



## BÍ CINEÁLTA

### STUDENT FRIENDLY POLICY

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

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

We will ask you what you think.

## BÍ CINEÁLTA MEANS BE KIND

We want everyone to be good to one another so that all students feel safe and happy in school, so....

### LET'S BE KIND

## What Is Bullying?



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

It is targeted behaviour, online or offline, that causes harm.

That harm can be physical, social and/or emotional in nature.



## What Should I Do If I Experience Or Witness Bullying?

**Tell A Teacher Or Other Trusted Adult**

You are not a snitch - you are helping someone,  
or yourself, to feel safe again



## What Will Happen If You Tell A Teacher Or Other Trusted Adult?

- They will listen to you carefully
- They will ask how you would like them to help you
- They will work out a plan with you to make things better

## REMEMBER



**BULLYING IS NEVER OKAY, SO TELL SOMEONE TODAY!**



**YOU HAVE THE RIGHT TO FEEL SAFE AND RESPECTED**