



## St Patrick's B.N.S

### Anti-Bullying Policy

#### **Introductory Statement**

In accordance with the requirements of the Education (Welfare) Act 2000 and the Code of Behaviour Guidelines issued by the National Educational Welfare Board (NEWB), the Board of Management of St Patrick's B.N.S has adopted the following Anti-Bullying policy within the framework of the school's overall Code of Behaviour.

This policy fully complies with the requirements of the *Anti-Bullying Procedures for Primary and Post-Primary Schools* which were published in September 2013.

(This Policy should also be read with reference to our school's Code of Behaviour Policy, Health and Safety Statement, Acceptable Use Policy, Remote Learning Plan, Child Safeguarding Statement and Risk Assessment, and Dignity in the Workplace Policy )

The Policy is available to all parents on the school website. [www.saintpats.ie](http://www.saintpats.ie)

#### **Relationship to School Ethos**

*Our Mission Statement: 'At St Patrick's National School, we believe all children are entitled to develop their fullest potential - academically, socially, emotionally, physically, morally, spiritually and aesthetically, enabling each child to grow in confidence to participate in the wider community. We provide a happy caring and stimulating environment promoting self-esteem and confidence. We work in partnership with parents and the community in an atmosphere of mutual trust.'*

In line with our Mission Statement, the School Community strongly believes that respect for all, at all times, must be promoted.

## **AIMS**

The Board of Management and the school staff recognise the very serious nature of bullying and the negative impact it can have on the lives of people.

### **They are fully committed to the following key principles of best practice in preventing and tackling bullying behaviour:**

- (A) To foster a positive school culture and climate which –
  - is welcoming of difference and diversity and is based on inclusivity.
  - encourages pupils to disclose and discuss incidents of bullying behaviour in a non-threatening environment.
  - promotes respectful relationships across the school community.
  - promotes positive habits of self-respect, self-discipline and responsibility among all members.
  - recognises the need to work in partnership with and keep parents informed on procedures to improve relationships on a school wide basis.
  - promotes qualities of social responsibilities, tolerance and understanding amongst all its members both in school and out of the school
- (B) To employ effective leadership.
- (C) To use a school-wide approach.
- (D) To have a shared understanding of what bullying is and its impact.
- (E) To implement education and prevention strategies (including awareness raising measures) that
  - build empathy, respect and resilience in pupils.
  - address the issues of cyber-bullying and identity-based bullying including homophobic and trans phobic bullying.
- (F) To ensure effective supervision and monitoring of pupils.
- (G) To support staff and to work with all staff on recognising possible symptoms of bullying when a formal report is not forthcoming.
- (H) To ensure consistent recording, investigation and follow up of bullying behaviour
- (I) To engage in on-going evaluation of the effectiveness of the anti-bullying policy.

### **Definition:**

Bullying is defined as unwanted negative behaviour, verbal, psychological or physical, conducted by an individual or group against another person (or persons) and which is repeated over time (DES Guidelines 2013). The following types of bullying behaviour are included in the definition of bullying: deliberate exclusion, malicious gossip and other forms of relational bullying,

cyber-bullying and identity-based bullying such as homophobic bullying, racist bullying, bullying based on a person's membership of the Traveller community and bullying of those with disabilities or special educational needs.

However, in the context of this policy, placing a once-off offensive or hurtful public message, image or statement on a social network site or other public forum where that message, image or statement can be viewed and/or repeated by other people will be regarded as bullying behaviour.

Negative behaviour that does not meet this definition of bullying will be dealt with in accordance with the school's Code of Behaviour. In particular, where there may have been significant intentional physical hurt, parents/guardians are advised.

