新北市立八里國中115學年度英文朗讀比賽篇目-1

Bullying in Junior High School

Junior high school can sometimes be difficult for students. One big problem is bullying.

Bullying means hurting other people on purpose. It can be physical, like hitting, kicking, or pushing. It can also be verbal, like saying bad or mean things. Today, bullying can also happen online. People may send hurtful messages or post unkind words on social media. This makes it hard for teenagers to escape bullying, even after school.

Students who are bullied may face many problems. They may feel sad, afraid, or nervous. They may lose confidence and stop believing in themselves. Some students cannot pay attention in class, and some may not want to go to school at all. This can hurt their grades and health. In some cases, it may even hurt their future.

It is very important for bullied students to ask for help. They should tell a trusted adult, like a teacher or school counselor, who can stop the bullying. Friends can also give support. Having kind and friendly friends makes students feel safe and not alone. Parents should also play an important role. They need to talk to their children about bullying and teach them to stand up for themselves and for others.

When students, parents, and teachers work together, schools can become safe and friendly places. Everyone should try to stop bullying. This way, junior high school can be a happy and positive experience for all students.