

# Bí Cineálta (Be Kind) Anti Bullying Policy

Moyderwell Mercy PS



# Bí Cineálta: Be Kind - Stop Bullying happening in Moyderwell



We have a new *Bí Cineálta* (Be Kind) plan - it helps us make sure everyone feels safe, happy and respected in our school.

So bullying is not allowed here.





SEVERAL TIMES ON PURPOSE

# What is Bullying?

**Bullying is when somebody keeps being mean to you to hurt your body or your feelings**

It can be:

- **Verbal:** name calling, teasing, spreading rumours.
- **Emotional:** leaving you out, saying nasty things about you to others, hurting your feelings, making threats.
- **Physical:** punching, kicking, hitting, pushing, spitting.
- **Cyber:** Saying unkind things online, via text, groupchat
- **Prejudice:** Calling you names because of who you are: the colour of your skin, religion, ethnicity, sexuality, gender, special educational need or disability.

# It is not Bullying when:

- Someone hurts you by accident.
- Someone is mean **one time**.
- You and a friend have a **fight or disagreement**.
- A child with special needs does something that **upsets or hurts you, without meaning to**.




*'If someone hits you once, it's not bullying, but it is still unkind behaviour that is not okay'*  
**Student Council Member, Moyderwell Mercy PS**

***If you are not sure, talk to a teacher or a trusted adult***

# What should I do if I am being bullied?

## Speak Up and Get Help!



1. **Say NO** ✓ Ask them to STOP.
2. **Move away**:  Walk away and ignore them.
3. **Tell**: Tell SOMEONE

Tell a teacher. Tell a parent. Tell any trusted adult.

# What should I do if I see Bullying?

Be an Upstander: Stand up for the person being bullied.

## Get Help!

- Tell a teacher or trusted adult
- Tell a parent
- Help the person being bullied
- Be brave - speaking up is kind and strong!



*You are never in trouble for telling the truth!*

# Our promise: Let's make our school a kinder place

**We promise to:**

- **Bí Cineálta: Be Kind**

*'Kind hands, kind feet, kind words'*

- **Listen to each other**
- **Include Everyone**
- **Stop bullying together!**

**"I will always try to be kind."**

