



SCOIL AN SPIORAID NAOIMH BÍ CINEÁLTA



Bí Cinéalta means 'Be Kind' in Irish. It is about creating a school where everyone feels safe, respected and included. Bullying has no place in our SSN school community.



What is Bullying?

Bullying is when a person deliberately (targeted) picks on the same person again and again. It is repeated behaviour that is hurtful and makes someone feel upset or left out.

What Can I Do?

- Say 'Stop, I don't like that.'
- Try and get away from the situation.
- Tell a trusted adult - your teacher, SNA or family members.



Examples of Bullying:

Physical - hurting someone on purpose.

Verbal - using mean words that hurt.

Cyber - sending messages online that hurt.



BE KIND
TO ALL
KIND

Remember that we are a telling school.

When you tell an adult, you are keeping someone safe.