

Who can I speak to?

Every adult in Shimna Integrated College is here to help you. If you want to talk about any bullying behaviour that you have experienced or witnessed or if you have any other concerns you can speak to:

- *Your form teacher*
- *Any other member of our school staff*
- *One of our peer mentors*
- *Our school counsellor Isla*



WIPE OUT BULLYING

BE AWARE OF WHAT IS
DEFINED AS BULLYING
BEHAVIOUR!

TAKE ACTION

**TREAT
OTHERS**
The way
you
Want to be
TREATED



SHIMNA
INTEGRATED COLLEGE

Anti-Bullying Guidance for Students



2025–2026

Anti-Bullying

Guidance for students

In Shimna College we have agreed that the act of bullying can be defined as follows:-

"Bullying is a behaviour which is usually repeated and which is carried out intentionally to hurt or harm another person. Bullying causes the most harm when the hurtful behaviour is repeated again and again. Bullying can also be a serious one of incident."

No one should accept any type of bullying behaviour in school or on the way to and from, the school.

All reported incidents will be recorded, dealt with and monitored by our safeguarding team.



WHAT IS BULLYING?

Physical Bullying

- Fighting
- Tripping up
- Pushing
- Hitting
- Spitting
- Destroying another person's property
- Throwing things to hurt another student

Verbal Bullying

- Name calling
- Mimicking
- Shouting insults
- Making threats
- Telling lies about someone
- Daring other students to do something
- Spreading rumours
- Teasing

Looks

- Threatening or malicious

Exclusion

- Excluding students

Extortion

- Demanding money or other items of property

Cyber-Bullying

- Sending malicious emails, images, videos or text messages to or about anyone in the school community
- Using the internet or messaging service to be offensive about anyone
- Using social networks in a negative manner

WHAT CAN I DO?

If you are being subjected to bullying behaviour or are worried about someone that might be, the first step is to get help.

You can ask a parent/carer, a teacher or another adult you trust. If you don't feel comfortable saying it out loud you could write it in a message and send it to someone you trust.

Don't become a 'bystander' and ignore the bullying behaviour.

'Kind Hearts are the Gardens'

By Henry Wadsworth Longfellow

Kind hearts are the gardens,

Kind thoughts are the roots,

Kind words are the flowers,

Kind deeds are the fruits.

Take care of your garden,

And keep out the weeds,

Fill it with sunshine;

Kind words and kind deeds.