



MOUNT SAINT MICHAEL
SECONDARY SCHOOL
CLAREMORRIS



Mount St. Michael Secondary School

Anti-Bullying (Bí Cineálta) Guide

Student-Friendly Version

Everyone Has the Right to Feel Safe

At Mount St. Michael, we want every student to feel safe, respected, included, and valued. We believe everyone deserves to be treated with kindness and dignity, regardless of their background, beliefs, identity, abilities, or differences.

What is Bullying?

Bullying is:

- **Targeted behaviour** that causes harm to someone.
- It can happen **face-to-face or online**.
- The harm can be **physical, social, or emotional**.
- It happens **repeatedly over time**.
- There is usually an **imbalance of power** between the people involved.

Examples of Bullying

Bullying can include:

- Name-calling or insulting someone repeatedly
- Spreading rumours
- Leaving someone out on purpose
- Threatening or intimidating someone
- Damaging or stealing belongings
- Offensive comments about race, religion, gender, disability, or sexual orientation
- Cyberbullying through social media, messaging apps, gaming platforms, or other online spaces
- Repeated teasing, mocking, or humiliation

How We Prevent Bullying

We work hard to create a positive school environment through:

- Respect and kindness in everyday school life
- SPHE, RSE, CSPE, and Wellbeing classes
- Student Council meetings where student voices are heard
- Inclusion and awareness activities
- Anti-Bullying and online safety events
- LGBTQ+ awareness initiatives
- Peer support programmes such as the Big Sister/Little Sister programme
- Staff supervision during breaks and school activities
- Digital reporting systems
- Restricted phone use during the school day through phone pouches

What Should You Do If You Experience or Witness Bullying?

If You Are Being Bullied

Tell someone you trust:

- Your Tutor
- Class Teacher
- Year Head
- Anti-Bullying Coordinators
- Guidance Counsellor
- Principal / Deputy Principal
- Parent / Guardian

You can also use the school's anti-bullying reporting email at antibullying@mtstmichael.ie or speak to either of our Antibullying Coordinators.

If You See Bullying

Being a bystander is important.

You should:

- Support the student being targeted.
- Report what you have seen.
- Never join in.
- Remember that speaking up can help stop bullying and protect others.

What Happens When Bullying Is Reported?

The school will:

1. Listen carefully to everyone involved.
2. Treat all students respectfully and sensitively.
3. Investigate what has happened.
4. Work to resolve the issue using restorative approaches where possible.
5. Inform parents/guardians when necessary.
6. Monitor the situation to make sure the bullying stops.

All reports are taken seriously and handled as quickly as possible.

Support Available

For Students Experiencing Bullying

You may receive:

- Support from staff
- Regular check-ins with the antibullying coordinators
- Access to counselling
- Peer mentoring and buddy support systems

For Students Who Have Displayed Bullying Behaviour

Support may include:

- Restorative conversations
- Guidance on positive behaviour
- Meetings with staff
- Counselling if needed
- Support from parents and school staff to make positive changes

Our Promise

At Mount St. Michael Secondary School, we are committed to:

- Treating everyone with respect.
- Promoting kindness and inclusion.
- Taking all reports of bullying seriously.
- Supporting students who need help.
- Working together to make our school a safe and welcoming place for everyone.

Remember:

Be Kind. Be Respectful. Be Inclusive. Speak Up.

Together, we can make Mount St. Michael Secondary School a place where everyone feels safe, valued, and supported.