

St. Abbans National School. Child Friendly Bí Cineálta Policy.

Why do we have a Bí Cineálta policy?

Bullying is a serious issue and every school is required by law to have a Bí Cineálta policy.

Who is responsible for dealing with bullying in our school?

- The Board of Management is responsible for dealing with bullying in St. Abbans N.S.
- In school the Principal, Teachers, SNA, Secretary, Caretaker and Pupils understand what bullying is.
- **Everyone in St. Abbans N.S knows that bullying is not accepted in our school. We also know that if we see someone being bullied or are aware someone is being bullied we tell an adult.**

What is Bullying?

Bullying is:

H	Hurtful
A	Aggressive
R	Repeated
D	Deliberate

In our school, a bully is someone who hurts another person more than once and on purpose, by using words or behaviour which is meant to make them upset or frightened.

- Emotional: Hurting people's feelings, leaving you out, being bossed about.
- Physical: Punching, kicking, spitting, hitting, pushing, slapping, pinching etc.
- Through a 3rd person: Sending a friend to deliver a mean message.
- Verbal: Being teased, name calling, rude comments, mimicking etc.
- Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.
- **Cyber: Saying unkind things by texts, email or online.**

Posting a hurting message, comment or image on social media or any public forum IS BULLYING.

How do we prevent bullying from becoming a problem in our school?

- Everyone is welcome in our school.
- Everyone in charge in school knows what to do to prevent bullying and to deal with it if it happens.
- All pupils have lessons in their classes about bullying and what to do if it occurs.
- The staff ensure that the children are supervised and monitored.
- The staff work hard to prevent bullying and deal with it if it occurs.
- When bullying is reported we investigate, record what has happened and follow up to ensure that the bullying has stopped.
- We encourage our pupils to tell us if they or someone they know is being bullied.
- **No Innocent Bystander** is something we teach our pupils. This means that if they see, or stand by and watch someone being bullied or know someone is being bullied and do nothing then they are not innocent. They must act to support the child being bullied by telling an adult.

If bullying happens, who will investigate and deal with the bully/bullies?

- Class Teacher
- Principal
- Any Teacher

Bullying is not:

- A ‘fall out’ with a friend.
- An accident.
- Something that happens only the one time.
- A one-off physical act of aggression e.g. pushing someone.

We will always treat bullying seriously:

TELL:

- A friend
- Your teacher
- The Principal
- Your Parents

We will talk to the bully and explain that they MUST stop being unkind to you.

We will give out warnings or sanctions (punishments) if necessary and will talk to parents.

We will encourage and work with the bully to help them realise that they are unkind. We will encourage and show them that they are able to behave more kindly towards others so that you can feel safe and happy in school.

Your teacher will check with you that things have been ok.

BE KIND

BÍ CÍNEÁLTA

BÍ LÁCH LE GACH DUINE