

4A (14)

FUNG KWOK CHING

Your friend Jan has written you a letter in which she has asked you to give her some advice. Here is the letter.

*Dear Chris,*

*You know that I have so many online friends. Recently, I've been getting even more friend requests from strangers. Besides, some of them keep on sending me messages or even calling me on Messenger and Instagram. Sometimes, I mistakenly keep my phone switched on and get caught by teachers because it rings during lesson time. As a result, I am feeling really stressed out. I have no idea what I should do. And you know, my HKDSE is coming soon. I also need to pass my HKDSE. What do you think I should do?*

*Jan*

Write a letter of advice to Jan.

Dear Jan,

I'm sorry to hear about the problems you received online and from exam stress. I hope the advice below would help relieve your stress.

Firstly, you mentioned that you have many friends online and that you've been getting friend requests and messages from strangers. You also mentioned that you sometimes forget to turn off your phone at school leading you being caught by teachers. I think that the best way to deal with such a problem is to set an alarm to remind yourself to switch off your phone when you arrive school. I can understand how stressful it can be when we receive friend requests from strangers specially because we don't know who they are and what their purpose is in being our online friends. But you should be courageous enough to decide whether or not you want to make the strangers your online friends. If you don't want to be friends with those strangers, you can simply decline their requests or just ignore them. However, if they bombard with annoying messages, I would suggest that you block them right away. I am aware that some people just like to message random people online because they're bored.

Secondly, you also mentioned that too many friend requests are annoying you. I don't know but I think that if we spend too much time online, then too many people might think that we are available to engage in useless chats online. It is also possible that your existing online friends might be forwarding your name and information to the strangers thereby prompting them to message you. If I were you, I would spend less time online. I would even close my online account if I feel too

stressed due to such messages because I am not that worried about my online friends. I have got good friends in real life. I am sure you have some good friends in real life and they are the ones who know you the best because they have met and interacted with you. You can hang out with them, pick up a hobby with them and play with them. This is also healthier than staying online since you get to move around, stretch your body and keep your eyes healthy as staring for too long at the screen can harm your eyes.

Thirdly, you mentioned that you need to pass your HKDSE and asked me what to do. Well, the best strategy to pass HKDSE is to study. You know what? When I approach my HKDSE exam, I plan to drop my phone, pick up a pen and a piece of paper, and start studying! There's no time to lose. If your dream is to pass HKDSE and go to university, then study! Let this be the perfect reason to stop being online as it will definitely not help you to pass exams. You need to pass every subject of DSE to enter university. If you encounter anything which you don't understand, don't panic. Just ask someone such as your classmates or your teachers! I'm sure they will be happy to answer your questions. You can also ask me, I'm ready to give a hand!

I hope the advice I gave you can help you relieve your stress. So, put down your phone as you've got to start studying. What are you waiting for?

Good luck in your HKDSE!

Best wishes,

Chris