

BULLYING

IS NEVER OK.
BE KIND. BE RESPECTFUL.
BE PART OF THE SOLUTION.



EVERYONE HAS A ROLE TO PLAY.
TOGETHER, WE CAN STOP BULLYING.

WHAT IS BULLYING?



Bullying is when someone intentionally hurts, upsets or scares another person, over and over again. It is about power and control.

BULLYING VS BANTER – KNOW THE DIFFERENCE

BULLYING

- ✗ Hurtful, on purpose
- ✗ Happens over and over
- ✗ Hard to get away from
- ✗ Makes you feel bad, scared or anxious
- ✗ Not okay

VS

BANTER

- ✓ Fun, friendly, and mutual
- ✓ Happens once in a while
- ✓ Everyone is equal
- ✓ Makes everyone feel good and included
- ✓ Okay when everyone is comfortable



RESPECT
MAKES THE
TEAM
STRONGER

THE 4 MAIN TYPES OF BULLYING



PHYSICAL

Involves hurting someone's body or belongings.

Looks like:

- Hitting, pushing, kicking
- Taking or damaging things
- Spitting



VERBAL

Using words to hurt or upset someone.

Looks like:

- Name-calling
- Insults or insults about appearance, race, religion, sexuality etc.
- Threats



EMOTIONAL

Hurting someone's feelings or confidence.

Looks like:

- Leaving someone out
- Spreading rumours
- Being mean to someone to embarrass them



CYBER

Bullying using phones, social media or online.

Looks like:

- Mean texts or DMs
- Posting hurtful comments
- Sharing embarrassing photos or videos

SIGNS TO LOOK OUT FOR

You or someone you know might:



- Seem sad, anxious or angry
- Lose interest in activities they used to enjoy
- Want to avoid school, training or friends
- Have changes in sleep or appetite
- Have unexplained injuries or lose belongings
- Seem more withdrawn or quiet
- Lose confidence



Trust your instincts.
If something doesn't feel right, talk about it.



WHAT CAN I DO IF I AM BEING BULLIED?



Speak out – tell someone you trust.



Keep a record – save messages or screenshots.



Stay safe – walk away from the situation if you can.



Block and report online.



Remember – it's not your fault. You deserve respect.



Keep doing what makes you feel good about yourself.

You are not alone.
Help is always available.



WHAT CAN I DO TO HELP SOMEONE ELSE?



Check in – let them know you've noticed.



Listen – be there and let them talk.



Believe them – it's not their fault.



Encourage them to get help from a trusted adult.



Don't join in or laugh at bullying.



Be kind – small actions make a big difference.

Be a teammate.
Stand up. Speak out. Stop bullying.



TALK.
REACH OUT.
GET HELP.

TALK TO SOMEONE YOU TRUST



Family, Friends,
Coach, Teacher
or Mentor

TEXT TEAMMATE



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ONE CLUB. ONE TEAM. ONE COMMUNITY.
LOOK OUT FOR EACH OTHER.



BE KIND.
BE STRONG.
BE THE DIFFERENCE.



TOGETHER IN
GAELIC FOOTBALL.



TOGETHER FOR
MENTAL HEALTH.



ONE CLUB.
ONE COMMUNITY. ONE GOAL.