#### Types of Bullying Behaviour:

<b>Identity Based Behaviours</b> Including any of the nine discriminatory grounds mentioned in Equality Legislation (gender including transgender, civil status, family status, sexual orientation, religion, age, disability, race and membership of the Traveller community).	
<b>Homophobic and Transgender</b>	<ul style="list-style-type: none"> <li>● Spreading rumours about a person's sexual orientation</li> <li>● Taunting a person of a different sexual orientation</li> <li>● Name calling used in a derogatory manner</li> <li>● Physical intimidation or attacks</li> <li>● Threats</li> </ul>
<b>Race, nationality, ethnic background and membership of the Traveller community</b>	<ul style="list-style-type: none"> <li>● Discrimination, prejudice, comments or insults about colour, nationality, culture, social class, religious beliefs, ethnic or traveller background</li> <li>● Exclusion on the basis of any of the above</li> </ul>
<b>Relational</b>	This involves manipulating relationships as a means of bullying. Behaviours include: <ul style="list-style-type: none"> <li>● Malicious gossip</li> <li>● Isolation &amp; exclusion</li> <li>● Ignoring</li> <li>● Excluding from the group</li> <li>● Taking someone's friends away</li> <li>● Spreading rumours</li> <li>● Breaking confidence</li> <li>● Talking loud enough so that the victim can hear</li> <li>● The "look"</li> <li>● Use or terminology such as 'nerd' in a derogatory way</li> </ul>
<b>Sexual</b>	<ul style="list-style-type: none"> <li>● Unwelcome or inappropriate sexual comments or touching</li> <li>● Harassment</li> </ul>

Special Educational Needs, Disability	<ul style="list-style-type: none"> <li>● Name calling</li> <li>● Taunting others because of their disability or learning needs</li> <li>● Taking advantage of some pupils' vulnerabilities and limited capacity to recognise and defend themselves against bullying</li> <li>● Taking advantage of some pupils' vulnerabilities and limited capacity to understand social situations and social cues.</li> <li>● Mimicking a person's disability</li> <li>● Setting others up for ridicule</li> </ul>
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Ways in which bullying behaviours may present in a school setting can include

- Physical Aggressions
- Damage to Property
- Extortion
- Intimidation
- Name-Calling
- Slagging
- Isolation/Exclusion
- Cyber e-bullying (see grid below for further elaboration)

<b>Cyber E-BULLYING</b>	
Cyber	<ul style="list-style-type: none"> <li>● <b>Denigration:</b> Spreading rumours, lies or gossip to hurt a person's reputation</li> <li>● <b>Harassment:</b> Continually sending vicious, mean or disturbing messages to an individual</li> <li>● <b>Impersonation:</b> Posting offensive or aggressive messages under another person's name</li> <li>● <b>Flaming:</b> Using inflammatory or vulgar words to provoke an online fight</li> <li>● <b>Trickery:</b> Fooling someone into sharing personal information which you then post online</li> <li>● <b>Outing:</b> Posting or sharing confidential or compromising information or images</li> <li>● <b>Exclusion:</b> Purposefully excluding someone from an online group</li> <li>● <b>Cyber stalking:</b> Ongoing harassment and denigration that causes a person considerable fear for his/her safety</li> <li>● Silent telephone/mobile phone call</li> <li>● Abusive telephone/mobile phone calls</li> <li>● Abusive text messages</li> <li>● Abusive email</li> <li>● Abusive communication on social networks e.g. Facebook/Ask.fm/ Twitter/You Tube or on games consoles</li> <li>● Abusive website comments/Blogs/Pictures</li> <li>● Abusive posts on any form of communication technology</li> </ul>

## **See Anti Cyber Bullying Policy Appendix A**

For further elaboration of bullying behaviours please see DES Guidelines 2013 p.10-11 2.2.

### **School Procedures for Investigation, Follow-up and Recording of Bullying Behaviour**

**Relevant teacher(s) for investigating and dealing with bullying is/are the class teacher the Principal/Deputy Principal.**

