

# What is bullying?

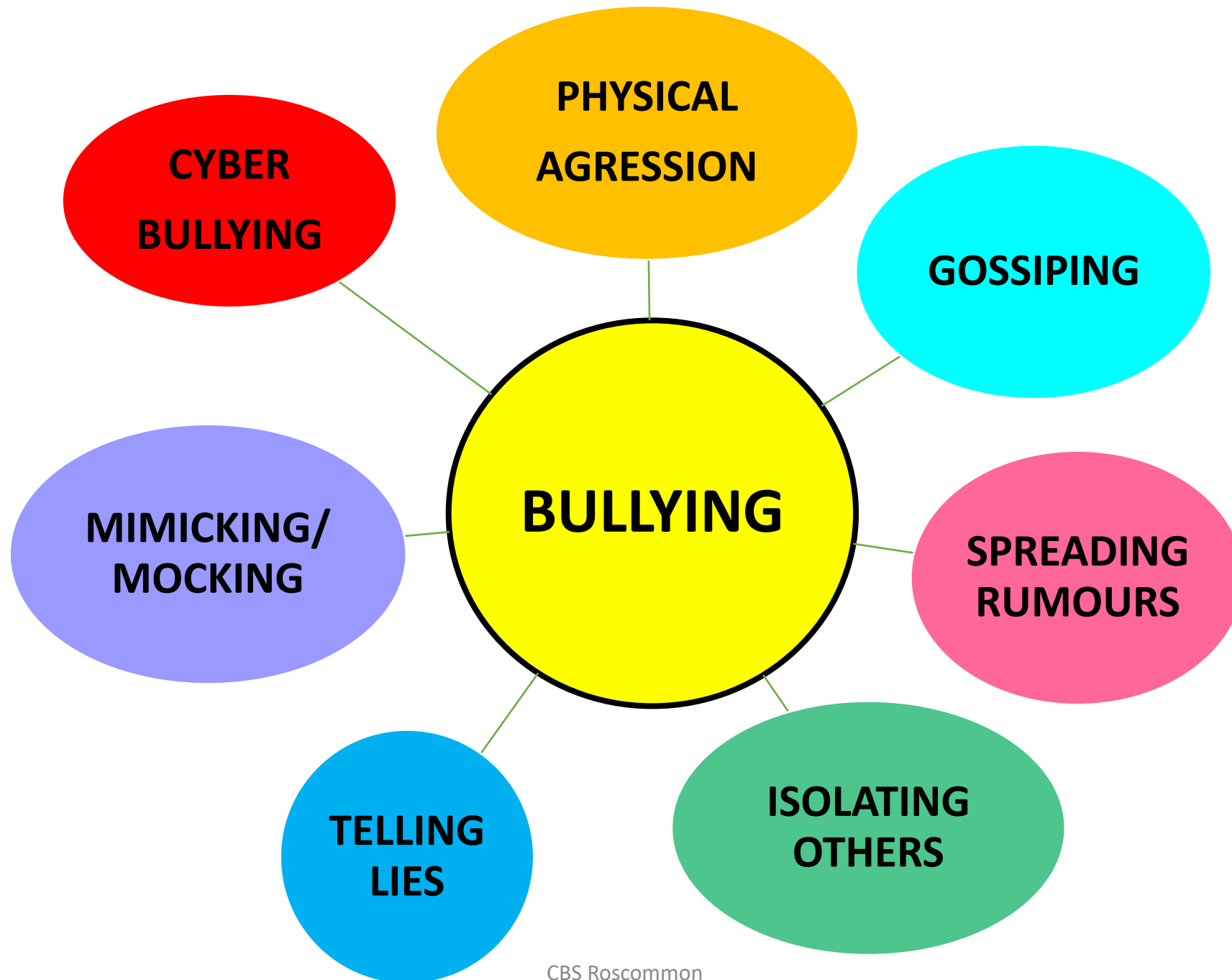
- **Repeated** physical, verbal or psychological aggression directed by an individual or group against others.
- Bullying can occur:
  - at any age
  - in any environment
  - for a long or short time



