Student Friendly Bí Cineálta Policy

Bí Cineálta!

We want everyone at our school to feel safe and happy.

If you think that you are being bullied or someone else is being bullied, you need to tell a teacher or another adult that you trust. They will know what to do to help.

Get help!

Tell someone!

If a student tells a staff member that they think they are being bullied, we will:

- talk with the student
- ask the student what they want to happen
- work out a plan together
- talk to their parents
- talk to the other student(s) involved
- talk with the other student's parents

Please tell someone if you think that you are being bullied or someone else is being bullied.

Our school has a Bí Cineálta policy to try to stop bullying behaviour.

We look at this policy every year to see what is working well or what could work better.

We will ask you what you think.



Bullying behaviour is when someone keeps being mean or hurtful to others on purpose over and over again.

When it happens a lot.
Not just once.

If you feel that you are being bullied:

1. Say NO - Ask them to STOP.

2. Move away - Walk away and ignore them.

3. Tell - Tell SOMEONE - Talk to a friend - Tell a teacher - Tell a parent.

What should I do if I see someone else is being bullied:

Tell an adult straight away

- **This can be your teacher** – at lunchtime, after class or write a note.
- **This can be a parent** – ask them to let the school know quietly if you don't want to say it.
- **Don't stay silent.** Saying nothing means the bullying can keep happening. The school can get involved and help to STOP the bullying IF we know it is happening.

What is Bullying?

Bullying is a behaviour that can hurt you on the inside or on the outside and is <u>repeated over time.</u> It can be:

• **Verbal:** name calling, teasing, spreading rumours.

• **Emotional:** leaving you out, saying nasty things about you to others, hurting your feelings, making threats.

• **Physical:** punching, kicking, hitting, pushing, spitting.

• **Cyber:** Saying unkind things online, via text, groupchat.

• **Prejudice:** Calling you names because of the colour of your skin, religion, ethnicity, sexuality, gender, special educational need or disability.

<u>Useful websites for parents to talk to you at home about bullying:</u>

https://www.antibullyingcampaign.ie/
https://www.webwise.ie/
https://antibullyingcentre.ie/fuse/parent-hub/
https://tacklebullying.ie/

