

# Bí Cineálta! Be Kind!

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.

Get help!

Tell someone!

If you tell an adult in this school that you think you are being bullied, they will:

- > talk with you
- > ask what happened and together you will work out a plan
- > talk to your parents
- > talk to the other child/ children involved
- > talk with the other children's parents

Bullying behaviour is when someone keeps being hurtful to others on purpose over and over again.  
It happens a lot. Not just once.

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

## OUR CHILD-FRIENDLY POLICY

