

COLÁISTE CHOILM



BÍ CINEÁLTA

BE KIND

DREAM
BELIEVE
ACHIEVE

STOP BULLYING. STAND UP. SPEAK OUT.

BE KIND

When you see someone being left out or hurt:

-  Smile and include them
-  Use kind words
-  Tell an adult or teacher
-  Support your friends
-  Tacaigh le do chairde
Support your friends



IF YOU ARE BEING BULLIED:

-  Talk to a teacher, parent or friend
-  Don't keep it to yourself – you deserve respect
-  We will listen, help you make a plan and talk to your parents if needed

YOU ARE NOT ALONE.
WE WILL LISTEN. 

WE ALL HAVE A ROLE TO PLAY

-  **BE RESPECTFUL**
Treat everyone with respect and dignity.
-  **BE INCLUSIVE**
Don't leave anyone out. Look out for others.
-  **THINK BEFORE YOU POST**
What you share online can hurt.
-  **STAND UP**
Don't encourage bullying or stay silent.
-  **SPEAK OUT**
Tell someone. It can make a big difference.

OUR BÍ CINEÁLTA PROMISE


We treat everyone with kindness, dignity and respect.


We include others and look out for one another.


We stand together against bullying.


We have the courage to speak up when something is wrong.


We believe that kindness is our strength.

BE KIND.
BE RESPECTFUL.
BE THE DIFFERENCE.



Together we make Coláiste Choilm a place where *everyone* belongs.

IF YOU NEED HELP OR ARE WORRIED ABOUT SOMEONE, TELL A TEACHER OR A TRUSTED ADULT.



BÍ CINEÁLTA



BE KIND



COLÁISTE CHOILM