**Any teacher may act as a relevant teacher if circumstances warrant it.**

#### **Our school will:**

- Follow and implement Code of Behaviour and Anti-bullying policies.
- Lead by good example, respecting all members of the school community. This will be reinforced at monthly assemblies.
- Minimise opportunities for bullying through vigilance and ongoing awareness of bullying as a school issue, e.g. provide adequate supervision.
- Draw upon the Social Personal and Health Education Curriculum Documents (SPHE), Relationships and Sexual Education Programme (RSE) Stay Safe Programme, Walk Tall Programme in supporting a bully-free environment.
- Build awareness through explicit teaching so that all pupils know who to tell and how to tell and reassure them with regard to the correctness of telling e.g. direct approach to the teacher at an appropriate time/note.
- Encourage all pupils and parents to report concerns of bullying or possible bullying at the earliest stage.
- Consider the additional needs of SEN/Specific Speech and Language Disorder Class/DLD pupils with regard to programme implementation.
- Ensure that all children understand the importance of upstanders telling if they witness or know that bullying is taking place.
- Involve the Student Council in contributing to developing a school environment where bullying is neither accepted nor tolerated.
- Organise an annual Friendship/Anti-Bullying Week
- From time to time draw upon external expertise e.g. Theatre Groups/Workshop facilitators.

#### **In our general teaching, we**

- affirm the child with praise and encourage them to recognise and appreciate good qualities in one another.
- involve children in activities where teamwork, tolerance, interdependence and responsibility are nurtured which may include games, art, competitions, projects, drama, circle time etc.
- deal firmly and fairly with any complaints within the framework of the school *Code of Behaviour*.

- are sensitive to issues of inclusion in our choice of teaching materials or equipment in order to give a positive view of other groups which may differ from us in gender, ethnic race and other international/cultural backgrounds.
- treat bullying (including cyber-bullying, homophobic and transphobic bullying) as a serious offence and take every possible action to eradicate it.
- treat those involved in bullying with sensitivity and understanding.
- will endeavour to provide informal non-threatening disclosure opportunities.

### **Reporting**

- Any pupil or parent(s)/guardian(s) may bring a bullying incident to any teacher in the school.
- All reports, including anonymous reports of bullying, will be investigated and dealt with by the relevant teacher(s).
- Teaching and non-teaching staff such as secretaries, special needs assistants (SNAs), bus escorts, caretakers, cleaners will be encouraged to report any incidents of bullying behaviour witnessed by them, or mentioned to them, to the relevant teacher;

### **Investigating**

The primary aim for the relevant teacher in investigating and dealing with bullying is to resolve any issues and to restore, as far as is practicable, the relationships of the parties involved.

In investigating and dealing with bullying, the relevant teacher will exercise his/her professional judgement to determine whether bullying has occurred and how best the situation might be resolved.

Help support and advice will be given, as is appropriate, to all parties.

If bullying is suspected we talk to all persons involved and any upstanders/witnesses.

The teacher speaks privately and separately to all those involved outside the classroom situation to avoid public humiliation.

If bullying is identified, the following action will be taken:

-The relevant teacher checks for witness accounts asking specific questions of who, what, where, when and why.

-Written accounts may be helpful or appropriate.

- If a group is involved:

each member is interviewed individually

all those involved are met as a group.

In this process the teacher will endeavour to support any member of the group who may face possible pressures from other members of the group after the interview by the teacher(s).

As this process is very time consuming the teacher may request the assistance of staff members and the Principal to conduct the investigation.

### **Follow-up and Record Keeping**

- Having talked through the offence with the child involved in bullying behaviour, it will be made clear to him/her how this behaviour is in breach of the school's anti-bullying policy.
- Efforts will be made to try to get him/her to see the situation from the perspective of the pupil affected.
- Behaviour records, if any, of the parties involved will be consulted.
- Future behaviour will be monitored.
- A written record will be made and kept by the relevant teacher (see 'recording of bullying behaviour' below).
- Referral to records will aid in the monitoring process.
- Children will be expected to complete a reflective exercise on their actions and may also incur loss of privileges. (Addendum Sanctions as per Discipline Policy)
- If the offence takes place on the yard it will be recorded in the behaviour book and suspension from the yard may be required.
- In cases where it has been determined by the relevant teacher that bullying behaviour has occurred, the parents of the parties involved should be contacted to inform them of the matter and explain the actions being taken.
- Follow-up meetings with the relevant parties involved could be arranged separately with a view to possibly bringing them together at a later date if the pupil who has been bullied is ready and agreeable.
- The parents of the child involved will be kept informed of developments by school management as the case is recorded and dealt with in accordance with these procedures.
- If there is no improvement the problem will be reported to the Board of Management persons involved will be requested to appear before the Board of Management with their parent(s)/guardians where the Code of Behaviour may be brought into play.
- Serious instances of bullying behaviour will be dealt with in accordance with the [\*The Child Protection Procedures for Primary and Post Primary Schools 2017\*](#), and/or may also be referred to the Child and Family Agency, Tusla. and/or Gardaí as appropriate.

