

Our school has a Bí Cineálta policy to try to stop bullying behaviour and ensure everyone in school feels safe, happy and included. This policy is looked at every year to see what is working well or what could work better. You will be asked what you think.

Bí Cineálta!

Bullying behaviour is when someone keeps being mean or hurtful to others, on purpose, again and again. Someone who bullies may feel insecure in themselves – but being unkind to others is never ok.

This is how bullying might make someone feel:

Scared, lonely, sad, unsafe, embarrassed, excluded.

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

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

This is what we can do if we are being bullied:

- Say, “No,” get away, and tell.
- Talk to a trusted adult or friend.

Please tell if you know someone else is being bullied too.

Remember:

It is not your fault if you are bullied.
It is always wrong to bully.