# Types of bullying.....



CBS Roscommon



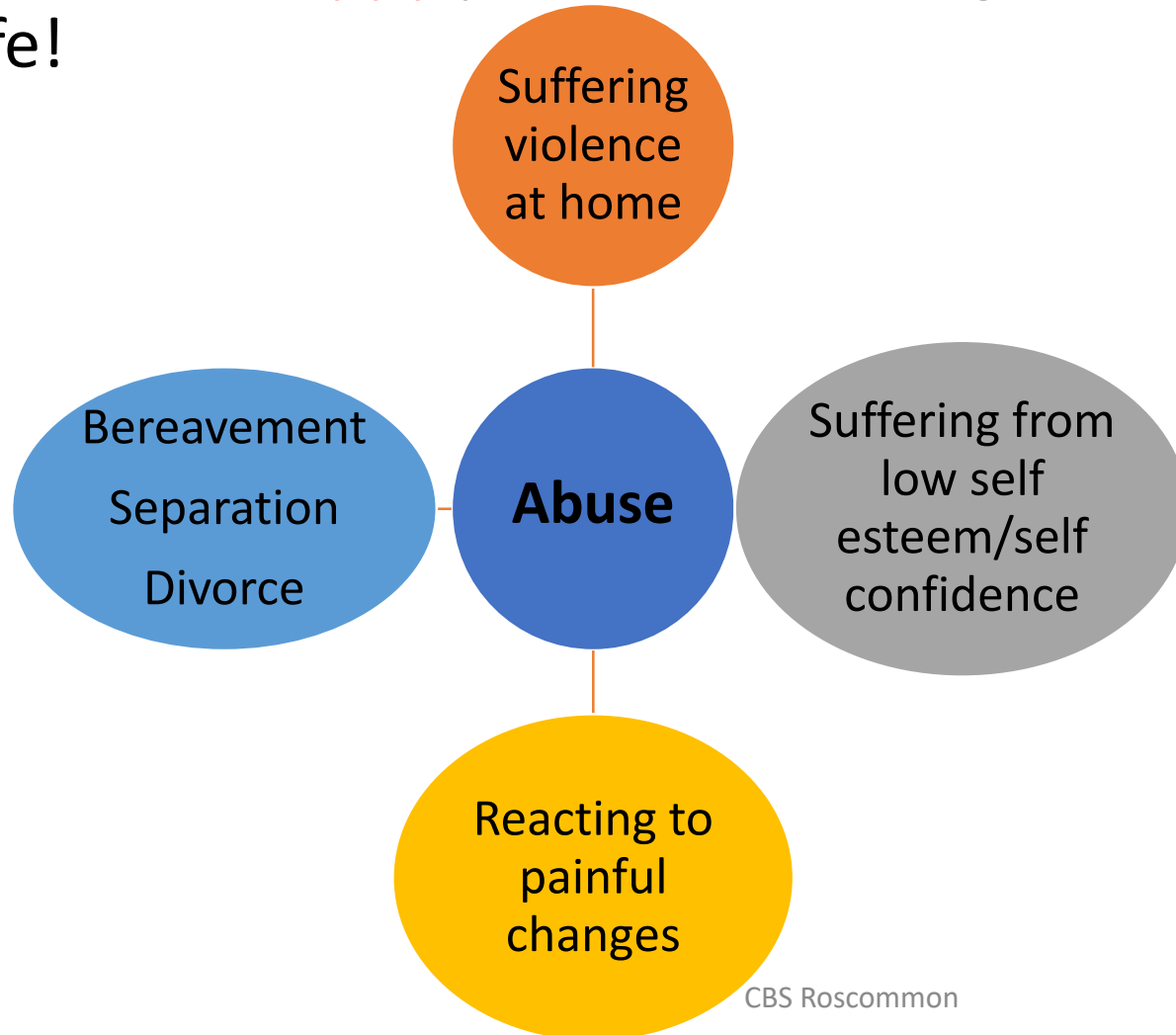
How would the victim feel?





