

## **Write a reflection after viewing the TV programme Pearl**

### **Report about school bullying.**

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In my opinion, social isolation is the worst form of bullying. Smart bullies like to bully others through social isolation, because verbal intimidation and physical attacks are easily detected and punished by teachers. Social isolation makes it harder for teachers to get evidence of bullying, so this method is very common among students. Since social isolation is an invisible bullying, I think it is more terrible than physical attacks.

Bullying can cause psychological trauma to victims. For example, people who have been socially isolated for a long time will feel resistance to make new friends, resulting in social phobia. If the victim is unable to let go of the psychological trauma, this social phobia will stay with them for the rest of their lives. In addition, some of these victims are also prone to suffer from adaptation disorder. They will feel stressed out and anxious in a new environment. Some victims of bullying suffer from depression. Depressed patients may need long-term use of drugs to control their moods, which have a lot of side effects.

Although the problem of bullying is serious in Hong Kong, we can take the initiative to stop it. When we know that bullies want to bully others through social isolation, we can't remain silent. We should be more concerned about the isolated classmates and remind the bullies to stop their hurtful actions.

In summary, bullying can cause significant and lifelong harm to victims. Therefore, we should have zero tolerance for bullying.