

You are not alone

Ho ho ho! There are still several months until Christmas, so do not put up your holiday decorations yet. We want to talk about something important to us all: school peace. This year's theme is "You are not alone."

Everyone needs a friend, someone to share our joys and sorrows with. However, sometimes it is nice to be alone. Being alone and being lonely are two different things. Being lonely means that you really have no one, or that you feel that you have no one. Being alone, however, is a choice that you can make yourself.

Bullying may lead to loneliness, and at its worst, it may even result in mental trauma and mental health problems. To the bullied, it may feel like someone is digging a deep hole for them, throws them in the hole, and then fills it up again. It does not feel nice at all. The expression "time heals all wounds" is misleading. Bullying can leave eternal scars that stay with you for the rest of your life.

Intervening in bullying early enough can help. If you are bullying someone, stop it now; it makes others feel really bad. If someone is bullying you or you see someone being bullied, remember to tell an adult about it. Bullying others is not cool, but **STANDING UP FOR THE BULLIED IS!** Bullying can also be a crime!

School peace can mean different things to different people. It can mean allowing everyone to be themselves, leaving no one out, making sure that everyone has a friend, or ensuring that everyone feels safe at school. We can all build school peace together.

Remember that you are not alone, and never leave anyone out!

Declaration of School Peace, 28 August 2024

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