# Why do people bully?

- A bully is an **unhappy** person-something is wrong in his/her own life!



# THE EFFECTS OF BULLYING...

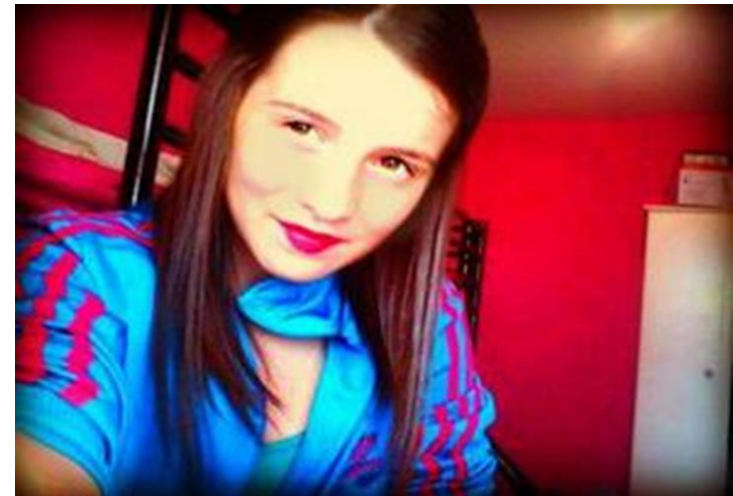
- **Stress**, depression
- Reduced ability to concentrate, lack of motivation/energy , poor appetite
- **Poor/Deteriorating school work**, anxiety about going to school
- Loss of confidence and self esteem
- **Panic attacks**
- Self Harming
- **Suicidal** thoughts

# What is Cyber bullying?

- Cyber bullying is bullying through the internet or mobile phone



***What do you think these young people have in common?***



Tragically they are **ALL** deceased as a result of  
**BULLYING!**

Keyboard warriors made their lives hell.

They believed what was being said about them and  
couldn't take it anymore.

Their parents wake up to empty rooms and with empty  
hearts everyday. **BULLYING COSTS LIVES!!**

# Mia O'Neill (16)

- Mia O'Neill (16) died in September 2019 six years after the abuse began
- Only 10 years old when it started.
- By the time she was in sixth class, she was self-harming.
- “They would say go back to Africa even though she was Irish. They would make monkey sounds and blow out their faces.”
- She said the abuse directed against her daughter, who was mixed-raced, was racist and orchestrated initially by one person who then “recruited” family and friends to join in.
- “She couldn’t get away from it,”



# August 2018 : 9 Year Old Boy

In DENVER, Colorado a 9-year-old ended his life by suicide just days after telling classmates he was gay.

***"He went to school and said he was going to tell people he was gay because he was proud of himself."***

On Thursday, four days into the school year, Mrs. Pierce found her son dead in their Denver home. She said he killed himself after being bullied.

***"Four days is all it took at school. I could just imagine what they said to him,"*** Pierce said. ***"My son told my oldest daughter the kids at school told him to kill himself. I'm just sad he didn't come to me."***

# Thomas Thompson – 11 Years Old

- Thomas Thompson took an overdose of painkillers after other pupils picked on him because he was **clever** and **well-spoken**
- *"It was like torture. They'd call him names like 'gay boy' and 'fatso'. He didn't really fit in with other boys his age."*
- *"He was extremely clever and loved reading and doing his schoolwork. So they teased and tormented him relentlessly - just because he was a bit different. These bullies killed my son."*
- Thomas frequently missed classes.
- On the day of his death, he had got off the school bus to escape the bullies.

