



Sandymount Park ETSS

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Student Friendly Bí Cineálta Policy

Bí cineálta!

We want everyone at our school to feel safe and happy.

If you think that you or someone else is being bullied, you need to tell a teacher or another adult that you trust. They will know what to do and help.

Bullying behaviour is when someone keeps being **mean** or **hurtful** to others on purpose and **repeatedly**.

Tell someone if you think bullying is occurring!

If you are being bullied, you can tell:

- your Tutor
- your Progress Leader
- the Anti-bullying Coordinator (Elaine)
- the Deputy Principal (Aisling)
- the Principal (Paula)
- the Empathy Ambassadors

If a student tells a staff member they are being bullied, they will:

- talk to the student privately
- ask the student what they want to happen
- work out a plan together with the student
- talk to the student's parents
- talk to other student(s) involved
- talk to the other student(s)' parent(s) or guardian(s)

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Our school
has a Bí 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.
We will ask you what you think.

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Bí Cineálta! – Our Anti-Bullying Promise

At Sandymount Park ETSS, we want everyone to feel safe, included, and happy. If someone is being mean or hurtful to you or anyone else – again and again – tell a trusted adult. That is bullying, and we will help.

What is Bullying?

Bullying is:

- Mean or hurtful behaviour on purpose
- It happens more than once
- It makes someone feel unsafe, left out, or upset
- It can happen in person or online

What You Can Do

- Tell a teacher, tutor, mentor, or any adult you trust
- Stand up for others if it's safe to do so
- Be kind – small actions make a big difference

What Will the School Do?

If you report bullying, we will:

- Talk to you and listen
- Ask what you want to happen
- Involve your parents/guardians
- Talk to the other people involved
- Work with everyone to stop it and make things better
- Check back with you to make sure things have improved

Ways We Make Our School Safe

- Student charters made during Empathy Week
- Events like Stand Up Week and Wellbeing Week
- Support from tutors, Progress Leaders, House System and the Student Council
- A quiet space if you need it
- Teachers and students working together to stop bullying

Remember

- Speak up – your voice matters
- Think before you post online
- Everyone is welcome here
- Be proud of who you are

