

Ladies and gentlemen, students, teachers, and parents,  
Today, I want to talk about something that touches many lives--something that happens quietly, often unnoticed, but has a profound impact. I am talking about bullying.

To those who have been bullied: I want you to know that you are not alone. Your feelings are valid, and there are people who care deeply for you, ready to listen and support you. Remember, your worth is not defined by someone else's actions.

To those who have witnessed bullying: your voice is powerful. Stepping up and speaking out can bring change. It's not easy, but standing together, we can make a huge difference in someone's life.

And to those who have bullied: it's important to understand the pain your actions might cause. I urge you to consider how you would feel in their shoes. It's never too late to change and seek kindness and understanding. As a community, let's foster an environment where empathy and compassion thrive. Let's support one another and make our schools safe havens for growth, learning, and joy. Together, we can put an end to bullying and build a future filled with respect and kindness.

Thank you.