

What should I do if I'm being bullied?

Céard a dhéanfaidh mé?

**S**tart **T**elling **O**ther **P**eople

DO:

- Ask them to STOP, if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Act as though you don't care what they say or do.
- Talk to a friend.
- Tell someone and get help straight away.
- Write a note to teacher if you are too worried to speak openly about what is happening
- Remember it is NOT your fault.

DON'T:

- Get angry or fight back - try not to react.
- Hit them.
- Think it's your fault.
- Hide it.
- Do as the bully says.

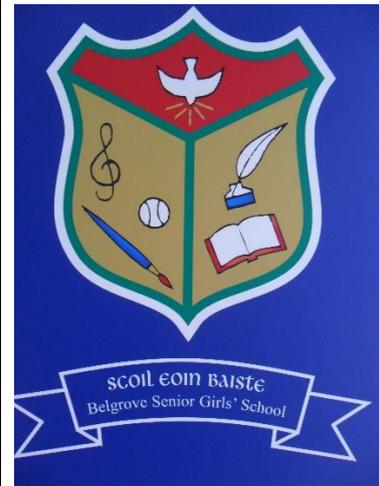
**S**peak **T**o **O**ther **P**eople

What should I do if I see someone else being bullied?



- Tell an adult straight away. Don't stay silent or the bullying will keep happening.
- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

**S**everal **T**imes **O**n  
**P**urpose



BE KIND -  
**BÍ**  
**CINÉALTA**

**Bí lách le**  
**gach duine**

**Child-Friendly**  
**Anti-Bullying**  
**Policy**

**We will all work together to S.T.O.P. bullying.**



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

**To deal with bullying, we will help everyone:**

- To get on well together .
- Respect and understand each other .
- To believe that everyone has the right to be who they are.

### **What is bullying?**

In our school, a bully is someone who hurts another person more than once and on purpose, by using words or behaviour which is meant to make them upset or frightened .

- Emotional: Hurting people's feelings, leaving you out, being bossed about.
- Physical: Punching, kicking, spitting, hitting, pushing, slapping, pinching etc.
- Through a 3rd person: Sending a friend to deliver a mean message.
- Verbal: Being teased, name calling, rude comments, mimicking etc.
- Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.
- Cyber: Saying unkind things by texts, e -mail or online.
- Placing a once-off offensive or hurtful message, image or statement which can be viewed by others on a social network, on an app, a website (other public forums) where that message, image or statement can be viewed /passed on by other people.

### **Bullying is not:**

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one off physical act of aggression e.g. pushing someone.

**We will always treat bullying seriously.**

### **TELL**

- **A friend**
- **Your teacher**
- **An SNA**
- **The principal**
- **Your parents**

We will talk to the bully and explain that they **MUST** stop being unkind to you.

We will give out warnings or sanctions (punishments) if necessary and will talk to parents.

We will encourage and work with the bully to help them realise that they are being unkind. We will encourage and show them that they are able to behave more kindly towards others so that you can feel safe and happy in school.

Your teacher will check with you that things have been ok.