

ST·AIDAN'S



St. Aidan's Comprehensive School, Cootehill, Co. Cavan

# Tell Ask Listen Keep Safe

Designed by TY3 St. Aidan's Comprehensive 2013

About Bullying...



# What is bullying?

- The most common definition of bullying is, "a repeated oppression, psychological or physical, of a less powerful person by a more powerful person or group of persons."
- Bullying takes many different forms including physical threats or violence; name-calling and teasing; ostracism; and social attacks on someone's reputation.
- People can bully others directly, in person; indirectly, such as by gossiping or 'badmouthing' verbally to others; or through any form of communication technology including talking on the phone, writing, texting, emailing, and recording.
- Bullying behaviour occurs in schools, sports, youth groups, work places, social groups, senior centers, and online activities. It can occur anywhere people gather, either in the real world or the virtual world. Bullying takes place between people of all ages and walks of life.

## Types of Bullying

### Verbal Bullying

Name-calling, teasing, jeering, taunting, slugging/insulting, threatening, dangerous dares, abusive anonymous phone calls.

### Psychological Bullying

Psychological bullying is similar to playing mind games and can be particularly intimidating for its victim. Excluding isolating, gossiping, spreading rumours or lies, demeaning, ridiculing, passing notes or drawings, writing remarks in public places, using peer pressure to intimidate, threatening gestures or looks.

### Physical Bullying

Hitting, beating or punching, pulling or pushing, kicking, tripping, pinching, choking, spitting, stealing, damaging property or possessions, demanding money or possessions, forcing into theft, locking in or out of a space, throwing objects, threatening with a weapon, Inflicting bodily harm, humiliating acts (e.g. "wedgies" or pulling up of skirts).

### Relational Bullying

Relational bullying hits at the very heart of a person's self-worth by isolating them from the usual social relationships with classmates and intimidating them into a lonely retreat. Ignoring, excluding, spreading rumours or lies, publicly humiliating, social rejection or the threat thereof, making someone do something.

### Racist Bullying

Racist bullying is an attack on someone due to their race, colour or creed. With an increasingly multicultural society in Ireland, this type of bullying is becoming more widespread. Discrimination, prejudice, comments about colour, comments about nationality, comments about ethnicity.

### Sexual Bullying

Sexual bullying is the unprovoked victimisation of a man or woman, young or old, and can be verbal, psychological or physical in nature. Unwelcome sexual comments, sexualized name-calling, rumour mongering about a person's sexual orientation or behaviour, unwanted physical contact, physical assault.

### Cyber bullying

Bullying that takes place using electronic technology. It can involve unwanted text messages, phone videos, web posts being used to threaten, abuse or harm someone.

## Bullying Signs to watch out for....

- *Unwillingness or refusal to go to school or avoiding particular days or lessons.*
- *Coming home from school in a bad mood and refusing to say why.*
- *Feeling relieved at the end of the school week and during school holidays.*
- *Fear of walking to or from school and crying before/after school.*
- *Requesting drives to school or supervision from parents.*
- *Lingering behind in school after classes are over.*
- *Punctuality problems.*
- *Deterioration in schoolwork, loss of concentration and enthusiasm and interest in school.*
- *Reduced number of friends visiting, phoning, and fewer invitations to social events.*
- *Being excluded from groups or a reluctance to participate in previously enjoyed social activity.*
- *Not being chosen for sports teams.*
- *An uneasiness about joining children in less supervised surroundings.*
- *Complaining of illness before school events.*
- *Becoming withdrawn or moody.*
- *Uncharacteristic outbursts of anger or bullying of siblings.*
- *Unexplained injuries such as bruises, cuts, scratches, or torn clothing.*
- *Dropping usual hobbies or interests.*
- *Loss of confidence, self-esteem & excessive sensitivity to criticism.*
- *Excessive tearfulness or crying to sleep.*
- *Implied or overt threats of suicide.*

## Tips for your child on how to deal with bullying

- Tell an adult you can talk to and trust.
- Ignore the bully and get away from the situation as quickly as possible.
- If you are under physical attack, protect vulnerable parts of the body such as the face and head from injury.
- Do not fight back or get mad as this is exactly what the bully wants.
- Stay calm and do not show that you are upset or angry.
- Look the bully in the eye and ask them to repeat what they said to catch them off guard.
- Project confidence rather than fear- stand up straight, hold your head up high and make eye contact.
- Label your belongings.
- Do not travel alone, sit near the driver on the school bus and stay within sight of teachers and adults when you are at school.
- Do not skip school or avoid clubs or sports because you are afraid of being bullied – you have every right to be there.
- Write everything down – specific notes or a diary of who bullied you and how, who saw it happen, when and where the bullying took place, and what you tried to do about it.
- Do not believe the lies that bullies say about you!