## THE EFFECTS OF BULLYING LINGER...LONG AFTER THE EVENT.....

- A student hanged himself in his rented accommodation in Galway after suffering years of bullying in school, an inquest in the city heard yesterday. The 20-year-old UCG student was subjected to years of physical, verbal, and racial abuse in a school in a west of Ireland town
- His mother told the inquest that her son took his own life after years of constant *"torture"* by bullies
- A young man of *"immeasurable talent"* who had excelled in his studies, at golf and hurling and was an accomplished musician who played in a local band.
- But she said that from 17 years onwards he gradually lost enthusiasm for all these things and became withdrawn.
- "The reason for this was the *physical, verbal and racial abuse* he was subjected to during his formative years.

# More Cases



**CIARA PUGSLEY**  
**15 years old**

**ERIN GALLAGHER**

**13 years old**



# Ciara Pugsley was called.....

- Fugly bitch
- An annoying slut
- A docile retard
- Ya illiterate f\*\*k
- Dose of shit
- Attention (sic)-seeking c\*\*\*
- <https://www.youtube.com/watch?v=1ZetJZOQKXc>

# Ryan Halligan (1989–2003)



- American student from Vermont, who died by suicide at the age of 13 after allegedly being bullied by his classmates in person and online. He was repeatedly sent homophobic instant messages, and was "threatened, taunted and insulted incessantly"
- <https://www.youtube.com/watch?v=ubFU16bBnQY>

# COCO's LAW

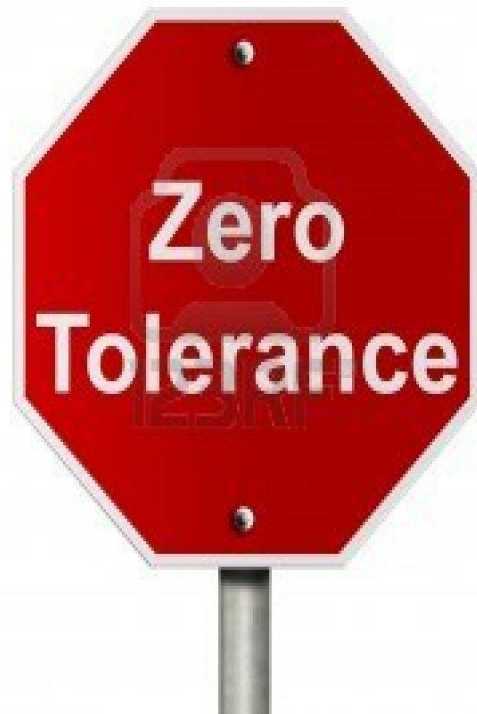
## The Harassment, Harmful Communications and Related Offences Bill

- The Bill creates an offence that deals with the taking, distribution, publication or threat to distribute intimate images without consent, and with intent to cause harm to the victim and will carry a maximum penalty of an unlimited fine and/or seven years' imprisonment.
- The second offence will deal with the taking, distribution or publication of intimate images without consent without a requirement that the person intended to cause harm to the victim and will carry an offence of a maximum penalty of a €5,000 fine and/or 12 months' imprisonment.

<https://www.rte.ie/news/politics/2020/1218/1185356-cocos-law-passes/>

[https://www.youtube.com/watch?v=chD0CxCk9\\_F8&t=318s](https://www.youtube.com/watch?v=chD0CxCk9_F8&t=318s)

# SCHOOL POLICY on BULLYING...





# What can you do?

- OBEY SCHOOL POLICY-ZERO TOLERANCE!!!
- **Speak** out
- **Tell** an adult:
  - Parent
  - Teacher
  - Deputy Principal
  - Principal
  - Gardai
- **Keep** the evidence e.g. Text messages/e-mails

# RECAP

- You are really **IMPORTANT!**
- **GIFT OF LIFE** 😊
- Live your life ONE day at a time.
- **Don't worry** unnecessarily
- Be present in your life, leave the past in the past, the future hasn't yet arrived.
- Treat others as you yourself would like to be treated, with respect and dignity!
- **TALK** about what's bothering you to Mum, Dad, Guardian.