

# Dr. Shefali #ENDSHAME Movement

4 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=YNZAINYXPOW](https://www.youtube.com/watch?v=YnZAINyXPOw)  
<https://www.youtube.com/watch?v=YnZAINyXPOw>

## SUMMARY

*Dr. Shefali advocates for ending the public shaming of children on social media, emphasizing the emotional toll it takes on them. She calls for parents to reflect on their actions and treat children with dignity and respect, rather than as objects of shame.*

- Children experience deep emotional pain when publicly shamed by parents.*
- Dr. Shefali uses analogies to illustrate how adults would feel if subjected to similar public humiliation.*
- She argues that children deserve the same dignity and respect as adults.*
- The message encourages parents to nurture their children's worth rather than undermine it.*
- Dr. Shefali urges a movement to end the shame culture surrounding children.*
- The call to action includes using the hashtag #endshame to spread awareness.*
- The importance of recognizing children's humanity and their right to make mistakes is emphasized.*

Speaker 1: Hi, I'm Dr. Shefali. I'm here today to ask if you will join me in the movement to helping end the shame of children on social media. If you're so inspired, do spread this message with all you know using the hashtag endshame. I'm here to articulate how our children feel when they are shamed in public.

Speaker 1: Because if our children could express their feelings and make their voices heard, this is what they might say to the parents in their lives. Mom, dad, how would you like it if you made a mistake at work and your boss shaved your hair off and posted it on. On the company's website? Or your mom caught you smoking pot in college and made you wear a T shirt of shame to be worn publicly for all to see?

Speaker 1: Or if I took a video of you when you were yelling or screaming at me because you were tired and I sent it to all our friends and family? How would you feel knowing that you had no control over how your parents treated you? Knowing that the two people you trusted the most in the world could betray you so publicly? Knowing that you were not allowed to make mistakes and still keep your dignity?

Speaker 1: Am I not a human being just like you, Prone to unconscious mistakes, bad choices and judgments just as you are? Then why? Why are children not treated as human, like adults are? Why are we treated as chattel property, puppets and minions? I am here to say I am a human. And I know I deserve dignity.

Speaker 2: I.

Speaker 1: I came to you so you could honor my soul, nurture my worth, and preserve my spirit. Yet it is you who annihilates my very essence. In the name of parenting, in the name of love, in the name of teaching. I am a

child. And I'm here to end the shaming of all of us. It is time for you, mom and dad, to now look in the mirror. To wake up, to grow up and become the person you were meant to be.

Speaker 1: The parent, the guardian, the usherer of my soul.

Speaker 2: You won't bring us down. We are beautiful in every single way. Yes, words can bring us down. Oh, no. So don't you bring me down.

Speaker 2: Don't you bring me down. Don't you bring me down

Speaker 1: today.