



# 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.

## 💡 What To Do If You Are Being Bullied

If you are being bullied, or if you see someone else being bullied, tell a trusted adult right away.

- 🟢 Be Brave – Tell an adult in your school community that you trust!
- 🔴 Be Kind – Don't join in. Help the person being bullied.
- 🟡 Be Smart – Use your ideas to stop bullying and help your friends.
- 🟠 Be a Leader – Speak up and support others. Your school needs you!

## 💡 What the Grown-ups Will Do To Help

If someone tells a staff member about bullying behaviour, we will:

- 💡 Listen carefully
- ❓ Make a plan together
- ☎️ Talk to parents
- 💛 Help sort out the problem kindly and fairly

## 💡 What Is Bullying Behaviour?

Bullying is when someone is 😡 mean or hurtful on purpose again and again.

It could be with:

- 👤 Words (like name-calling or teasing)
- 👊 Actions (like pushing or hitting)
- 🚫 Leaving someone out on purpose

It is not just a one-time disagreement.

## 💬 What Can You Do?

💖 Be kind.

😊 Include others.

🙋 Ask for help if something feels wrong.

📢 Speak up when you see something unfair.



## 💛 Our Promise

We 📅 review our Bí Cineálta policy every year and want to hear from 👉 YOU!

💡 Your ideas help make our school a 🛡️ safe and 😊 happy place for everyone.