

WHAT IS BULLYING?

Bullying is when someone keeps doing or saying things to hurt another person on purpose. This can happen in different ways:

Words: Saying mean things, teasing, or calling names.

Actions: Hitting, pushing, or leaving someone out on purpose.

Online: Sending unkind messages or pictures on the internet.

HOW BULLYING MAKES US FEEL....



Bullying can make people feel:

Sad or upset

Scared or worried

Alone or left out

No one should feel this way at school.

IF SOMEONE PUSHES ME ON THE YARD, IS THAT BULLYING?



A once off incident is not bullying, but you should still tell a teacher if something like that happens

WHAT SHOULD I DO IF I THINK SOMEONE IS BEING BULLIED?



If you see bullying or if someone is bullying you:

Tell a trusted adult: Like a teacher, SNA, or your parents.

Be brave: It's okay to speak up.

Help others: If you see someone being bullied, support them.

WHAT SHOULD I DO IF I THINK I AM BEING BULLIED?

If someone is being unkind to you again and again on purpose, **you might be being bullied**. You are not alone, and it is **not your fault**. Here's what you should do:



1. Tell Someone You Trust

Talk to a grown-up you trust like a teacher or your parents / guardians

Talking is the first step to stopping bullying.

2. Be Brave

It might feel scary, but being brave means asking for help. You don't have to deal with it by yourself.

3. Remember - You Deserve Kindness

No one should make you feel sad, scared, or left out. You have the right to feel safe and happy at school.

4. Keep Telling Until It Stops

If the bullying doesn't stop, keep telling adults until someone helps you. Don't give up.

WHAT WILL THE SCHOOL DO IF I TELL?

We Will Listen and Help

When you tell us about bullying:

We will listen carefully.

We will take action to stop it.

We will check back with you to make sure things have improved.



LET'S BE KIND TOGETHER

Every student, teacher and parent can help make our school a kind and safe place.

Let's:

Include everyone in games and activities.

Use kind words.

Stand up for each other.

Remember, being kind makes our school a happy place for everyone!

BÍ CINEÁLTA!

