

You're lying in your bed, unable to sleep. Your head is spinning with stressful thoughts and all you can think about is the homework you've been missing and that fight you had with your best friend earlier that school day. Continuing, this will always take a toll on kids; no matter how hard you try, conflicts with school are unavoidable. School is bad for mental health because it exposes children to bullying, puts unnecessary stress, and takes time away from kids focusing on their mental health.

To start, Children are exposed to bullying at school and this can negatively affect their mental health. No matter what you do to prevent bullying, it will always happen in children's lives and is unavoidable. And especially in public schools and this is very apparent as children try to find themselves and navigate adolescence. This is shown when Gale Middle School Online Collection states "In the United States, reports of bullying are highest for middle-school students (28 percent), followed by high school students (16 percent), students in combined schools (12 percent), and students in primary schools (9 percent), according to 2021 data from the Centers for Disease Control and Prevention (CDC). (Gale Middle School Online Collection)." Kids in the United States struggle with bullying especially when they are experiencing change like in middle school. Gale Middle School Online Collection shows bullying reports in adolescence, helping the readers understand the struggles with bullying growing up. The bullying rates are extremely high and show how school can be a struggle for kids when things like bullying are going on. Bullying can take a toll on children's mental health especially when the rates are this high. This shows how school can be bad for kid's mental health when they have to deal with bullying constantly.

Also, the school puts an unnecessary amount of stress on students with things like homework. Children struggle with homework stress, which adds pressure from school when they already have other things to do. Especially when it affects their grades when it doesn't have much of an academic impact on them. You can see this when Junior Scholastic states. "Doing hours of homework every night doesn't help students learn. It only puts more pressure on their already overscheduled lives. Too much pressure can make students lose interest in school. (Junior Scholastic). Homework has very minimal academic benefits on kids and puts unnecessary stress on them when they already have other stuff to deal with. Junior Scholastic illustrates this when they talk about the unnecessary stress kids can have by getting homework that won't even benefit them in the long run. Children's mental health will be negatively affected when they have to deal

with stress from home already affecting them, kids also face pressure from school when dealing with homework, creating a challenging situation when they have to manage multiple responsibilities at once. Homework impacts their grades, and when they are overwhelmed by other commitments, they may not perform their best, resulting in a negative mental toll.

Moreover, stress at home significantly impacts children academically, adding a heavy mental burden. Kids need sufficient time and energy to excel in their studies, which becomes difficult when home stress influences them. This dynamic adds even more pressure, as struggles at home reflect in their academic performance. According to UPI NewsTrack, some teens may not perform well in school because stress at home affects their academic outcomes; conversely, U.S. researchers noted that stress from home can distract them from their schoolwork. Stress at home can be a contributing factor to this issue."

bad for children's mental health because the pressures from life at home can spill into school creating more work, bad grades, and less understanding of content. When children are dealing with tough situations at home or any kind of conflict outside of school this can affect them academically by distracting them and taking away study time therefore messing with how they perform in schoolwork creating stress about grades and adding onto the stress that was already there from out of school conflicts.

To conclude, School is bad for mental health because it exposes children to bullying, puts unnecessary stress, and takes away time from kids focusing on their mental health. Bullying affects children's mental health negatively and can affect self-esteem, focus, and relationships. Also, the amount of homework forces kids to do puts heavy amounts of stress by forcing them to do it every night. And finally, the amount of stress kids have going on at home can take away time from themselves negatively affecting their academic performance and overall mental health. Many aspects of school can impact kids' mental health on a huge scale and the amount of homework, exposure to bullying, and adding more stress that was already there slowly chipping away at kids' minds.

