

S6A Hung Man Hin Henry (9)

Teacher: Miss Chan Hoi Yan

Subject: English

***Learning English through Social Issues***

***You are a student counsellor at a secondary school. Recently, there have been incidents of cyber bullying among junior secondary students in your school. Cruel messages were posted online about some students and one student was away from school for a week as a result of being cyber bullied.***

***Your teacher has asked you to give a speech at a special assembly about cyber bullying. In your speech, explain what cyber bullying is, and why it is a serious issue for the victims. Also, describe its impact, and give suggestions on how students can protect themselves from cyber bullies.***

Good morning everyone,

Today I am going to talk about the issue of cyber bullying in this special assembly. There have been incidents of cyber bullying among junior secondary students in our school recently. Cruel messages were posted online and one student was away from school for weeks. This has shown that cyber bullying is a serious issue which must be stopped.

First of all, let me explain what cyber bullying is. Cyber bullying is the use of communication technologies such as instant messaging, e-mail or social networking sites to harass, threaten or intimidate someone. It is often done by youth who have increasingly early access to these technologies. Thanks to the use of mobile devices and online communications, it has become a more common issue among us. Moreover, cyber bullying is considered as a crime and it is against the law as it may involve personal threats and harassment.

Cyber bullying can cause serious impact to its victims. Just like other types of bullying, victims of cyberbullying may experience emotional and psychological distress, like low self-esteem, isolation, anxiety and depression. They may suffer from these negative feelings, causing suicidal tendencies. But the worst is, driven by anger and vengefulness, victims of cyber bullying may plot revenge against the bullies, keeping themselves locked in the bully-victim cycle.

With such a huge impact to the victims, it is undeniable that cyber bullying is a serious issue. However, there are ways that you can protect yourselves from cyber bullying. My personal best tips to protect ourselves from cyber bullying is to be less emotional and sensitive to any cyber bullying content on the internet. This can keep you away from falling into any negative feelings towards those content and immune from cyber bullying.

If you have got any further questions about cyber bullying, you are always welcome to ask me more. Thank you for listening.