Bí Cineálta – Anti-Bullying Policy: *Student Version*

What is Bullying Behaviour?

- Bullying is **targeted** behaviour, online or offline, that causes **harm**.
- Bullying behaviour is **repeated over time** and involves an **imbalance of power** in relationships….BUT…
- A **single** hurtful message posted on **social media** can be considered bullying behaviour as it may be visible to a wide audience and has a high likelihood of being shared multiple times.



Types of Bullying Behaviour can include…

Relational Bullying: Leaving someone out on purpose, spreading rumours, taking away their friends or making them feel unwelcome or left out.

Cyberbullying: Being mean online by sending hurtful messages, sharing private information, creating fake profiles or purposefully excluding others from group chats.

Verbal Bullying: Calling people names, making fun of how they look, talk or where they are from.

Physical Bullying: Hurting someone by pushing, hitting or damaging their property.

Written Bullying: Writing hurtful things about someone in school places or passing around cruel notes or drawings.

Extortion: Using threats to take someone's belongings or force them to do something they don't want to do.

Identity-Based Bullying: Being mean to someone because of who they are — their race, religion, gender, disability, background or sexual orientation.

How Do We Prevent Bullying at Our School?

We all have a responsibility to make our school a safe, respectful and kind place for everyone. Here is how we do that:

OUR LADY'S SCHOOL
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1. Creating a Kind and Respectful Environment

- Our school motto and four pillars promote respect, wellbeing and community.
- Active supervision by staff around the school and during breaks.
- Building positive relationships through House & Year Groups.
- Cineáltas Champions help set the tone.

2. Supporting Students Through Activities and Leadership

- Student Council, Class Captains, 6th Year Prefects, Amber Flag Committee, Lighthouse Mentors and other student leaders help promote kindness.
- Friendship Week, Wellbeing Week and Culture Week celebrate diversity and connection.
- Building positive relationships through House and extra-curricular activities.

3. Learning in the Classroom

- We learn about kindness, respect and anti-bullying in SPHE, CSPE and RSE
- Digital Media Literacy teaches us how to stay safe online.
- Teachers monitor behaviour to make sure everyone feels included.

4. Helping Everyone Feel Heard and Supported

- We make it clear for students on how to report bullying or concerns in a safe way.
- Year Heads, Guidance Counsellors, Form Tutors and our Student Support Team are always available to listen and help.
- Student voice is encouraged.

What should you do if **you** or **someone you know** is being bullied?

1. **Tell someone you trust:** This could be a teacher, a parent or another adult at school.
2. **Speak up:** Don't stay silent. It is important to let someone know what is happening.
3. **Support others:** If you see someone being bullied, be kind and offer your support.

Everyone in the school community has the right to feel safe, respected and able to learn or work without disruption. We all have a shared responsibility to treat others with respect, report bullying and support a positive, secure environment.