

## The Three Major Social Issues in 2020

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Many people would agree that 2020 has been a tough year for everyone. In fact it is a year which would go down in the books. Why? The answer is the current social issues that are happening this year.

Social media influence billions of people every day. They take a toll on the physical and mental health of the public, especially among teenagers. Body dysmorphia is a mental illness teenagers or even adults can suffer from. And this originates from the beauty standards we see on social media. For example, if you do not have a skinny body, perfect waist or a muscular build, you are not considered “beautiful” enough, thus making many people insecure about their bodies. Cyberbullying is also common on the internet. Some people like to bring other people down by bullying or spreading hate comments and rumors. They do this to feel better about themselves. Moreover, social media can affect teens physically as they may disrupt their sleeping patterns. Social media can also be seen as the gateway to procrastination, making us lazier in our daily life.

Moving on, I’d like to talk about COVID-19. This global pandemic has caused many school closures, lockdowns within countries or cities and many deaths around the world. In Hong Kong, many people still go out even when they are advised to stay at home, either hanging out with friends or strolling around the city. Some of them do not even wear masks, which help prevent the likelihood of being infected. Not only that, people are not following the social distancing advice. The government has told everyone not to gather with groups more than four. However, they gather in groups of five or even ten. Meanwhile, in countries like the U.S. some people are opposing their government’s measures in fighting against the virus. Some of them do not want to wear masks as they think that it is their right and choice.

Lastly, racism has been going on for many centuries. Take a look into the recent death of George Floyd. He was a 48-year-old black man who was killed in Minneapolis, Minnesota. He was arrested for allegedly using a counterfeit bill. A white police officer

knelt on Floyd's neck for almost nine minutes while Floyd was already handcuffed, lying face down, begging for his life and repeatedly saying, "I can't breathe." Floyd's death triggered 2000 U.S. cities and people around the world to stand against police brutality, police racism and a lack of police accountability. The slogan of this social movement is "Black Lives Matter (BLM)", which is a protest for Afro-American people. What's more, some Asians were being discriminated against and blamed for the Coronavirus outbreak. They got physically abused or were called racist names by people of other ethnicities.

In a nutshell, 2020 has been a rough year for everyone. As many people say, this year will be down in the books. These social issues are not the only things to be concerned about. Wildfires and world war conflicts matter a lot too. We should all think of a way to end these issues and bring all lives into peace and equality.