



# Transcript

## Mrs Turnbull - Lesson 5, Audio 1



Play 'Mrs Turnbull - Lesson 5, Audio 1' **or** read this transcript during 'Say No to Bullying' lesson introduction.

### Mrs Turnbull

Blowing out someone else's candle, doesn't make yours shine any brighter. I wish all the pupils in my school understood this, too many of them nowadays want to bring people down, call them mean names and make one another feel worthless – what do they really get out of that? Being unkind is one of the most horrible things you can do to others, it's so important that instead of making someone feel bad about themselves, you make them feel good. Kindness costs nothing but, in fact, it can mean everything to somebody else. This week I have encouraged my teachers to try and talk with their students about bullying. As a principal, I want my school to be place where everyone feels happy, safe and supported every single day. I just wish my students could do something to raise awareness about anti-bullying...something that could stop it for all of the generations of the school to come.