

Hello everyone,

It's great to see you all here today. I want to start by asking a simple question: How many of you have ever witnessed bullying, either in person or online? [Pause for audience reaction.]

Thank you for sharing. Bullying is something that impacts many of us, and it can happen anywhere--from the playground to social media. Today, we're here to learn how we can stand together against it.

Let's start by understanding what bullying really is. It's more than just teasing--it's repeated, harmful behavior that targets someone. Can anyone share what they think this might feel like for the person being bullied?

[Encourage a few responses.]

That's right; it can make them feel isolated, afraid, and powerless. But what if we all became allies instead of bystanders? Imagine the difference we could make.

Now, I want each of you to think of one small action you can take if you see someone being bullied. Who would like to share their idea? [Invite a few people to speak.]

Thank you for those wonderful suggestions. Remember, standing up against bullying doesn't just help the person being targeted; it creates a kinder, more supportive community for everyone.

Let's work together to make that happen. Thank you!

Does anyone have questions or thoughts they would like to share? [Open the floor for questions.]