

Bí Cineálta: Student Friendly Policy

What is Bullying?

Bullying is when someone intentionally hurts, upsets or excludes another person again and again



Types of Bullying?

Physical
Verbal
Exclusion
Online/Cyberbullying



How does it make you feel?

sad
scared
angry
confused



What should you do?

Always tell someone

Tell a trusted adult

Your teachers, SNAs or parent will help you



In Kilmurry NS these are the ways we prevent bullying behaviour

- **Include everyone**
- **Ask others if they would like to join in in the game or group**
- **Treat everyone the same**
- **Treat others how you would like to be treated yourself**
- **Help others**
- **Ask others if they are okay**
- **If you see bullying behaviour, always tell an adult**

