



Anti-Bullying Policy (Draft)

Definition:

Bullying is repeated aggression, verbal, psychological or physical, conducted by an individual or a group against others.

The Centre for European Schooling Bullying Statement:

We want the Centre for European Schooling to be a bully-free school where all of us feel safe and happy.

What are the effects of Bullying on young people?

Fear	Reluctance to go to school
Anxiety	Negative attitudes/Difficult/Argumentative
Depression	Bruises, Cuts, Sprains, scratches or torn clothes
Reduced self-esteem	Damage to or loss of property
Feeling of isolation	Suicidal thoughts and self-harm
Lack of concentration on school work	

Bullying Behaviours which are not acceptable at the CES:

Physical	Pushing others, tripping up others and fighting.
Verbal	Slagging, jeering, and talking about others behind their backs, name-calling, threats, demanding money, sarcasm.
Psychological	Giving the “Look”, staring at others, isolating others.
Sexual Bullying	Sexual comments, unwelcome touching of others, making nasty comments about someone being gay, lesbian, bisexual or transgender. Homophobic bullying will not be tolerated.
Racist Bullying	Commenting on others’ accent, race, ethnicity or colour. Racial jokes.
Relational Bullying	Spreading rumours and lies about a student. Rallying friends against one person.
E- Bullying	Threatening text messages. Internet Bullying.

What can students do to prevent Bullying?

- Notify a teacher/parent if they notice anybody being bullied/repeatedly mistreated
- Do not give an audience to the bully
- Discourage others from bullying behaviour
- Give support to person being bullied

What can parents do to help their children cope with bullying?

- It is not advisable to advocate hitting back
- Teach them some coping strategies
- Walk Tall
- Walk away

- Teach your child to appear confident
- Encourage them to tell
- Stay with friends – avoid bullies
- Avoid provoking a bully
- Take reasonable care of their belongings
- Encourage assertiveness not aggression
- Save any abusive mobile phone message(s) and report them to the Gardaí

For further advice please read an excellent publication for parents:

“Bullying in Secondary Schools”: What parents need to know.

Also the following book is an excellent resource for your son/daughter “

“R U B n Bullied: Tips for Teens”

Available from the Cool Schools Programme: HSE. Phone: 041- 9079350

What can the Centre for European Schooling do to prevent bullying?

- Have an effective anti-bullying policy
- Regular Anti-Bullying confidential questionnaires
- Highlight the issue of bullying
- Hold an anti-bullying week
- Provide adequate supervision at break times.
- Provide in-service for teachers through the “Cool School “ programme
- Set up an Anti-Bullying Committee from among the staff
- Promote respect for fellow pupils

What should a student do if they are being bullied?

TELL

Who do I tell?

Teacher, Tutor or Director.

How do I tell?

Tell a teacher after class

Hand up a note inside your homework

Phone the school

Email the school with details to Bully-Line-CES@meathvec.ie

What should a parent do if they know that their son/daughter is being bullied?

- Assure them that it’s not their fault and that you will help them to sort it out
- Contact the school – arrange an appointment with the tutor or director
- Prepare for that meeting – bring notes and details of events from your child’s point of view
- Ask that the incident be investigated and ask what supports the school can offer your child
- Work with the school to develop a strategy to deal with the problem
- If the problem continues, return to the school and make an appointment to meet the Director

What can the staff of the CES do when Bullying occurs?

- When an incident is reported we will speak privately and individually to those involved
- We will take a calm, problem-solving, non-confrontational approach
- We will inform the parents of both parties should we deem it to be a bullying incident

- As every case is different we will discuss strategies with individuals concerned
- If we believe that reconciliation between the parties is possible we will act as mediators
- We will keep a written record of all bullying incidents
- We will endeavour to provide counselling for the victims of bullying and the bully

If there is a serious case of victimisation of one party by another it will be reported directly to the Director.

Useful contacts and websites:

www.coolschoolbullyfree.ie

www.youthhealthinfo.com

Bernardos:

Tel: 01-4530355

Call-save: 1850 222300

www.bernardos.ie

Support for Lesbian, Gay, Bisexual and Transgender Students

Tel: 01-6706223

www.belongto.org

www.teni.ie (Transgender Equality Network Ireland)

Childline

Tel: 1800666666

www.childline.ie

Ombudsman for children

Tel: 01 4757333

www.oco.ie