Parent(s)/guardian(s) and pupils are required to co-operate with any investigation and assist the school in resolving any issues and restoring, as far as is practicable, the relationships of the parties involved.

**Our Anti- Bullying Policy needs the support of the whole community if it is to be successful**

## **Recording of bullying behaviour**

The school's procedures for noting and recording bullying behaviour are as follows:

### **Informal- pre-determination that bullying has occurred**

- All staff must keep a written record of any incidents witnessed by them or notified to them.
- All incidents must be reported to the relevant/class teacher
- The relevant/class teacher must keep a written record, using Appendix E, of the reports, the actions taken and any discussions with those involved regarding the same.
- The written record must be stored in the Blue Folder of the children concerned and a copy also sent to the principal's office.
- The relevant teacher must inform the principal of all incidents being investigated.

### **Formal Stage 1-determination that bullying has occurred**

- If it is established by the relevant teacher that bullying has occurred, the relevant teacher must keep appropriate written records using Appendix F which will be stored in the Blue Folder of the children concerned and a copy will also be sent to the principal's office.
- The relevant teacher must inform the principal of all incidents being investigated at Formal Stage 1 and the principal will sign the written record.

### **Formal Stage 2**

The relevant teacher must use the recording template at **Appendix B** to record the bullying behaviour **in the following circumstances:**

- a) In cases where he/she considers that the bullying behaviour has not been adequately and appropriately addressed within 20 school days after he/she has determined that bullying behaviour occurred.
- b) Cases of gross bullying behaviour must be recorded and reported immediately to the Principal or Deputy Principal as applicable. Such cases will go directly to 'Formal Stage 2'. Examples would include serious, ongoing physical interference with a fellow pupil, sustained intimidation, continuous harassment, extensive cyber bullying etc.

When the recording template is used, it must be retained by the relevant teacher in question and a copy maintained by the principal. Completed recording templates will be retained in the Blue Folder of the children concerned which will be passed on with the class each year and a copy will be retained in the principal's office.

***All records related to bullying incidents will be kept by the school until the child in question is 28 years of age. (21 years + 7 years)***

### **Appeals:**

- Where a parent is not satisfied that the school has dealt with a bullying case in accordance with these procedures, the parents must be referred, as appropriate, to the School's Complaints Procedures.

- In the event that a parent has exhausted the School's Complaints Procedures and is still not satisfied, the school must advise the Parents of their right to make a complaint to the Ombudsman for Children.

### **Informing new staff members**

New members of staff will be alerted to this policy and procedures to be followed, in the case of alleged bullying.

### **Supervision and Monitoring of Pupils**

The Board of Management confirms that appropriate supervision and monitoring policies and practices are in place to both prevent and deal with bullying behaviour and to facilitate early intervention where possible.

**This revised Policy was considered and approved by the Board of Management on 10th January 2022.**

**The Policy will be reviewed in 2023 or earlier as deemed necessary by the BOM.**

**Chairperson:**



**Principal:**



## Appendix A

### Anti-Cyber-Bullying Policy

St. Patrick's Boys National School aims to ensure that children are safe and feel safe from bullying, harassment and discrimination. This school is committed to teaching children the knowledge and skills to be able to use ICT effectively, safely and responsibly.

