# Example Second Affirmative or Negative Speech (Simplified)

**Rebuttal of first point**

**What they said:** The first speaker for the negative team argued that social media is vital to communication and fosters trust. **Why this is untrue/unimportant:** But this is a flawed argument because it overlooks the negative impacts social media can have on mental health and relationships. While it’s true that social media allows for convenient, instant communication, the quality of these interactions is often shallow and can replace deeper, face-to-face connections. Studies show that while users may feel more "connected" online, they are also more prone to loneliness, jealousy, and anxiety due to constant comparison with others. In fact, trust formed online can be superficial, as users often present an idealized version of themselves. **What we think instead:** Instead of focusing on convenience, we should prioritize quality interactions that nurture genuine, meaningful relationships. Therefore, rather than enhancing lives, excessive reliance on social media risks isolating people and weakening true interpersonal bonds.

**Rebuttal of second point**

**What they said:** The first negative speaker also claimed that culture, not technology is to blame for societal problems. **Why this is wrong/unimportant:** But while culture plays a role, technology itself is a significant driver of societal problems due to its design, which often encourages addictive behaviours and superficial connections. Many social media platforms are specifically designed to capture attention through endless scrolling, notifications, and algorithms that prioritize sensational content. **What we think instead:** Unlike cultural influences, which are often slow to change, technology’s rapid development and its addictive features create an immediate impact on users’ mental health and relationships. Regardless of cultural values, technology contributes to societal issues by shaping how people interact and prioritize their time.

**Next Two Points**

**(P)** Technology negatively impacts the lives of adults by increasing stress levels, reducing attention spans, and disrupting work-life balance. **(E)** A study by the American Psychological Association found that nearly 86% of adults check their devices “constantly” and report higher stress levels as a result. **(E)** With constant notifications and the expectation of being available around the clock, many adults find it challenging to disconnect, leading to higher levels of burnout and anxiety. This “always-on” culture creates pressure to stay connected at the expense of personal time and mental health, ultimately reducing the quality of life. **(L)** Therefore, while technology offers convenience, its pervasive nature can significantly impact adults’ well-being, suggesting the need for mindful use to maintain a healthy balance between online and offline life.

**(P)** Television, gaming, and streaming technologies have contributed to the deterioration of social relationships by encouraging solitary, screen-focused activities that reduce meaningful, in-person interactions. **(E)** Research published in *Computers in Human Behaviour* found that increased gaming and streaming consumption correlates with lower levels of social support and face-to-face interaction, leading to feelings of isolation. **(E)** These technologies are designed to captivate users, often promoting binge-watching or prolonged gaming sessions that keep people glued to screens rather than connecting with others. While these platforms can be used recreationally, the hours devoted to them often replace time that could be spent fostering relationships, leading to a decline in social skills and real-world bonds over time. **(L)** TV, gaming, and streaming draw people away from opportunities for meaningful social interaction.