

# BÍ CINEÁLTA

## WHAT IS BULLYING?

Bullying is when someone keeps hurting or upsetting someone else on purpose. It could be with words, actions, or leaving someone out. It's not an accident, and it's not just a one-time thing.

## BE KIND!

At our school, we want everyone to feel happy, safe, and included. That's why we have a simple rule:  
Be kind!

Being kind means using nice words, helping others, and making sure no one feels left out.

## WHAT WE DO TO STAY KIND

- We look after each other and play nicely in the yard, classroom, and everywhere in school.
- We talk to a teacher or trusted adult if someone is being unkind or if we see bullying.
- We listen and help, even if we're not the one being hurt.
- We have safe spaces like the calm corner or the zen room if someone needs time to feel better.

## HOW TO HELP

- Tell them to stop nicely.
- Walk away and find a friend or teacher.
- Tell an adult - you're not telling tales, you're helping.

## OUR KIVA RULES

- No one is left out.
- Everyone is special in their own way.
- We do not bully.
- We speak up to stop bullying.
- We help each other.
- We always tell an adult if someone is being hurt.