## What is Cyberbullying

- Cyberbullying is bullying that takes place using electronic technology.
- Cyberbullying can involve unwanted, text messages, phone video recordings or web posts being used to threaten abuse or harm someone.
- Cyberbullying, like all bullying, is difficult on the victim.



## What to do if your child is being bullied by text or online

- Make sure your child does not reply to the message.
- Save the evidence as proof. (Messages/photos/email/video/web post etc.)
- Do not send the message on to anyone.
- Make sure your child blocks the person who is bullying them.
- Comfort your son or daughter.
- If the bullying does not stop report it to the Gardai.

*Cyberbullying must be taken seriously; it is not a joke and can have long term effects on your child.*

## What to do if your child is a bully?

- Acknowledge the problem and communicate with your child.
- Listen to their account, the way it happened and their feelings.
- Do not underreact and do not overreact, focus on the alleged behaviour and keep calm and think of the impact of the behaviour on your child.
- Monitor TV programmes and video games your child may be watching or playing for excessive violent content.
- Teach positive behaviour and talk to your child about ways to improve their behaviour.
- Seek professional help, if needed.
- Do not be afraid to sanction your child by removing privileges.
- Do not belittle, focus on helping your child to learn better ways to talk to and fit in with people.
- Model respect, kindness and empathy. Be realistic and do not expect your child's behaviour to change overnight.
- Continue to monitor their behaviour and check with them how things are going.



# How can you help your child if they are being bullied?

- Communicate with your child constantly.
- Watch out for the signs.
- Listen to your child's feelings.
- Support your child emotionally.
- Do not overreact by becoming very upset or angry yourself.

- Tell your child that bullying can happen to anyone.
- Talk through with your child what actions they can take.
- Make a plan of action to deal with it – Meeting the school.
- Support your child's positive friendships.
- Encourage your child's involvement in healthy enjoyable pursuits.
- Get help/support/guidance from the school or the website host.

[www.Bully4u.ie](http://www.Bully4u.ie)

[www.Spunout.ie](http://www.Spunout.ie)

[www.reachout.com](http://www.reachout.com)

[www.childline.org](http://www.childline.org)



## Helpline Numbers

- AWARE (Depression) 1890 303 302
- SOSAD (Suicide Prevention) 041 984 8754 / 049 432 6339
- ONE LIFE (National Suicide Prevention) 1800 247 100
- CONSOLE (Suicide Bereavement) 1800 201 890
- CHILDLINE 1800 666 666
- SAMARITANS 1850 609 090
- BeLonG To (Lesbian, Gay, Bisexual and Transgendered young people) 01 670 6223



### St. Aidan's Mission Statement

The accepted definition of bullying at St. Aidan's Comprehensive School shall be that bullying is repeated, deliberate aggression – verbal, physical or psychological, racial, sexual, relational or homophobic conducted by an individual or group at St Aidan's Comprehensive School. Isolated incidents may also be considered to be bullying. Bullying may also be carried out via media such as phones, computers and communication technology. School discipline in this regard extends to situations, which may occur out of school time and away from the school premises.

### Detecting of Bullying in St Aidan's Comprehensive School

1. Anti- Bullying policy – Students are informed of this at the beginning of each year during induction. The policy is in the student journal. Parents are informed about the anti-bullying policy during an information evening for in-coming first years.
2. Inherent ethos in Code of Behaviour.
3. On-going Pastoral Care systems.
4. Education awareness in relevant subject areas i.e. R.S.E, S.P.H.E, C.S.P.E.
5. Class observation using relevant form.
6. Bully box reporting system.
7. Random bullying questionnaire.
8. Shadowing systems. (Where alleged victims are "Shadowed" by another student/mentor /prefect/staff member to detect possible bullying.)
9. Consultation with Parents.
10. Staff supervision.
11. Reporting systems. Students are encouraged to report concerns to a mentor/prefect/staff member.
12. Video close circuit monitoring on corridors.
13. Bullying awareness week held initially with all year groups and annual follow up with 1st. and 5th year groups.  
(rf. Cool schools programme. N.E.B)
14. Parent Awareness Workshop organised by the Parent's Association.
15. On-going training of teachers.
16. Whole School Assemblies.

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