



Two Mile House National School
Two Mile House, Naas, Co. Kildare
Roll No – 17968S
www.tmhs.ie
RCN: 20124595

Principal – Adrian O'Connor
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Cyber-Bullying Policy

Two Mile House 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 **Bí Cineálta Procedures to Prevent and Address Bullying Behaviour for Primary and Post Primary Schools, June 2024**, states:

2.5. Even though a message may be posted online just once by a student it can be considered bullying behavior as it may be seen by a wide audience where it is intended to be shared or has a likelihood of being shared multiple times and is thus repeated.

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.
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 Snapchat/Instagram/Facebook Messenger or similar tools.
7. **Bullying via websites** – use of defamatory blogs (web logs), personal websites and online personal 'own web space' sites such as You Tube, Instagram, Tick-tok or similar.



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

1. **'Flaming'**: Online fights using electronic messages with angry and vulgar language
2. **'Harassment'**: Repeatedly sending offensive, rude, and insulting messages
3. **'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
4. **'Denigration'**: 'Dissing' someone online. Sending or posting cruel gossip or rumors about a person to damage his or her reputation or friendships
5. **'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
6. **'Outing and Trickery'**: Tricking someone into revealing secret or embarrassing information which is then shared online
7. **'Exclusion'**: Intentionally excluding someone from an on-line group, like a 'buddy list'
8. **'Intimidation'**: Sending threatening messages via cyber means.
9. **Exposure**: Includes public display, posting/forwarding personal communication, images and video from bully to victim.

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 cyber bullying 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 and a presentation for parents:

Ms. Paula O' Connor attended the school on January 13th 2025 and held Internet Safety/Cyberbullying workshops entitled "Don't be mean behind your screen", for the pupils of 3rd, 4th, 5th and 6th classes. It is intended that Ms. Paula O' Connor will attend the school again in February 2026 to conduct workshops for 3rd, 4th, 5th and 6th classes. This will include a presentation for parents on Internet Safety/Cyberbullying in the school hall on that evening.



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- 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 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 Bí Cineálta Anti-bullying policy shall apply.
- The Gardaí will be contacted in cases of actual or suspected illegal content.
- This policy will be reviewed annually.

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 screenshots, 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 for pupils and parents on how to react to cyber bullying. For example, www.webwise.ie has a cyberbullying hub, www.tacklebullying.ie/cyberbullying and Dublin City University Anti Bullying Centre's Anti-Bullying and Online Safety Programme **FUSE** have useful tips and information.

Signed: Eddie Julian

Date: 11/11/25

Chairperson of Board of Management