods of sitting
5. Staying online to much can lead to psychological disorders
6. Social anxiety and depression caused by networking
7. Teens who use Facebook more often show more narcissistic tendencies while young adults who have a strong Facebook presence show more signs of other psychological disorders, including antisocial behaviors, mania and aggressive tendencies (Facebook may cause psychological disorders: Study).
8. Short attention spand. Social networks can distract us from our work.

*Transition:*

Now that you know the good and bad things you can get from social networking, I will now discuss things you can do to to ensure a safer online experience.

1. **Third main point:** Things you can do to protect yourself from potential online hazards.
2. Moderate the time you spend online playing games, tweeting or Face booking
3. Engage yourself in other activities, either indoors or outdoors, on the days you don’t have important work to do\
4. Get up and stretch your body every now and then. Walk around to get your blood flowing
5. Be careful of what you post online
6. Avoid putting too much personal information about yourself on a social networking site. The more info they find, the easier it is for them to stalk you or commit a crime.
7. Think twice before posting pictures you wouldn't want your parents or future employers to see (Tips for a safe online experience).

Conclusion:

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