

Our Lady's Secondary School B'í Cineálta Policy

Be Kind

WHAT IS BULLYING?

- Bullying is when someone repeatedly hurts, upsets, or targets another person on purpose. It can happen in person or online.
- It happens more than once and involves a power imbalance.

Get help!

Tell
Someone!

WHAT TO DO IF YOU'RE BEING BULLIED OR WITNESS BULLYING

Tell someone you trust

Speak to the Principal/Deputy Principal/Yearhead/
Guidance Counsellor/Tutor/Teacher

A Parent or Guardian

Ask a friend or adult to speak for you

HOW TO PREVENT BULLYING

- Be Kind, respectful, both in person and online
- Speak up — bystanders make a big difference!

We all have
a role in
stopping
bullying

All reports are
taken seriously
and handled
with care

