

# Bí Cineálta!

We want everyone at St. Joseph's Community College to feel safe and happy.

## Types of bullying:

- **Physical** – intentionally inflicting physical harm to a person / group of people. It can also include stealing or damaging personal property.
  - **Verbal** – deliberate & continuous name calling directed at a student / group of students, designed to humiliate or insult.
  - **Written** – intentionally writing insulting remarks about someone/group of people in a public place. This also includes passing notes & drawing images of another person, graffiti, etc.
  - **Extortion** – obtaining something through forceful means, e.g. blackmail
  - **Exclusion** – this occurs when a student / students is deliberately and repeatedly left out of a group / activity, etc.
  - **Relational** – damaging the relationship one shares with others.
  - **Online** – otherwise known as cyberbullying. This type of bullying is carried out through technical devices, text, DMs & social media platforms, gaming consoles, chatrooms, etc.
- \*\*\*If a message is posted online, just on one occasion it can be considered bullying behaviour, as it is intended to be shared multiple times & seen by many.

Speak  
out!

## A Telling Culture:

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

- Year head
- Guidance Counsellor
- Deputy Principal
- Principal

If a student tells a staff member that  
S think they are being bullied, we will:

## Talk with the student

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

Bullying is not isolated  
incidences of negative  
behaviour towards  
others.



Bullying is when someone is repeatedly mean to another person or group of people in a way that hurts them intentionally. It's not a one-time thing— it is targeted & it happens more than once. It involves negative behaviour that makes someone feel upset, left out, or unsafe.

# Bi Cineáltas St. Joseph's Community College Charlestown, Co. Mayo.

## Student Friendly Version

### What is bullying?

Bullying is when someone is repeatedly mean to another person or group of people in a way that hurts them intentionally. It's not a one-time thing—it is targeted & it happens more than once. It involves negative behaviour that makes someone feel upset, left out, or unsafe.

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### Why do we have it?

- It is a government directive
- To ensure there is safety for everyone
- Awareness of the procedures when telling

### Who should I tell if I am being bullied or suspect another person is being bullied?

- A trusted adult (including all class teachers, SNAs)
- Your year head
- The Guidance Counsellor
- The Deputy Principal
- The Principal

