

At breaking point

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According to research, the majority of teenagers in Hong Kong start to be in a relationship when they are at school. Unfortunately, most of the students who are in a relationship are at breaking point. They think that being in a relationship provides them with an oasis: they have their supportive girlfriend or boyfriend to share their feelings with and they are on cloud nine when they hang out together. However, it can also put pressure on students from various sources. For instance, tiger parents might rap students over the knuckles for spending too much time, money and attention on their boyfriend or girlfriend because they would rather their children be glued to their desk and put their nose on the grindstone for their studies. Besides, some of their friends might also try to stay away from them or make fun of them. According to the survey results, it usually happens because when students are in a relationship, they fail to arrange their time with their boyfriend or girlfriend well, so they pay not enough attention and spend not enough time with their own friends. Here is some advice!

If you are in a relationship, you should plan your schedule so that you can successfully juggle your studies and relationship between your parents and friends. Taking time out to do things you like with your boyfriend or girlfriend can be a great stress-buster. However, to relieve the stress from your parents, it is best to prioritize your schoolwork. If you prove to your parents that you can handle your academic and relationship well enough while having a relationship, I am sure that your parents will feel much more positive about it and see you as level-headed and reliable. Moreover, I strongly suggest you tell your boyfriend or girlfriend honestly about how passionate you are to keep your relationship with your friends well too, so that he or she can understand what you are worrying or suffering. This leaves you more time with your friends too. Always remember to listen to what your heart is telling you!

There is no definite answer to what you should do when you are in a relationship. Just remember that while you are over the moon because of your girlfriend or boyfriend, you should identify your priorities and manage your time effectively. Hope this advice is helpful to those of you who are at the breaking point.