



## STUDENTS IN OUR SCHOOL HAVE THIS TO SAY:

- “Bullying can make someone feel sad.”
- “Bullying can make someone lonely and scared.”
- “Bullying can affect your mental wellbeing.”

If you see someone being bullied:

- “Tell a trusted adult.”
- “Don’t be a bystander tell someone.”
- “Help them and support them. Stand with them.”
- “Say stop and tell an adult.”

# IN RANSBORO

## WE HAVE:



Start Telling Other People



## Child Friendly Bí Cineálta Policy

- We want our school to be a place where everyone can feel safe and happy.
- That means that no bullying is allowed.
- In this policy we want the school, the staff, and the students to work together to keep our school a welcoming, happy place for everyone.
- This policy was made for our students and with their input.



Every child has the right to be who they are.



# WHAT IS BULLYING?



Bullying is a behaviour that can hurt you on the inside or on the outside and is **repeated** over time. 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 the colour of your skin, religion, ethnicity, sexuality, gender, special educational need or disability.

## IF YOU FEEL YOU ARE BEING BULLIED:

### Say NO

Ask them to STOP



### Move Away

Walk away and ignore them



### Tell

- Tell SOMEONE
- Talk to a friend
- Tell a teacher
- Tell a parent



## WHAT SHOULD I DO IF I SEE SOMEONE ELSE IS BEING BULLIED:

Tell an adult straight away



This can be your teacher- after class or write a note to put in Mrs. Buckley's post-box.



This can be a parent- ask them to let the school know quietly if you don't want to say it. Our

email is:

[info@ransboro.ie](mailto:info@ransboro.ie)

Don't stay silent. Saying nothing means the bullying can keep happening.

