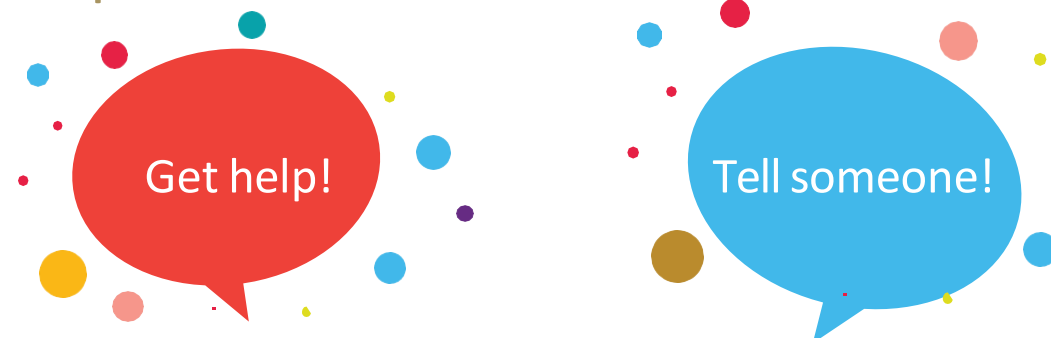


Bí Cineálta!

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.



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.

Patrician Academy’s Anti-Bullying Policy – Student-Friendly Version

💖 What’s Our Mission?

At Patrician Academy, 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 behaviour rules.

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

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 Voice Post Box**
- Don't stay silent – reporting is not “telling tales”, it's protecting others

If you're a bystander:

- ✓ Say “Stop” or speak out if it's safe
- ✓ Get help from an adult
- ✗ 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

What Happens if Bullying is Reported?

Teachers, year heads or the principal will:

1. **Listen carefully** and **keep things private** where possible
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.

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 Principal
- Parents and Guardians
- The Student Support Team

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

Your Voice Matters

- Student opinions are included in making this policy.
 - Surveys are done throughout the year to check how students are feeling.
 - Your feedback helps us improve.
-

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.

