

Claddaghduff N.S
Child Friendly
Anti-Bullying 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 should I do if I see someone being bullied?

- * Tell an adult straight away



Adults who can help:

Class Teacher, Teacher on yard, SNA staff, School secretary, A parent (ask them to contact the school to have a chat)

A Teacher will:

Talk with the student

Ask what they want to happen

Work out a plan together

Talk to their parents

Talk to the other students involved and their parents

Don't stay silent. Saying nothing means that bullying can keep happening. Use your voice.



The school can get involved and help to **STOP** the bullying **IF** we know it is happening.

If you feel that you are being bullied:

1. Say No

Ask them to stop



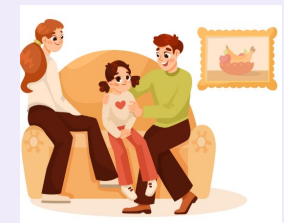
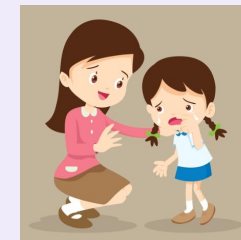
2. Move away

Walk away and ignore them



3. Tell SOMEONE

- Talk to a friend
- Tell a teacher
- Tell a parent



What is Bullying?



Bullying is a behaviour that is when someone keeps being mean or hurtful to others on purpose over & over again. It is **repeated** over time. It can be:

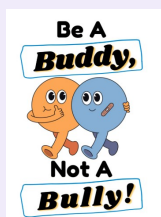
Verbal: name calling, teasing, spreading rumours.

Emotional: leaving you out, saying mean things about you to others, hurting your feelings, making threats.

Physical: punching, kicking, hitting, pushing, spitting.

Cyber: Saying unkind things online, via text, group chat, online gaming.

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 teacher, parent or a friend.
- If you hurt someone, think about how it would feel if it happened to you or someone you care about.

- Don't be afraid to tell if you see someone is being treated badly, this will help others.

- Treat others kindly.

- Screenshot evidence of online bullying and show an adult you trust.

- Don't share personal information with anyone online.

Pupils in our school have this to say:

Bullying can make someone "feel sad or lonely."

Bullying can be "excluding someone or making fun of them repeatedly."

If you see someone being bullied:

"Tell the bully to stop. Tell a teacher and help your friend to tell an adult who can help. But whatever you do, don't fight back."

"Tell a person you trust - at home or at school."

"Include them in your game or conversation."

"Help them and support them. Stand with them"

"Tell them it's not personal"



"In a world where you can be anything, be kind".

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/>

Our school does NOT tolerate bullying... Always stand up for each other!

We have a Bí Cineálta policy to try prevent bullying behaviour.

