

Bullying- nightmare of the junior!

Chris Wong, a 13-year-old boy studying in Form 2, has been beaten by a gang of senior students for long. This long-suffering teenager is deprived of a cheerful and memorable school life, thanks to the unscrupulous bullies. Yet, Chris is not a solitary one in Hong Kong. Alongside him are numerous young students who also live under a shadow. Prior to seeking ways to tackle the problem, we must first look into the phenomenon thoroughly.

First of all, physical abuse is prevalent among younger students. Senior form students tend to vent their anger on their younger counterparts. For example, some older students may be irritated by some trivial matters and punch others. Since junior ones are timid and reluctant to assistance, they may well have to put up with such barbaric deeds in the long run.

In concord with physical abuse is mental bullying. Not only are the younger ones being physically tortured, they are also enduring verbal insults from other inconsiderable schoolmates. Older students often ridicule their younger schoolmates in search of exhilaration. As time goes by, junior students' mental health will be severely influenced and it may cast a shadow over their lives.

In light of this scenario, something concrete must be done in a bid to bail these unfortunate teenagers out of the plight. The following are some practical ways in which the problem of bullying can be mitigated.

Schools should take the initiative to addressing the conundrum. In no way should the school stand aloof from the situation anymore. Any suspected cases should be taken into account instantly since victims are too afraid to defend their own rights. As soon as any cases are unveiled, social workers and teachers should render the prompt assistance. Stringent measures should be adopted if bullies continue their savagery.

At family level, parenting is also of vital importance to children's development. It is known to everybody that parents can be excellent role models for their kids as they spend a lot of time together and kids can be easily affected by their family. In an attempt to improve the self-esteem of both bullies and victims, parents should assist their kids to develop their own hobbies and seek the sense of satisfaction through the hobbies. Parents can encourage teenagers to put the focus on studying instead of bullying. Students who suffer from bullying should be encouraged to safeguard their

personal rights.

Last but by no mean least, students themselves, especially the victims, should take actions to alleviate the problem. They have to learn how to protect themselves and say 'no' to the bullies.

All in all, the problem of bullying should under no circumstances be treated, teenagers are our perspective leaders. We must make sure they grow up in an optimistic and healthy environment. Let's do something before it is too late!