#### UNDERSTANDING CYBER-BULLYING:

- Cyber bullying is the use of ICT (usually a mobile phone and or the internet) to abuse another person
- It can take place anywhere and involve many people
- Anybody can be targeted including pupils and school staff
- It can include threats, intimidation, harassment, cyber-stalking, vilification, defamation, exclusion, peer rejection, impersonation, unauthorized publication of private information or images etc.
- While bullying involves a repetition of unwelcome behaviour the **Anti-Bullying Procedures for Primary and Post Primary Schools, 2017**, (para 2.3.5) states: *In the context of the Anti-Bullying Procedures "placing a once-off offensive or hurtful public message, image or statement on a social network site or other public forum where that message, image or statement can be viewed and/or repeated by other people" is also regarded as bullying behaviour.*

#### WHAT IS CYBER-BULLYING?

There are many types of cyber-bullying. The more common types are:

1. **Text messages** – can be threatening or cause discomfort. Also included here is "Bluejacking" (the sending of anonymous text messages over short distances using bluetooth wireless technology)
2. **Picture/video-clips via mobile phone cameras** – images sent to others to make the victim feel threatened or embarrassed
3. **Mobile phone calls** – silent calls, abusive messages or stealing the victim's phone and using it to harass others, to make them believe the victim is responsible
4. **Emails** – threatening or bullying emails, often sent using a pseudonym or somebody else's name
5. **Chat room bullying** – menacing or upsetting responses to children or young people when they are in a web-based chat room
6. **Instant messaging (IM)** – unpleasant messages sent while children conduct real-time conversations online using MSM (Microsoft Messenger), Yahoo Chat or similar tools
7. **Bullying via websites** – use of defamatory blogs (web logs), personal websites and online personal 'own web space' sites such as YouTube, Facebook, Ask.fm, Bebo

(which works by signing on in one's school, therefore making it easy to find a victim) and Myspace – although there are others.

#### **Explanation of slang terms used when referring to cyber-bullying activity:**

- **'Flaming'**: Online fights using electronic messages with angry and vulgar language
- **'Harassment'**: Repeatedly sending offensive, rude, and insulting message
- **'Cyber Stalking'**: Repeatedly sending messages that include threats of harm or are highly intimidating or engaging in other on-line activities that make a person afraid for his or her own safety
- **'Denigration'**: 'Dissing' someone online. Sending or posting cruel gossip or rumours about a person to damage his or her reputation or friendships
- **'Impersonation'**: Pretending to be someone else and sending or posting material online that makes someone look bad, gets her/him in trouble or danger, or damages her/his reputation or friendships
- **'Outing and Trickery'**: Tricking someone into revealing secret or embarrassing information which is then shared online
- **'Exclusion'**: Intentionally excluding someone from an on-line group, like a 'buddy list'

This list is not exhaustive and the terms used continue to change.

#### **AIMS OF POLICY:**

- To ensure that pupils, staff and parents understand what cyber bullying is and how it can be combated
- To ensure that practices and procedures are agreed to prevent incidents of cyber-bullying
- To ensure that reported incidents of cyberbullying are dealt with effectively and quickly.

#### **PROCEDURES TO PREVENT CYBER-BULLYING:**

- Staff, pupils, parents and Board of Management (BoM) will be made aware of issues surrounding cyber bullying through the use of appropriate awareness-raising exercises
- Pupils will learn about cyber bullying through Social, Personal and Health Education (SPHE), assemblies, friendship week activities and other curriculum projects
- The school will engage a speaker to facilitate a workshop on cyber bullying for senior classes on a regular basis.
- Staff CPD (Continuous Professional Development) will assist in learning about current technologies
- Parents will be provided with information and advice on how to combat cyber bullying
- Pupils and/or parents will sign an Acceptable Use of ICT (Information and Communication Technology) contract
- Pupils and parents will be urged to report all incidents of cyber bullying to the

school

- All reports of cyber bullying will be investigated, recorded, stored in the Principal's office and monitored regularly
- Procedures in our school Anti-bullying Policy shall apply
- The Gardaí will be contacted in cases of actual or suspected illegal content
- This policy will be reviewed annually. Pupils, parents and staff will be involved in reviewing and revising this policy and any related school procedure

### **INFORMATION FOR PUPILS:**

If you are being bullied by phone or on the Internet:

