CBC MONKSTOWN

# Bí Cineálta – CBC's 2026-27 Anti-Bullying Guide (For Students by Students)

At CBC, we want everyone to feel **safe, included, and happy**. That's what **Bí Cineálta** means — **Be Kind**. This guide helps you understand what bullying is, how we stop it, and what you can do if it happens.

You can read the full version of the policy here: https://www.cbcmonkstown.ie/policies--procedures.html

## What is Bullying?

Bullying is when someone keeps picking on, hurting, or leaving someone out on purpose. It can happen in person or online. Behaviour can be considered bullying if it:

- Happens more than once
- Is targeted
- Is meant to hurt someone
- Involves a group or person with more power than someone else in some way

Even **one mean post online** can be bullying because it can be seen by lots of people.

## Examples of Bullying

- Nasty messages or posts online (cyberbullying)
- Making fun of someone's race, gender, religion, sexual orientation, background or who they are
- Spreading rumours or leaving people out on purpose
- Physical stuff like pushing, hitting, or threatening
- Any unkind or unfair treatment

## What CBC Does to Prevent Bullying

We do loads of things to make CBC a kind, safe place:

- Teachers and staff **keep an eye out** during lunch, breaks, and before/after school
- We have **safe places** like the Games Room and Reading & Recreation Space
- Every class checks in with their **Tutor** every morning
- We have clear and fair **school rules**
- We run **workshops, talks and lessons** about kindness, respect and online safety
- There are student groups like the **Student Council** you can get involved in
- We teach about bullying in **SPHE**, **CSPE** and **RSE**
- Our school culture values **kindness**, **respect, inclusion** and **teamwork**, and celebrates **diversity**

Everyone — students, staff and parents — works together to stop bullying.

## If Bullying Happens Please Tell someone

**Step 1:** You can talk to any teacher, tutor, SNA, coach or a student teacher. They will always take you seriously.

## Step 2: The school will help

- We'll listen carefully and keep things private
- We'll make sure you feel safe and heard
- We'll talk to the students involved
- Your parents/guardians will be told (we'll help you with that if you're nervous)
- Both the person being bullied **and** the person doing the bullying will get help
- The goal is to **stop the bullying** and **rebuild relationships**, not just blame someone.

## What Happens Next?

- A teacher (usually your Year Head) will look into what happened
- Everyone involved might be asked to talk or write about what happened
- Teachers check in again after **20 school days** to see if things have improved
- If the bullying continues, more support (or consequences) will be put in place

## How the School Supports You

If you're being bullied (or have bullied someone), the school can:

- Give you someone to talk to (like the guidance counsellor)
- Help you feel more confident and understand what happened
- Support you in fixing friendships or finding new ones
- Work with your family
- Get outside help if needed

If you're not feeling safe, the school will act **right away**.

## Extra Information

- Every adult in the school must report bullying if they hear about it
- The school keeps a record of what happened and what actions were taken
- This policy is checked and updated every year
- It's displayed around the school and on the website

## Remember

Bullying is never okay.

There is always someone willing to help you in CBC.

If something feels wrong, tell someone you trust.

Let's all work together to make CBC a kind and respectful place for everyone.

Thank you.