Good morning, everyone.

Today, I want to talk to you about something that touches all of us--bullying. Bullying can happen anywhere: in schools, online, or in the community. It's hurtful, unfair, and affects us all, whether we realize it or not.

Imagine a school where everyone feels safe and accepted. That's the kind of environment we all deserve, and it takes each of us to make it happen. Here's how we can do our part:

1. **Be Kind**: A small act of kindness can go a long way. Smile, say hello, or include others in your activities. Your kindness can brighten someone's day.

2. **Speak Up**: If you see someone being bullied, don't stay silent. Tell a teacher or an adult you trust. Standing up for someone can change everything.

3. **Support Each Other**: Let's be there for one another. Encourage your friends to talk openly about their feelings and remind them they are not alone.

Together, we can create a positive and uplifting environment. Let's pledge to be a community that stands against bullying.

Thank you for listening, and for being part of the solution.