- Remember, bullying is never your fault. It can be stopped and it can usually be traced.
- Don't ignore the bullying. Tell someone you trust, such as a teacher or parent or call an advice line.
- Try to keep calm. If you are frightened, try to show it as little as possible. Don't get angry, it will only make the person bullying you more likely to continue.
- Don't give out your personal details online – if you are in a chat room, do not say where you live, the school you go to, your email address etc. All these things can help someone who wants to harm you to build up a picture about you.
- Keep and save any bullying emails, text messages or images. Then you can show them to a parent or teacher as evidence.
- If you can, make a note of the time and date bullying messages or images were sent, and note any details about the sender
- There is plenty of online advice on how to react to cyberbullying. For example, [www..reachout.com](http://www.reachout.com) and [www.wiredsafety.org](http://www.wiredsafety.org) have some useful tips.

### **Text/video messaging**

- You can easily stop receiving text messages for a while by turning-off incoming messages for a couple of days. This might stop the person texting you by making them believe you've changed your phone number
- If the bullying persists, you can change your phone number. Ask your mobile service provider about this.
- Don't reply to abusive or worrying text or video messages.
- Your mobile service provider will have a number for you to ring or text to report phone bullying. Visit their website for details.
- Don't delete messages from cyber bullies. You don't have to read them, but you should keep them as evidence.

### **Useful Websites**

**Please see PDST and Webwise websites for up-to-date resources on Anti-Bullying.** <https://www.pdst.ie/primary/antibullying> [www.webwise.ie](http://www.webwise.ie)

**Appendix B:**  
**Template for Recording Investigation into Alleged Bullying or Behaviour which may have Constituted Bullying**

**Name(s) of those affected:**

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**Name(s) of reporters (if different)**

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**Name(s) of alleged offender(s)**

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**Details of incident:**

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**Action taken:**

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**Reason for decision not to proceed to Formal Stage 1(e.g. one off incident, accidental incident etc.)**

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**Incident notified to the Principal: \_\_\_\_\_**

**A copy of this should be kept by the class teacher. A copy should also be submitted to the Principal's Office for record keeping.**

**Signed: \_\_\_\_\_**

**Appendix C:**  
**Template for the recording of Bullying Behaviour at Formal Stage 1**

**(To be filled in conjunction with the principal)**

**Name(s) of those affected:**

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**Name(s) of reporters (if different)**

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**Name(s) of offender(s)**

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**Details of incident:**

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**Action taken:**

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**Parents Notified:** \_\_\_\_\_

**A copy of this should be kept by the class teacher. A copy will also be kept Principal's Office for record keeping.**

**Signed:** \_\_\_\_\_ **(Relevant Teacher)**

**Signed:** \_\_\_\_\_ **(Principal)**

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**Appendix D Template for recording bullying behaviour**  
**(Formal Stage 2, as per Policy)**

**1. Name of pupil being bullied and class group**

Name \_\_\_\_\_ Class \_\_\_\_\_

**2. Name(s) and class(es) of pupil(s) engaged in bullying behaviour**


**3. Source of bullying concern/report**  
(tick relevant box(es))\*

Pupil concerned	<input type="checkbox"/>
Other Pupil	<input type="checkbox"/>
Parent	<input type="checkbox"/>
Teacher	<input type="checkbox"/>

**4. Location of incidents** (tick relevant box(es))\*

Playground	<input type="checkbox"/>
Classroom	<input type="checkbox"/>
Corridor	<input type="checkbox"/>
Toilets	<input type="checkbox"/>
Other	<input type="checkbox"/>

**5. Name of person(s) who reported the bullying concern**

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**6. Type of Bullying Behaviour** (tick relevant box(es)) \*

Physical Aggression	<input type="checkbox"/>	Cyber-bullying	<input type="checkbox"/>
Damage to Property	<input type="checkbox"/>	Intimidation	<input type="checkbox"/>
Isolation/Exclusion	<input type="checkbox"/>	Malicious Gossip	<input type="checkbox"/>
Name Calling	<input type="checkbox"/>	Other (specify)	<input type="checkbox"/>

**7. Where behaviour is regarded as identity-based bullying, indicate the relevant category:**

Homophobic	Disability/SEN related	Racist	Membership of Traveller Comm.	Other (specify)

