

If you feel that you are being bullied:

1. Say NO.



- ✓ Ask them to STOP.

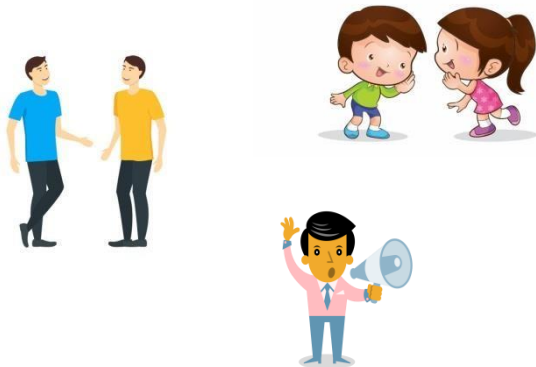
2. Move away.



- ✓ 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 – 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. Our email is: stbrigidsdns@gmail.com

- ✓ 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.



St. Brigid's Girls' National School

Child Friendly Bí Cineálta Policy

- ✓ We want our school to be a place where everyone can feel safe and happy.
- ✓ That means that no bullying is allowed.
- ✓ In this policy we want the school, the staff, and the students to work together to keep our school a welcoming, happy place for everyone.
- ✓ This policy was made for our students, and with their input.



Every child has the right to be who they are.

What is Bullying?

BULLYING IS WHEN SOMEONE HURTS YOU...



SEVERAL TIMES ON PURPOSE

Bullying is a behaviour that can hurt you on the inside or on the outside and is **repeated** over time. 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.

Remember

- Speak up – tell a parent or a teacher or a friend.
- Screenshot evidence of online bullying and show an adult you trust.
- Don't share personal information with anyone online.
- Tell if you see someone is being treated badly. Help others.
- Treat others kindly.
- If you hurt someone, think about how it would feel if it happened to you or someone you care about.

Students in our school have this to say:

- Bullying is never okay – it's mean, unfair and it hurts people.
- You don't have to be friends with everyone, but you do have to be respectful and kind to everyone.
- Kindness helps: A smile can change someone's day and a compliment can go a long way.
- Everyone deserves to feel included and valued.

What should you do if you are being bullied or if you see someone being bullied :

- "Speak Up: Tell a teacher, parent or trusted adult
- If it's safe, say something like "That's not okay" or "Stop, that's mean"
- Don't encourage it: Avoid standing in a crowd that laughs or watches – this can make things worse
- Find a friend to talk to – you're never alone, there are always people who care.

"Treat everyone the way you'd like them to treat you."

Useful websites for parents to talk to you at home about bullying:

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

What you can do:



Start Telling Other People



