



Types of Bullying

Verbal Bullying

Name-Calling, teasing, insulting,
Threats or making fun of someone

Physical Bullying

Hitting, Kicking, Pushing
Tripping or damaging someone's
Belongings

Emotional and Psychological Bullying

Leaving Someone out on purpose
Spreading Rumours
Laughing at or isolating someone

Cyberbullying

Sending hurtful messages
Sharing embarrassing photos
or images
Excluding others online

Posting mean comments

Identity-Based Bullying

Bullying someone because of their
Race, Religion, Gender, Sexuality,
Ability or Family Background.

The CEIST ethos promotes respect, inclusion and care for every individual. These values strengthen our BÍ Ceanálta, Anti Bullying policy by fostering a culture of Kindness, Empathy and Justice within Mary Immaculate Secondary School

Student *Bí Cinneálta* Anti Bullying Policy

What is Bullying?

Bullying is repeated, unwanted, behaviour that hurts, excludes, or intimidates someone on purpose.

**It can happen in person or online,
And it is never okay.**

What can you do to stop Bullying?

Every student can make a difference. Here's how:

Be kind to others, even small acts of kindness matter.
Include people who seem left out

Don't laugh at or spread gossip

Speak up or report bullying if you see it

Use Social media in a respectful and safe way

Support your classmates and help create a positive environment

What should you do if you are being bullied?

If something is bothering you, it is important to speak up.

You are not alone and it's not your fault.

Here is what you can do:

Talk to someone you can trust Like a teacher, Year Head,
Class Tutor Guidance counsellor, parent, friend.

Report the bullying, Save and messages or screenshots

Be Brave, asking for help shows strength not weakness

Catholic Education
An Irish Schools Trust



