



Salesian College Celbridge
Anti-Bullying Policy (Student Friendly Version)

09-06-2025

Our School's Commitment

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Together We Achieve

Our School's Commitment

At Salesian College Celbridge, we believe that every student has the right to feel safe, valued, and respected every day. Our motto,

"We care, develop, believe – together we achieve,"

reminds us that we all have a part to play in building a kind and supportive school community.

We follow the Department of Education's *Bí Cineálta* (Be Kind) guidelines, and we are committed to preventing and dealing with bullying in a fair and caring way.

What Is Bullying?

Bullying is repeated, unwanted behaviour that hurts, excludes, or intimidates someone on purpose. It can happen in person or online, and it is never okay.

Types of Bullying

Here are the most common types of bullying:

- Verbal Bullying
- Name-calling, teasing, insulting

- Threats or making fun of someone
- Physical Bullying
- Hitting, kicking, pushing
- Tripping or damaging someone's belongings
- Emotional or Psychological Bullying
- Leaving someone out on purpose
- Spreading rumours
- Laughing at or isolating someone
- Cyberbullying
- Sending hurtful messages
- Sharing embarrassing photos or videos
- Excluding others online or posting mean comments
- Identity-Based Bullying
- Bullying someone because of their race, religion, gender, sexuality, ability, or family background

What Should You Do If You're Being Bullied?

- If something is bothering you, it's important to speak up. You are not alone, and it is not your fault.
- Here's what you can do:
- Talk to someone you trust – like a teacher, your Year Head, Class Tutor, Guidance Counsellor, parent, or friend.
- Report the bullying.
- Save any messages or screenshots (if it's online).
- Be brave – asking for help shows strength, not weakness.

How Will Salesian College Celbridge Support You?

- Our school will always:
 - Listen carefully and treat you with respect
 - Take every report seriously
 - Investigate fairly and protect your privacy
 - Take action to stop the bullying
 - Help both the student being bullied and the student who is bullying to make positive changes

Supports Available in Our School

- At Salesian College Celbridge, we care about student wellbeing. If you need help, you can go to:
 - Your Form Teacher
 - Your Year Head
 - The Guidance Counsellor Ms. Harris & Ms. Dolan
 - A trusted subject teacher

- A member of the Chaplaincy Team
- A Ceangail & Cinnirí member
- The Deputy Principals Mr. Leonard and Mr. Kerins or Principal, Ms. Kearns
- You can also talk to someone during:
 - SPHE or Wellbeing class
 - Student Council/ Ceagail / Cinnirí

What Can You Do to Help Stop Bullying?

- Every student can make a difference. Here's how:
 - Be kind to others – even small acts of kindness matter
 - Include people who seem left out
 - Don't laugh at or spread gossip
 - Speak up or report bullying when you see it
 - Use social media in a respectful and safe way
 - Support your classmates and help create a positive environment

Together We Achieve

At Salesian College Celbridge, we believe in working together to make our school a place where everyone feels safe and proud to be themselves.

Let's remember our motto:

We care. We develop. We believe. Together we achieve.

No one should feel alone.

If you see something – say something.

Kindness always counts.

This student friendly version of the formal school policy was approved by the Board of Management on 09-06-2025.