

# Bí Cineálta



If you are being bullied or know someone is being bullied, here is what to do:

Tell a teacher or trusted adult in school

Tell a trusted adult at home

We can help!

Together we can make our school a happy and safe place to be for all.  
When we feel safe, we aim high and reach our goals.



Prevention is Key!

- ★ Teaching and learning in SPHE
- ★ Celebrating Diversity
- ★ Positive Relationships
- ★ A Telling Environment
- ★ Promoting Awareness of Bullying

Our school has a Bí Cineálta Policy to try and stop bullying behaviour. We look at this policy every year to see what works and what could work better.

Your voice matters!

What happens if a student tells a staff member they are being bullied?

- ★ We will ensure the student is heard and reassured
- ★ Take Action! Work out a plan together
- ★ Talk to the parents/guardians of those involved

What is Bullying?

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

Types of Bullying

★Physical   ★Emotional   ★Cyberbullying

★Verbal   ★Social