

STUDENT ASSEMBLY COMMENTS:

Question #5 - What was the most valuable thing that you learned in the small group session?

That suicide thoughts or self-harm should be helped, not hidden

That everyone can change if we work together

I learned that if you think about everything in every situation it will lead you down better path

That we all aren't that different

We can chose to stop hate, drama, bullying etc.

About how powerful the spoken words are

I learned that the choice is mine and I need to make the right choice

That you can get through anything. It's your choice

Don't be afraid to go talk to an adult if you need help

Suicide isn't the right choice

How standing up for one student could change everyone

I control my life

I learned that the things I say can have larger impacts on people than I can imagine

The most valuable thing I learned was I was not alone

I've learnt the importance of knowing you're beautiful

You can't blame other people for your own mistakes

The knowledge of the consequences of my actions was renewed and built upon

I learned it was ok to be myself and it doesn't matter what bully thinks of me

Don't live your life in lies

You have no control of what you see, but you do on how you see it

My words have power

To become a more responsible person

Probably that a lot of people can hide behind a smile but on the inside they're dying

It was that I could make difference in my school

That it's important to maintain good/solid relationships

The difference between conflict and bullying

To love myself

Everything was very valuable, nothing in the presentation was even remotely boring or stupid

That I can talk to people about my problems, and it ok

That in order to get the most passionate, amazing life I can have, I need to surround myself with positivity

Never take your life for granted. Drinking, drugs, and suicide can never solve your problems

The most valuable thing I learned was that when someone bullies you there is nothing wrong with you, it's the bully that has the issues

The most valuable thing that I learned was to be myself and tell what's wrong to my parents

Don't cave in

How video games can affect me

Respect yourself! Everyone has a purpose!

A lot of the problems in our life we have created, so we can solve them

That no matter what 'group' you are in, everyone can be friends

Suicide isn't the answer to life's problems, Love is

That we should make the school a safe place for everybody

Suicide is a permanent solution to a temporary problem

That just by making someone feel accepted it may save their life

That most of the girls in my school are sick of the drama to

Good decisions = good consequences

The most valuable thing I learned was that everybody has a gift

To stay strong

I need to forgive myself for past mistakes

That my words, negative or positive, are powerful

That I need to make more positive choices for myself

That my parent are not responsible for my mistakes

We need to treat everyone as equal.

To always be a nice person

I learned that all of our choices affect us.

That every choices we make have consequences that can affect others too

The inspiration

To think before texting

The choices are mine

Don't let other people label you

That we all are going through something

The things you can get charged for

How we need to think about how we treat each other

I learned that bullying is bad and someone should helped the bullied kid

That we should help each other out when they struggle

Bullying is a very serious matter and is not to be funny

The most important thing I learned was that everyone has their story, you should never judge them.

That there ways to get help

I learned that bullying is way more serious now.

The most valuable thing would be if you think before you say something you can save a life

To always think about what you will send online

Think before you post stuff online

Small choices will impact everyone

Teamwork, forgiveness kindness

Sticks and stone may break my bones but words will always hurt

Every one of us has problems of our own no matter how big or small

That life is precious

Drugs can kill you

I learned that there's more to life

I learned like everyone can change their life from negative to positive

Be who you are. Be careful what I post

That people aren't all what they seem
No cyber-bullying because what stay in the internet, stays there forever
Doesn't matter how you look on the outside
People have the right to choose
I learned I decide how I see people
That I can make my own choices and responsible for my own choices
That we have a lot in common if we get to know the other people
That I always have someone to talk to
That you can't hide from anything you do online
To be careful about social media
Everything said today was valuable
That many people have the same issues
I learned not to judge people by labeling them Jocks or other stereotypes
It made me look back how I lived until now
To make smart decisions
That anything you do on your phone sticks with you
That you don't know what our words can do
It made me look at things at different perspectives
I learned that many people feel bullied in my school and I don't even know it
How much your actions & words can affect a person
Not to share important information online, be careful what I put on line
Respect others, it's your choice to change
The most valuable thing I learned was the choice is yours on how your life goes but it will be much better if you do the right thing.
There is a lot of people that seal their emotions away
That everyone on the internet can see your life and your choices can come back and haunt you
I give the bully the power
I learned that all of my decisions (good or bad) have consequences
That I am not alone

Don't lie because you will eventually get caught
That what you post online can effect more than just you
That the choices are mine and my mistakes are for me to deal with
To get help from adults if you need it
Bullying can really damage someone's life
To think it through more before choosing to say or send something
Have care for others, not just by yourself
That we can help each other in need
We have to choose in order to make change
The whole presentation was a valuable lesson in my opinion
It may not seem like it but you're not the only one with problems in life
To believe in yourself and others
That we are not alone- someone can help
That bullying is not something to face on your own
That we don't know everybody's life story
That critical thinking has over my life and how I can change it for the better
That drinking is not a joke
I learned that hurting yourself is not the solution
I learned to see my fellow classmates differently and to stop the hatred
That depression/suicide are not to be taken n lightly
You should speak up if something is bothering you
Be more aware about how much your actions can have impact on other people
That everything you do has a strong impact on yourself and others
We make our own choices. Don't blame things on others
That everything online stays online and nothing is private
The digital world isn't completely private
I learned that there are multiple other people dealing with similar issues
That I can always ask for help

