

Bi Cineálta

-Be kind

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!

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

Our school has a Bi 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.

Be
Kind

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.