



## **Bí Cineálta Policy of Scoil Mhuire Pupil-Friendly Edition**

### **Who does this policy apply to?**

This policy applies to all pupils of Scoil Mhuire while in school and at school events.

### **What is bullying?**

Bullying is unwanted, repeated behaviour done on purpose to hurt somebody. Bullying can hurt your feelings, hurt you physically, or damage how you think about yourself. Bullying always involves an imbalance of power where, for example, the person targeting you could be older, stronger, or more popular.

### **What do I do if I feel I'm being bullied?**

If somebody is being mean to you on purpose, try not to react to the situation. Instead try to walk away. If this happens repeatedly, it's possible you are being bullied.

If you feel you are being bullied, it is important that you tell a trusted adult at home or in school. Try to give the adult as much information as you can.

If you want to tell your teacher about what is happening, you can tell them in person or you can write a note and put it in your classroom's Bí Cineálta envelope.

### **What do I do if I see somebody else being bullied?**

If you see another pupil being bullied, there are a number of things you can do to help:

- ask them if they're ok or what you can do to support them
- offer to include them in your game
- compliment them or tell them something nice about themselves
- if you feel able to, you could tell the person targeting them that what they're doing is not ok

If you think another pupil is being bullied it's important you tell a trusted adult in the school.

### **What happens after I tell a trusted adult about what is going on?**

The school will start an investigation and hear all sides of the story. After everybody has had a chance to speak, teachers will work with you and the other pupil(s) involved to try to find a solution.

### **What are the consequences of bullying?**

This depends on how serious the bullying is. Usually the Principal will speak with you, and your adults will be called by the school. You might be given a penalty sheet, or be asked to write a letter of apology to the person you hurt. In serious cases, you might be removed from yard, from your classroom, or from school for a few days.