BÍ CINEÁLTA

BE KIND

Bullying is hurtful, **repeated** and deliberate (on purpose)

Tell a trusted adult if you or someone else is being bullied

Telling about bullying is brave and the right thing to do

Be kind online

Speak **kindly** and **help** one another

How to tell:

- Talk to a teacher at an appropriate time
- Write it down and hand it to your teacher
- Use your class worry box.
- Tell a parent/or trusted adult.
- Ask a friend to tell someone for you

When you tell:

- We will talk with you
- Work out a plan together
- Talk to the other student(s) involved
- Talk with all parents
- Work together to make sure everyone involved feels safe and supported.