**BULLIES SHOULD BE SUSPENDED FOR A WEEK**

Bullying, a common thing among our students was always a problem. It leads to power imbalance, abuse and leaves deep emotional scars on victims. In this essay, we will discuss about whether bullies should be suspended from school for a week or not.

Firstly, I would like to talk about the big impact that bullying has on students and children in general. It usually causes a lot of harm to other students, because it can lead to emotional and psychological problems. Victims experience feelings of helplessness, fear, and isolation, and over time it also leads to suicide. By being suspended for a week, they would reflect on their action and realize how much harm they caused to others. There was also a study published in the journal JAMA Psychiatry in 2013 analysed data from over 1,400 participants and found that both victims and perpetrators of bullying had a higher risk of developing mental health disorders later in life.

Secondly, I would like to point out the meaning of time to the intimidators. They usually bully and harm other students mentally or physically. They have not learned how to talk to people properly and that is exactly why they should be suspended for a week. Through the week they could spend time to actually talk to their parents and potentially reflect on their mistakes and bullying. A study conducted by Smith and Johnson (2019) examined the impact of school suspensions on student behaviour and found that suspended students often experienced a higher level of self-reflection and a greater understanding of the consequences of their actions.

On the other hand, isolation is not always good. It leads the oppressors to bad behaviour. It would also cause depression and anxiety that no one should go through not even the harassers. Many studies have also proved this, for example, The American Foundation for Suicide Prevention, Centres for disease control and prevention and many other studies done by the journal Crisis.

Moreover, bullies, like all the students, have exams and lots of schoolwork, by being suspended for a week, they would miss a lot of school hours, fall behind on their subjects and also their grades would slowly get worse. Getting bad grades would slowly start to cause disappointment from the teachers and their parents and lead to aggression and more bullying.

To sum up, being suspended for a week can cause harm, because of the dissociation and the absence, however it can also do good because bullies can reflect on their actions, talk to their parents or professionals and heal themselves.

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