That words are extremely important and we really need to think before we speak, even if we're just kidding

To care for one another

That life is a gift and to jeopardize that is terrible

bullies have many problems

I realized that even though I may think someone is weird I shouldn't judge them and should get to know them

That if you are thinking about suicide or you know someone who is, tell someone

Think of others around you as they may be having a tough time

To treat everyone equally

That you don't have to be afraid to be there and help others out

You're less likely to rebel if you have choices :)

How much change one person can make

That I should be myself no matter what

That it's better to lose a friend than for them to lose their life

The most valuable thing I learned was the observation I made watching actions of the crowd

A person isn't determined by labels they're given

To help me make smarter decisions

That life is valuable and things can always get better

To be who I want to be and to be nice to other people

Everyone has a story and to see others with love & kindness

It made me open my eyes and think

How fast something can go viral

People of all different types can come together

You are capable of controlling your actions and help deciding the outcome

Some adults do understand teen thinking

The whole assembly, speech, presentation was a huge reality check

Smallest things like nicknames for find your whole identity on the web

Other people have been Bullied and I am not alone

To not stand around and watch people get bullied

That you never know who somebody is unless you get to know them

Your choices have bigger consequences than you might think

It's not up to others to decide your fate

The important choices you make throughout your life affect you like rain creating a ripple in a puddle. Life is valuable, think logically & respect things.

That it's up to me to make it better and take responsibility

That every action you make on a digital device can "back fire

The most valuable thing I learned was the power of words

Use your words carefully

That you shouldn't hide who you are

That we have the power to change / save lives by simply doing something such as talking about it with the person & making them feel safe to do so.

It's better to lose a friendship than to attend their funeral

I thought it was important for people to learn what an eating disorder is. It affected me the most because I have bulimia.

That there is always a way out other than suicide

That in the end, the final decision is mine

Every word in the presentation was valuable information for me

That everybody is equal and that we need to stop bringing each other down (bullying)

Don't judge a person by how they look. Get to know them

I learned that there will always be someone there

I learned that there are a lot of jerks out there and we have the power to stop them

We aren't alone in anything

1. I should be more careful on the internet 2. I need to treat some people with more respect I don't know what they're going through

Before you hit send, think if you would say this in front of your parents

Not everyone's life is perfect, they all have problems and issues that cause different outcomes in their lives as well as others

Doing Drugs are selfish over your family

That you are not invisible

That you don't know the situations behind someone's actions and should try to give people the benefit of the doubt

That only I can fix my bad choices and mistakes

To treat people the way you want to be treated

You can stop bullying whenever you see it

To treat other better, because I don't know what they're going through

That it is very helpful to stick up for someone that is being bullied

I learned that nothing can get better until you realize you made the choice to get into the situation and you have to want such help because not everyone knows what's going on

There is a difference between when you first meet a person to when you get to know them

That everyone has a story, and one person can make a huge difference

The most valuable thing I learned was that I am not alone some of my peers go through the same thing I do

Creating more respect between students and teachers and also among the students

That all of these issues are extremely serious

What I can do to keep me safe

Figure out who you really are

The steps to go through if you're being bullied

That it is extremely important to tell people what's going on

That people might have a bad life out of school

The most valuable this I learned is if you do something wrong it's your fault and you can't blame anyone

The most valuable information I learned was how common and horrifying the effects bullying are

That gossip must be stopped and listening is helping it be bigger

That I could ruin or make my life amazing

How to accept everyone even if their different

I learned that there are many more consequences than you may think

The laws

Ways that sound like they will actually work to help people

Your online profile is so important

How many people are actually all the same, everyone has negative & positive things in their lives

Life is short, don't end it before the story has even started

That we just have to give people a chance and that people may surprise you

Be truthful to everyone and be yourself

That I should make better choices when using my phone

How serious it is to be sending "sexting"

The most valuable thing that I learnt would be that you never know what people are going through

We aren't as different as we think

Never tease anyone because you don't know what their lifestyle is at home

That we are not the only ones dealing with these issues, there is many more people out there dealing with these issues also

That I am me and I am important

Even with your family history the choice is yours

To always tell the truth and never lie

To go to a teacher /parent if there is something wrong

The most valuable thing I learned was not to judge people

I think it was learning about how you can stand up to bullies and how to treat others

To use your brain online and in school and out.

That bullying or drug abuse starts or ends with me

Realising that we are the ones who can put a stop to bullying

That we have to be careful what we are posting / sending on the internet

I need to reconsider my actions

That I'm not alone and the amount of people who have suicidal thoughts