



Bí Cineálta Children's Policy

Drimoleague N.S

Drimoleague National School has a Bí Cineálta policy to prevent bullying behaviour. We want everyone in our school to feel safe and happy.

What are the different ways in which we can be kind?

We are a Bí Cineálta school. That means that we always treat others with kindness and respect. Here are some of the ways that we can be kind to others:

- » Be kind to those not in our friendship group
- » Use kind words and actions
- » Show respect to all
- » Stand up for those being picked on
- » Include others in our play and activities
- » Try to understand situations from the other person's perspective
- » **BUS-SIT!**

What should you do if you feel you or some else is being bullied?

If you feel you are being bullied or if you think someone you know is being bullied, you need to tell a teacher or another adult that you trust. They will know what to do to help. It is never OK to be bullied and it is important to tell so that the bullying stops.

What are the different types of bullying?

There are different types of bullying. These are:

- » Physical
- » Verbal
- » Emotional
- » Cyberbullying
- » Exclusion
- » Written

What is bullying?

Bullying is behaviour that is targeted towards someone, done on purpose and repeated over time. It causes hurt to the other person and involves an imbalance of power. Bullying can be online or offline and can happen in many different places.



What are the consequences of bullying behaviour?

Drimoleague N.S. takes bullying behaviour very seriously. If someone is involved in bullying another pupil, we will take actions that will help them understand that this behaviour is never OK.

Remember

We all have a right to be treated kindly and with respect, and we all have a responsibility to treat others with kindness and respect.

Be a buddy, not a bully!

