

Ladies and gentlemen,

Today, I want to talk about something that affects many lives but is often overlooked--bullying. Let's take a moment to imagine how it must feel to dread going to school or work because of worrying about being treated badly. Imagine the loneliness, the anxiety, and the sadness of feeling like no one understands or cares.

We all know someone who has been hurt by words or actions. It might be a friend, a sibling, or even ourselves. Bullying can leave invisible scars that hurt far longer than bruises. It's important to remember that behind every face, there is a story we might not see or understand.

Let's change the way we interact with each other for the better. Let's choose kindness over cruelty, empathy over indifference. Reach out to those who seem alone, listen to their stories, and stand by them. Speak up when you see something that isn't right. Together, we can foster a community where everyone feels safe, valued, and respected.

Remember, compassion is stronger than hate, and understanding is more powerful than any unkind word. Let's pledge to be kind, supportive, and to always look beneath the surface to truly see each other. In doing so, we can stop bullying and build a place where everyone can thrive.

Thank you.