Bí Cineálta
Student Anti-Bullying Policy

Promoting respect and kindness among all students

What is Bí Cineálta?

- **Bí Cineálta** is a set of procedures and guidelines to help schools prevent and deal with bullying. It replaces the old anti-bullying procedures and will be used in all schools from now on.

- The main **aim** is to **encourage kindness and respect** in schools.

- It **covers all types** of bullying, including: Physical, verbal, and social bullying Cyberbullying, Bullying based on identity (like racism, sexism, homophobia, etc.)

- The **policy** is based on **listening** to students, parents, and teachers.

- Schools must **support** students affected by bullying and take steps to stop it.

- There are **clear steps for reporting, investigating, and following up** on bullying incidents.

- The **aim** is to make every **school a safe, inclusive, and supportive place** for everyone.

ST FLANNAN'S COLLEGE

Bí Cineálta!

PREVENTING BULLYING BEHAVIOUR

WE WANT EVERYONE AT OUR SCHOOL TO FEEL SAFE AND HAPPY

COLLEGIUM SANCTI FLANNANI APUD ENNIS

Don't deal with it in silence

SCAN QR CODE TO REPORT BULLYING BEHAVIOUR

Please tell a teacher or another adult you trust if you think that you or someone else is being bullied.

Be Kind

If a student tells a member of staff they are being bullied, we will:

- Talk with the student
- Ask the student what they want to happen
- Work out a plan together
- Talk to their parents
- Talk to the other student(s) involved
- Talk with other student's parents

Our Goal: A safe and happy school

Creating a Safe Environment

The policy aims to eliminate bullying and ensure every student feels safe and respected at school.

Fostering Kindness and Respect

Encouraging a culture of kindness and positive behaviour helps build a respectful and happy school community.

Clear Guidelines Against Bullying

Clear rules and procedures guide addressing bullying incidents effectively to protect student well-being.

Building a Supportive Community

The policy establishes expectations that promote looking out for one another and positive interactions among students.

WHAT IS NOT BULLYING?

🗯️ A **single**, one-off **negative action**

😐 A **disagreement** or argument between students

🙃 **Accidental Hurt**

🚶‍♀️🚶 When students decide **not to stay friends**

🗯️ **Accidental actions** by students with special educational needs

What is bullying?

Bullying is when someone:

☹ **Hurts or upsets** someone **on purpose**
🔁 Does it **again and again**
☹ Makes someone feel **scared, sad, or left out**

Types of Bullying:

👊 **Physical** – hitting, pushing, breaking things
🗣 **Verbal** – name-calling, teasing, threats
🚫 **Social** – leaving people out, spreading rumours
📱 **Online** – mean messages or posts (cyberbullying)

What are the impacts of bullying?

☹ It can make people feel very sad, scared, or alone.

🚫 It can cause someone to lose confidence and feel worthless.

👥 It affects friendships and makes school feel unsafe.

📚 It can lead to poor concentration and lower grades.

🧠 It can cause stress, anxiety, and other mental health problems.

Newstalk's Adrian Kennedy opens up about the lasting impact bullying had on his life:

Preventing bullying behaviour

What to do:

- Do not deal with it in silence
- Please tell a teacher or another adult you trust if you think you or someone is being bullied.

Preventing bullying behaviour

If a student confides in a member of staff about any bullying issue, we will:

- **Talk with the student**

- **Ask the student what they want to happen**

- **Work out a plan together**

- **Talk to their parents**

- **Talk to the other student(s) involved**

- **Talk with other student's parents**

Report bullying behaviour

Scan the QR code to report bullying behaviour:

Coco's Law

Bí Cineálta- every day!

Daily Kindness Practice

Encouraging students to practice kindness daily builds a positive and supportive school culture.

Anti-Bullying Support

Kindness involves speaking up against bullying to create a safe and respectful environment for all students.

Fostering Inclusivity

Inclusive friendships and empathy help strengthen relationships and promote belonging in the school community.