

Bí Cineálta

We want everyone at our school to feel safe and happy.

If you think that you are being bullied or someone else is being bullied, you need to tell a teacher or another adult that you trust. They will know what to do to help.

Get help!

Tell someone!

If a student tells a staff member that they think 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 the other student's parents

Bullying behaviour is when someone keeps being mean or hurtful to others on purpose over and over again.

When it happens a lot.
Not just once.

Please tell someone if you think that you are being bullied or someone else is being bullied.

Our school has a Bí Cineálta policy to try to stop bullying behaviour.

We look at this policy every year to see what is working well or what could work better.



Holy Rosary College - Bí Cineálta Policy – Student Friendly Version

♥ What's Our Mission?

At Holy Rosary College, we believe everyone has the right to feel **safe, respected, and included**. Bullying is **not accepted** in our school. We all have a role to play in making our school a kind, safe and positive place.

🌸 What is Bí Cineálta?

Bí Cineálta means "**Be Kind**" in Irish. Our school follows this national policy to stop bullying and help students feel supported and respected.

It's built on 4 key ideas:

1. Prevention – stopping bullying before it happens.
2. Support – helping everyone involved.
3. Oversight – checking what's working.
4. Community – everyone helps: students, staff and parents.

🚫 What is Bullying?

Bullying is when someone **repeatedly hurts, upsets or excludes someone else on purpose**.

It can happen in-person or online, and it usually involves an **imbalance of power** (like one person feeling stronger, more popular or in control).

Bullying can be:

- Physical (hitting, pushing, damaging things)
- Emotional (teasing, spreading rumours, leaving someone out)
- Social (excluding someone, manipulating friendships)
- Online (mean messages, sharing private photos or info)

One-off incidents are not bullying but still need to be taken seriously.

📱 What About Cyberbullying?

Online bullying includes:

- Posting mean or embarrassing stuff
- Sharing private pictures or messages
- Leaving people out of online chats or groups
- Pretending to be someone else to cause harm

Even **one post or message** can count as bullying if it's shared or seen by many



What Isn't Bullying?

- Falling out with friends (unless it turns into ongoing, deliberate hurt)
- Accidental comments or actions
- Behaviours from students with learning difficulties that aren't intentional

These are still taken seriously and dealt with under the school's code of behaviour

What Are My Rights?

Every student has the right to:

- Feel safe
- Be treated with respect
- Learn in a peaceful environment

Every student has the responsibility to:

- Be kind and respectful
 - Help others feel safe
 - Speak up if you see or experience bullying
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What Should I Do If I See or Experience Bullying?

If you're being bullied or see someone else being bullied:

- Speak to a teacher or staff member you trust
- Tell a parent or guardian
- Use the Student Wellbeing Post Box
- Don't stay silent – reporting is not “telling tales”, it's protecting others
- Don't join in, laugh, or spread gossip
- Don't ignore it



Where and When Does the Policy Apply?

This policy applies:

- In school and between classes
 - On the way to and from school
 - During school trips or events
 - On social media or online platforms
 - Anytime you're in school uniform or representing the school
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What Happens if Bullying is Reported?

Teachers, year heads or the principal will:

1. Listen carefully
 2. Talk to all students involved
 3. Inform parents/guardians
 4. Help find a solution and offer support
 5. Check back regularly to see if the bullying has stopped If bullying continues, disciplinary actions may be taken based on the school's Code of Behaviour.
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How Will I Be Supported?

If you're being bullied:

- You'll be listened to and helped by your Year Head, Student Support Team, or the Guidance Counsellor
- You might get extra support like check-ins or counselling
- You'll be encouraged to take part in things you enjoy

If you're bullying others:

- You'll be helped to understand your behaviour and how to change it
- You may be asked to take part in programmes to improve behaviour
- Counselling may be offered



👥 Who Helps Keep Our School Safe?

Everyone! But especially:

- Students
- Teachers
- Year Heads
- Principal and Deputy Principals
- Parents and Guardians
- The Student Support Team

The school also works with outside services like the Gardaí, NEPS, and Tusla if needed.

🗣️ Your Voice Matters

- Student opinions are included in making this policy.
 - Surveys will be completed later in the year to check how students are feeling.
 - Your feedback helps us improve.
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🗣️ Final Message

Bullying is never okay.

If something feels wrong or unfair — **tell someone.**

Together, we can make our school a place where everyone feels **safe, valued, and respected.**