**8. Brief Description of bullying behaviour and its impact**

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**9. Details of actions taken**

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Signed \_\_\_\_\_ (Relevant Teacher)

Date \_\_\_\_\_

Date submitted to Principal \_\_\_\_\_

## Appendix E

### Checklist for annual review of the anti-bullying policy and its implementation

The Board of Management (the Board) must undertake an annual review of the school's anti-bullying policy and its implementation. The following checklist must be used for this purpose. The checklist is an aid to conducting this review and is not intended as an exhaustive list. In order to complete the checklist, an examination and review involving both quantitative and qualitative analysis, as appropriate across the various elements of the implementation of the school's anti-bullying policy will be required.

	Yes /No
Has the Board formally adopted an anti-bullying policy that fully complies with the requirements of the <i>Anti-Bullying Procedures for Primary and Post-Primary Schools</i> ?	
Has the Board published the policy on the school website and provided a copy to the parents' association?	
Has the Board ensured that the policy has been made available to school staff (including new staff)?	
Is the Board satisfied that school staff is sufficiently familiar with the policy and procedures to enable them to effectively and consistently apply the policy and procedures in their day to day work?	
Has the Board ensured that the policy has been adequately communicated to all pupils?	
Has the policy documented the prevention and education strategies that the school applies?	
Have all of the prevention and education strategies been implemented?	
Has the effectiveness of the prevention and education strategies that have been implemented been examined?	
Is the Board satisfied that all teachers are recording and dealing with incidents in accordance with the policy?	
Has the Board received and minuted the periodic summary reports of the Principal?	
Has the Board discussed how well the school is handling all reports of bullying including those addressed at an early stage and not therefore included in the Principal's periodic report to the Board?	
Has the Board received any complaints from parents regarding the school's handling of bullying incidents?	
Have any parents withdrawn their child from the school citing dissatisfaction with the school's handling of a bullying situation?	
Have any Ombudsman for Children investigations into the school's handling of a bullying case been initiated or completed?	
Has the data available from cases reported to the Principal (by the bullying recording template) been analysed to identify any issues, trends or patterns in bullying behaviour?	
Has the Board identified any aspects of the school's policy and/or its implementation that require further improvement?	
Has the Board put in place an action plan to address any areas for improvement?	

Signed \_\_\_\_\_  
Chairperson, Board of Management

Date \_\_\_\_\_

Signed \_\_\_\_\_  
Principal

Date \_\_\_\_\_

**Notification regarding the Board of Management's Annual Review of the Anti-bullying policy**

To: \_\_\_\_\_

The Board of Management of \_\_\_\_\_ wishes to inform you that:

- o The Board of Management's annual review of the school's anti-bullying policy and its implementation was completed at the Board meeting of \_\_\_\_\_ [date].
  
- o This review was conducted in accordance with the checklist set out in **Appendix 4** of the Department's *Anti-Bullying Procedures for Primary and Post-Primary Schools*.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Chairperson, Board of Management

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Principal

  
  

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## **Appendix F: Useful Web Links**

**Students:** If you are being bullied in school or if you know of someone else who is being bullied please take the vital first step of telling a teacher you trust or asking a parent or a school friend to do so for you. Bullying can be brought to an end without making matters worse for you or anyone involved if you take that vital first step. ***Please also tell the teacher about this website which can help her/him to deal with your problem effectively.***

**Parents:** If you are concerned about a change in your child's general mood or behaviour, for example if s/he becomes uncharacteristically withdrawn, touchy, angry, demands more attention than usual or has a serious decline in school workrate, it may not be "just hormones." Your child may be experiencing bullying. To put your mind at ease please contact the school and make teachers aware of your concerns. They can then investigate and if there is bullying taking place they can bring the bullying to an end without making matters worse for your child or anyone else. ***Please also tell the teachers about this website which can help them to deal with your problem effectively.***

**Below are contact details of some organisations you can contact in an emergency.**

**Teachers:** There are links to two useful websites below that offer animated-video interactive anti-bullying exercises suitable for use with class/form groups. Each has its own distinct merits. In addition, in YouTube you can search for "Anti-Bullying Ads" and you will get access to a number of good thought/discussion provoking video clips that can be shown to class/form groups, to be followed by discussion. You don't need to be a subscriber to YouTube to get access to these. Just Google them.

