Bí Cineálta

kindness

Bí Cineálta means "Be Kind" in Irish. It's about creating a school where everyone feels safe, respected and included, Bullying has no place in our St. Paul's school community

What is Bullying?

Bullying is when someone repeatedly behaves in a way that hurts, upsets, or excludes another person. It can happen in person or online.

Examples:

- Physical
- Verbal
- Relational
- Online / CyberBullying

What should you do if you see bullying?

- Speak to a trusted adult or a teacher
- Keep records
- Support the person
- Talk it out

Cyberbullying and Online Safety

• Be Respectful Online: Treat others the way you want to be treated.
• Think Before You Post: Once something is online, it's hard to take back.
• Report Harmful Content: Use the report/block features on apps and let a trusted adult know.
- Stay Safe: Don't share personal information or passwords.

#BeKind

WE SUPPORT
WE ACT
WE WORK TOGETHER