SAMPLE BODY PARAGRAPHS

Better Body Paragraphs with PEEL

A strong body paragraph is not just good ideas. It is good ideas in the right order. Follow this four-step structure in every body paragraph:

P – E – E – L

Point + Explain + Example + Link

P	E	E	L
Point	**Explain**	**Example**	**Link**
State your main idea in one clear sentence.	Say why your point is true.	Give a specific, real-life example.	Tie the paragraph back to the question.

Worked example

QUESTION · Agree / Disagree

Social media has a negative effect on young people. Do you agree or disagree?

P	**POINT** State your main point first. Excessive social media use harms the mental well-being of young people.
E	**EXPLAIN** Say why the point is true. Constantly seeing edited and filtered images of other people's lives makes teenagers compare themselves and feel inadequate.
E	**EXAMPLE** Give a real example. For instance, a teenager who scrolls through Instagram for hours may feel unattractive or unsuccessful after comparing herself with polished photos of her peers.
L	**LINK** Link the point back to the question. Therefore, heavy social media use can seriously damage young people's confidence and mental health.

Now Read It as One Paragraph

Same idea as the example on page 1, but joined together. This is how it looks in your essay.

QUESTION

Social media has a negative effect on young people. Do you agree or disagree?

Point Explain Example Link

"Excessive social media use harms the mental well-being of young people. Constantly seeing edited and filtered images of other people's lives makes teenagers compare themselves and feel inadequate. For instance, a teenager who scrolls through Instagram for hours may feel unattractive or unsuccessful after comparing herself with polished photos of her peers. Therefore, heavy social media use can seriously damage young people's confidence and mental health."

More Sample Paragraphs: Same Question

Use these as models for your second body paragraph, or for the opposite opinion.

QUESTION

Social media has a negative effect on young people. Do you agree or disagree? (Agree, second body paragraph)

"Social media also harms the sleep and academic performance of young people. Notifications and endless feeds make it hard for students to put their phones down, which reduces the time they spend resting and studying. For example, a student who chats and watches short videos until midnight may feel exhausted in class the next morning and struggle to concentrate. Therefore, uncontrolled social media use can lower young people's productivity and academic results."

Sample Paragraphs: Different Opinions and Topics

The structure stays the same whether you agree, disagree, or write on a completely different topic.

Point Explain Example Link

QUESTION

Social media has a negative effect on young people. Do you agree or disagree? (Disagree body paragraph)

"Social media can have a positive effect on young people by helping them learn new skills. Platforms such as YouTube offer free tutorials on almost any subject, so young people can learn at their own pace without paying for expensive courses. For instance, a teenager interested in graphic design can watch free video tutorials and build a small portfolio before finishing school. Therefore, when used wisely, social media is a valuable learning tool rather than a harmful influence."

QUESTION

Governments should spend more money on public transport than on building new roads. To what extent do you agree or disagree?

"Investing in public transport is more beneficial than building new roads because it reduces traffic congestion. When buses and trains are reliable and affordable, more commuters leave their cars at home, which means fewer vehicles on the road at peak hours. For example, in cities with efficient metro systems, many office workers travel by train every day and avoid sitting in traffic for hours. Therefore, spending on public transport offers a longer-lasting solution to congestion than adding more roads."

QUESTION

More and more people are working from home. Do the advantages outweigh the disadvantages?

"Working from home improves employees' work-life balance. Without a daily commute, employees save several hours each week, which they can spend with family or on personal interests. For instance, a parent working remotely can have lunch with her children and attend school events, which is difficult with a fixed office schedule. Therefore, remote work allows people to manage their professional and personal lives more effectively."

Useful Phrases for Each PEEL Step

P	**Point** One major reason is that… · Firstly,… · A key advantage of … is that… · To begin with,…
E	**Explain** This is because… · This means that… · In other words,… · As a result,…
E	**Example** For instance,… · For example,… · Consider the case of… · Take … as an example.
L	**Link** Therefore,… · Thus,… · This clearly shows that… · Overall,…

Do not use the same phrase in every paragraph. Vary them.

Common PEEL Mistakes

- **Vague point**
  "Social media is bad." Be specific: say what it harms and for whom.
- **Explain repeats the point**
  Do not say the same thing twice. Explain why or how the point is true.
- **General example**
  "Many people do this." Give a specific situation, like the teenager scrolling Instagram.
- **No link, or a new idea in the link**
  End by tying back to the question. Do not start a new idea in the last sentence.
- **Too many ideas in one paragraph**
  One paragraph, one main point. Use a new paragraph for a new point.

Your Turn: Practice

Write one body paragraph using P – E – E – L. Label each sentence P, E, E, L in the margin.

QUESTION

Students should learn practical skills like cooking and money management at school. Do you agree or disagree?

QUESTION

Many people think children spend too much time on screens. What are the problems, and what can be done?

Practise IELTS Writing on Gurully

Sign up for free and start practising with IELTS mock tests on Gurully.

Sign up for free