[www.antibullyingcampaign.ie](http://www.antibullyingcampaign.ie) Anti-bullying Campaign Tools for Teachers

<http://www.stopbullying.org>

Contains an interactive animation where the student decides the outcome based on her/his response to bullying. Probably only useful for first years or primary schools. If students could have access to a computer room for one class period to explore this a lot of useful lessons could be learned. If it does not work on several stations of a network at the same time it could be projected and students could vote on options to take at each stage.

<http://www.childline.ie>

If you need someone to talk to we are always here to listen. Please call Childline on 1800 66 66 66 (free phone) Parentline (Parents under stress) 01/8733500

<http://www.ispcc.ie>

ISPCC - The Irish Society for the Prevention of Cruelty to Children, 29 Lower Baggot Street, Dublin 2. Phone (01) 6767960 /6794944

[www.sticksandstones.ie](http://www.sticksandstones.ie) (stick and stones theatre company) 01 8733500

CAB Campaign against Bullying 01 2887976

[http://www.samaritans.org/talk\\_to\\_someone/find\\_my\\_local\\_branch/ireland.aspx](http://www.samaritans.org/talk_to_someone/find_my_local_branch/ireland.aspx)

Phone Numbers of Branches of the Samaritans around Ireland. What ever you are going through, whether you think it is big or small, you don't have to bottle it up. At Samaritans we offer confidential, non-judgemental support 24 hours a day. Phone: 1850-609090 (Lo-call) Email: [jo@samaritans.org](mailto:jo@samaritans.org)

<http://www.abc.tcd.ie/>

The Anti-Bullying Centre, Trinity College, Dublin, led by Professor Mona O'Moore.

ABC Antibullying Research and Resource Centre Room 3125, Arts Building Trinity College  
Dublin 2,  
01 6601011/6082573

<http://www.nehb.ie/coolsschoolbullyfree/default.htm>

The Cool School Anti-Bullying Programme was developed within the HSE Dublin North East's Child Psychiatry Service. It is an Anti-Bullying programme and support service targeted at second level schools and specifically tailored to the Irish context.

<http://www.teachers.tv>

This website gives access to a number of informative videos about bullying. Some are suitable for teachers and some are suitable for students as part of the awareness raising strand of an anti-bullying campaign. Just log on and register with this site. Then use the website's own search function to find the videos using such words as "bullying videos" These can then be downloaded and used freely.

<http://www.stopbullyingnow.hrsa.gov/>

Very good American website that includes animated story segments about bullying that all come together for a happy ending when bystanders act. It includes questions for each segment of the story. It also includes some games based on the story. Suitable for junior classes in secondary school and senior classes in primary.

Irish Association for counselling and psychotherapy 01 2300061

<http://www.watchyourspace.ie>

Website offering advice and suggestions to help children avoid being victimised through the use of mobile phone or computer technology.

<http://www.dublinsamaritans.ie/>

What ever you are going through, whether you think it is big or small, you don't have to bottle it up. At Samaritans we offer confidential, non-judgemental support 24 hours a day. Phone: 1850 60 90 90 Email: [jo@samaritans.org](mailto:jo@samaritans.org) Visit Us: 112 Marlborough Street, Dublin 1. 10.00 am - 9.00 pm, 7 days a week.

[www.webwise.ie/cyberbullyingaguide.shtm](http://www.webwise.ie/cyberbullyingaguide.shtm)

[www.website.ie/askfm\\_guide.shtm](http://www.website.ie/askfm_guide.shtm)

[www.webwise.ie/explainer\\_What\\_is\\_snapchat.shtm](http://www.webwise.ie/explainer_What_is_snapchat.shtm)

[www.webwise.ie/blockitcombatingmobilephonebullying.shtm](http://www.webwise.ie/blockitcombatingmobilephonebullying.shtm)

Victim Support 1800 661771

