

EXAMPLES OF BULLYING BEHAVIOUR

- Physical bullying e.g. hitting, punching, kicking
- Verbal bullying e.g. insults, name-calling, mean comments, using a mean or aggressive tone of voice

Spreading rumours or gossip

- Damaging/ stealing others' stuff
- Ganging up on others
- Excluding others
- Being mean in public
- Making mean faces
- Targeting people
- Intimidating someone
- Making people feel bad about themselves
- harassment
- Cyberbullying



SACRED HEART BNS BÍ CINEÁLTA

Bullying is deliberate and repeated actions aimed to harm someone's physical and mental self. This can be online or in real life.

A TRUSTED ADULT WILL:

- TALK WITH THE CHILD, LISTEN TO THEM AND BE SENSITIVE
- ASK THE CHILD WHAT THEY WANT TO HAPPEN
- WORK OUT A PLAN TOGETHER
- TALK TO THEIR PARENTS
- TALK TO THE OTHER STUDENT(S) INVOLVED
- TALK WITH THE OTHER STUDENT'S PARENTS
- REPAIR RELATIONSHIPS USING RESTORATIVE PRACTICES.
- KEEP A RECORD OF WHAT HAPPENED.
- FOLLOW UP TO SUPPORT THE STUDENTS AND MAKE SURE THE BULLYING HAS STOPPED.

BE A BUDDY, NOT A BULLY

WHAT CAN I DO?

- Say "Stop, I don't like that".
- Try and get away.
- Tell a trusted grown-up like your family, teacher or SNA.
- Remember, we are a telling school. When you tell you are keeping someone safe. You are being a good friend when you tell on others to keep someone safe at school.
- If the situation doesn't get any better or if you are not happy with the response you get, keep telling. Tell over and over.
- Stick up for yourself and stick up for others!

