

MFS Creative Writing Competition 2017-18

F.2 3<sup>rd</sup> Prize

Wong Ka Wing Lily, 2D-25

What would you do if you saw a friend posting photos of self-injury?

Cindy is one of my best friends. She is excellent in both conduct and learning. Yesterday was the last day before the final examinations. Surprisingly, I found her posting photos of self-injury on her Facebook. I phoned her and sent messages to her but there was no reply.

Last night, I wanted to chat with her about the coming examinations on phone but she still did not answer me. On her Facebook, she posted some photos of self-injury with some discouraging words.

Next morning, I went to ask her what had happened to her. She told me that she was under great stress as she could not handle her school work. Being the leader of the Project Learning, she did most of the tasks such as proposal, script and powerpoint. She had spent most of her time on the project so that she had no time for revision. She did not want to disappoint her parents as they had high expectations of her. Therefore, she tried to harm herself.

After talking to her, I asked her to see our school social worker or talk to her parents. I also made a recording of our conversation and sent it to Cindy's parents, hoping that they would understand Cindy more and give more love to her.

I tried to comfort Cindy to make her feel less worried. Finally, she deleted the post showing her photos of self-injury and would not harm herself anymore. In this experience, I realized that friends are important in our life!