

1. ****Opening:****
 - "Hey everyone, I'm here to talk about something really important today."
2. ****Identify with the Audience:****
 - "I know that sometimes school can be tough and we all have our bad days."
3. ****Acknowledge Feelings:****
 - "It's okay to feel upset or hurt, especially when someone says or does something mean."
4. ****Share Personal Experience:****
 - "I remember a time when my friend was bullied, and it made both of us feel really sad."
5. ****Express Understanding:****
 - "No one deserves to feel that way, and it's important to know you're not alone."
6. ****Positive Encouragement:****
 - "We can all help each other by being kind and supporting one another."
7. ****Call to Action:****
 - "If you see someone being bullied, speak up or tell a teacher. Together, we can make our school a safer place."
8. ****Close with Reassurance:****
 - "Let's work together to make sure everyone feels included and respected."