

● St. Wolstan's Community School Bí Cineálta Anti-Bullying Policy – Student Version ●

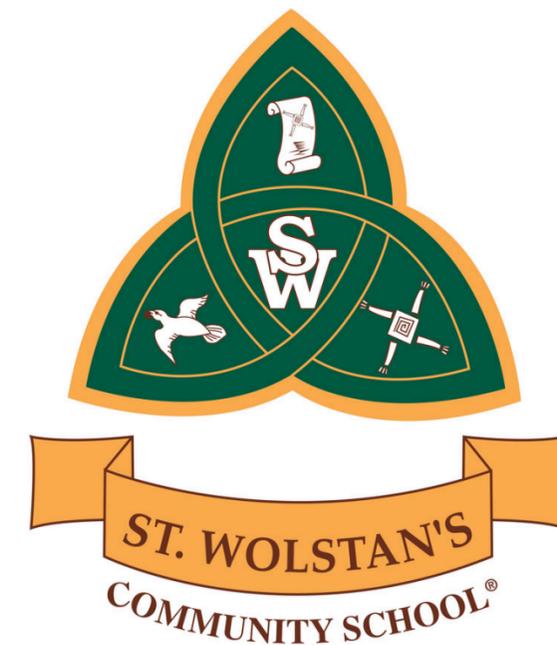
💬 What is Bullying?

Bullying is when someone keeps hurting, upsetting, or excluding another person on purpose. It can be:

- Physical (like hitting or pushing)
- Verbal (like name-calling)
- Social (like leaving people out)
- Online (cyberbullying)

Bullying is:

- Targeted – it's done on purpose to hurt someone
- Repeated – it happens more than once
- Unfair – the person being bullied feels powerless



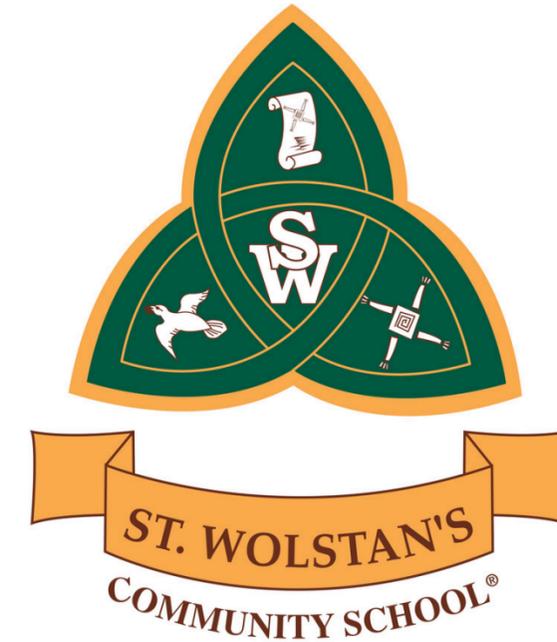
💬 What is not Bullying Behaviour?

Bullying is not:

- A one-time argument
- Accidental harm
- Just deciding not to be friends

🛡️ What Our School Believes

- Everyone has the right to feel safe, respected and included.
- Bullying goes against everything we stand for.
- We will take action to stop bullying and help everyone involved.



✓ How We Prevent Bullying

🌈 Our School Culture:

- We value respect, kindness, and inclusion.
- Students, staff, and parents/guardians all help to keep our school safe.

📣 Speak Up!

- We encourage a “telling” environment – reporting bullying is brave, not tattling.
- Trusted adults are here to listen and help.

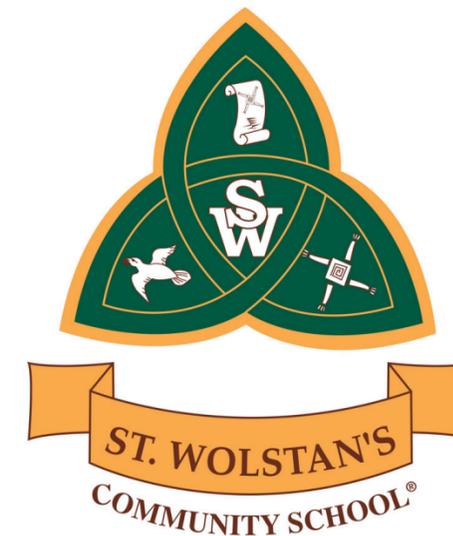
🏠 Safe Spaces:

- We improve areas around the school to make sure everyone feels safe and seen.

🌍 Respect for All:

We take steps to prevent:

- Racism
- Homophobia & Transphobia
- Sexism
- Online abuse



🔧 What Happens If Bullying Happens?

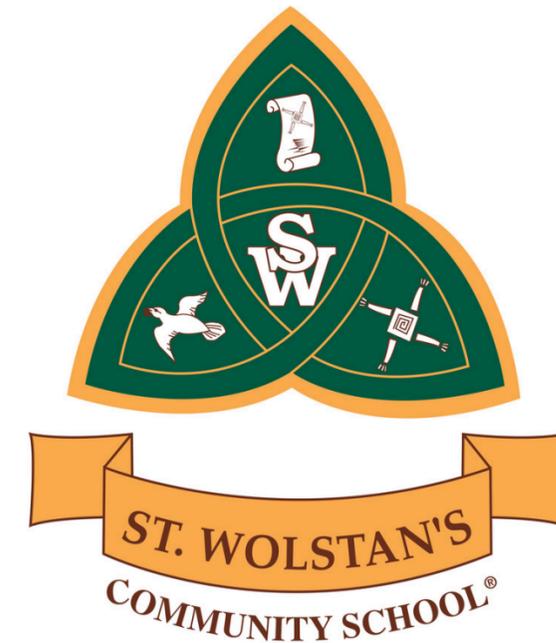
📌 Step-by-Step:

1. The person being bullied is listened to and supported.
2. We look into what happened carefully and privately.
3. If bullying is confirmed, we:
 - Talk to everyone involved (respectfully)
 - Inform parents/guardians
 - Take action to stop it
 - Support everyone affected
4. We check back in a few weeks to make sure it's been resolved.

❤️ Support for Everyone

We help:

- The person who was bullied – to feel safe and confident again.
- The person who bullied – to understand their actions and change.
- Witnesses – to feel supported and know how to help.



What You Learn in Class

- In SPHE, you'll learn about friendships, respect and how to deal with online bullying.
- In other subjects like CSPE, History, Religion and ICT we talk about human rights, equality, and online safety.

Building Strong Relationships

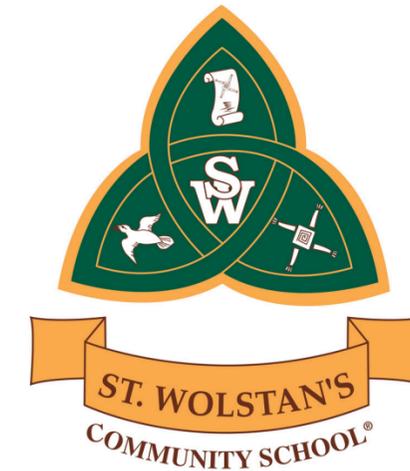
- You'll have chances to lead, support others, and get involved in school life.
- Themed days or weeks e.g. Wellbeing Week, Catholic Schools Week or Culture Week and student councils help us connect and support each other.
- We also work with parents/guardians and the wider community to make our school stronger.





Keeping Track

- We record bullying incidents (no names shared publicly).
- We use this info to improve our school and spot trends.



If you're being bullied, **you are not alone**. Talk to a Teacher, Year Head, or any Adult in the building. We're here to help. ❤️

