Good morning, everyone,

Today, I want to talk about something really important—something that's affecting many of our lives every day. It's the issue of bullying. We've all heard the word, but I'm here to encourage us to understand it better and transform the way we think about it.

Bullying can take many forms, be it physical, verbal, or even online. But no matter how it happens, it can leave lasting scars. However, we have the power to stop it. Each one of us can make a difference.

Imagine a school where everyone feels safe and respected. That's the school we can create. If you see someone being bullied, you have the courage within you to stand up and support them. Let's use our voices to speak out, to include others, and to spread kindness every single day. Remember, it takes all of us working together to build an environment where bullying has no place. Be the person who lifts others up. Your small actions can have a big impact.

Let's commit to creating a community of acceptance and understanding. Together, we can make our school a place where everyone truly belongs. Thank you.