

Hello everyone,

Thank you for giving me the opportunity to speak today on the crucial topic of anti-bullying. I want to share a personal experience that profoundly shaped my understanding of this issue.

In middle school, I had a classmate, let's call her Emma, who was often the target of bullying. She was teased for things beyond her control--a unique accent and worn clothing. Sadly, I was a passive bystander, too scared to stand up for her.

One day, Emma bravely shared a piece of her story during a class project--we learned about her family's difficult journey and how resilient she truly was. It was a turning moment for me. Seeing her courage, I decided to support her by befriending her and speaking up whenever I witnessed any bullying.

From that experience, I learned the power of empathy and action. Bullying can leave deep scars, but small acts of kindness and courage can make a world of difference.

Let's pledge to create environments where everyone feels safe and valued. Whether it's in the hallway, online, or in discussion, we have the power to change the narrative and support those who need it most.

Thank you.