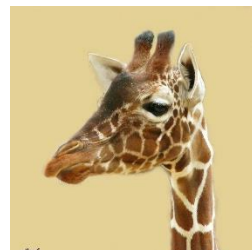


Bí Cineálta, Be Kind!



Sé amable, كن لطيفًا, Wees vriendelik, दयालु हों,
友善待人, Badź miły, Fii amabil,
Будьте добры, Seja gentil

We want everyone at **Maynooth ETNS** to feel
safe and **happy** 😊

If a student tells a staff member that they think they are experiencing bullying, we will:

- > **talk** with the student
- > **ask** the student what they want to happen
- > **work** out a plan together
- > **talk** to their parents/guardians
- > **talk** to the other student(s) involved
- > **talk** with the other students' parents/guardians

Bullying Behaviour
is repeated, harmful
and targeted!



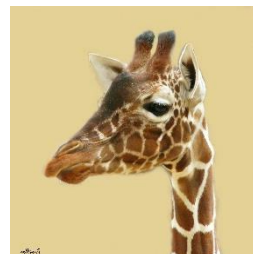
Please.....
tell someone if you
think that **you or**
someone else is
experiencing bullying.

METNS 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.

You will be asked you what you think.





When is it Bullying?

Bullying Behaviour is ONLY bullying behavior if it is....

REPEATED (It happens more than once)

TARGETED (Towards specific person/people) and.....

HARMFUL (Causes physical, emotional or psychological harm)

Types of Bullying Behaviour?

Physical-shoving, kicking, punching, etc.

Property-damaging the property of others

Verbal Bullying-name calling, insults, humiliation, imitation, making fun of how someone looks, their gender, ethnicity, race, religion, sexuality, additional needs or accent

Written Bullying- passing around mean notes or drawings

Extortion-taking something from another person by use of force, threats or blackmail

Exclusion-leave someone out, isolating them or ignoring them

Online bullying-making nasty comments about another person online, excluding them online,

Once online means bullying behavior!!!!

What can I do to help someone who is experiencing bullying?

- **BE AN UPSTANDER!!!** DON'T BE A BYSTANDER **X!** BE BRAVE!
- **TELL AN ADULT YOU TRUST**, write them a note or draw them a picture!
- **Bí Céineálta ALWAYS!**

It's RUDE to
EXCLUDE....
SO INCLUDE!

Don't Be Mean Behind
the Screen!



'The METNS Bí Céineálta Song' (To the tune of [The Safe Cross Code](#)-Brendan Grace)

Remember, Say NO and get away! Tell a teacher or SNA. Be proud of yourself today....That's the Bí Céineálta way! YAY!

