Speech Research Sample Response

Research Question 1: Have psychologists studied the impact of social media on teenagers? What were their findings?

Source title, author, source type (news/education/government/non-profit/other):
"Increasing Suicide Rates in Early Adolescent Girls in the United States and the Equalization of Sex Disparity in Suicide: The Need to Investigate the Role of Social Media" by Joan Luby, MD, and Sarah Kertz, PhD
Journal of American Medical Association—educational source

Checklist for credibility	Important information learned from source
Author/organization: Does the author/organization have the credentials to be writing about the subject? ☑ ~~Yes~~ ☐ No **Publication/Website:** Is this a well-known and respected publication with a professionally maintained website? ☑ ~~Yes~~ ☐ No **Citations and Accuracy:** Does the article provide well-supported evidence, facts, or statistics from reputable sources to support its claims? ☑ ~~Yes~~ ☐ No **Currency:** Is the website current? (published in the past 5–7 years) ☑ ~~Yes~~ ☐ No **Purpose:** Does the source mostly appear unbiased/like it's not pushing some sort of agenda? ☑ ~~Yes~~ ☐ No	• Suicide has dramatically increased in girls ages ten to fourteen (CDC). • There is speculation and some empirical data that social media is one of the factors that may have increased suicide rates among adolescent girls. • It's possible that for girls, social media may create more interpersonal stress. Girls are more likely to be cyberbullied via social media than boys. There is a stronger association between social media and depression in girls compared with boys. • The authors call for more investigation into the role of social media in suicidality. **How you might use the source in your speech** My anecdote will be about how social media negatively impacted me when I was twelve years old. I might use this source following my anecdote to explain how researchers speculate that social media is a factor for the increase in suicide rate among girls my age. This will show that my story about social media's harm is one of many.

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Research Question 2: How might teenagers use social media in a healthier way?

Source title, author, source type (news/education/government/non-profit/other):
"The complicated truth about social media and body image" by Kelly Oakes
BBC—news source

Checklist for credibility	Important information learned from source
Author/organization: Does the author/organization have the credentials to be writing about the subject? ☐ Yes ☑ ~~No~~ **Publication/Website:** Is this a well-known and respected publication with a professionally maintained website? ☑ ~~Yes~~ ☐ No **Citations and Accuracy:** Does the article provide well-supported evidence, facts, or statistics from reputable sources to support its claims? ☑ ~~Yes~~ ☐ No **Currency:** Is the website current? (published in the past 5–7 years) ☑ ~~Yes~~ ☐ No **Purpose:** Does the source mostly appear unbiased/like it's not pushing some sort of agenda? ☑ ~~Yes~~ ☐ No	• Social media is correlated with body image concerns • Research shows that "fitspiration" images appear to negatively impact men and women's feelings about themselves and their bodies. • Putting down your phone is one of the best ways to improve body image • Curate your social media feed by thinking more critically about who you follow. Choose to follow accounts that are not focused on appearance. **How you might use the source in your speech** I will use this source to develop my solution and call to action. I will tell my audience to curate their feeds by thinking more critically about the accounts they choose to follow, and to know when they should put their phone down and engage in other healthier activities.

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