HOME   PARENT SECTION   CONTACT US   NEWS   GUIDANCE & COUNSELLING

VSWARE

Sacred Heart
Secondary School Clonakilty
Meánscoil Chroí Naofa

CEIST
Catholic Education
An Irish Schools Trust

STEP IN...

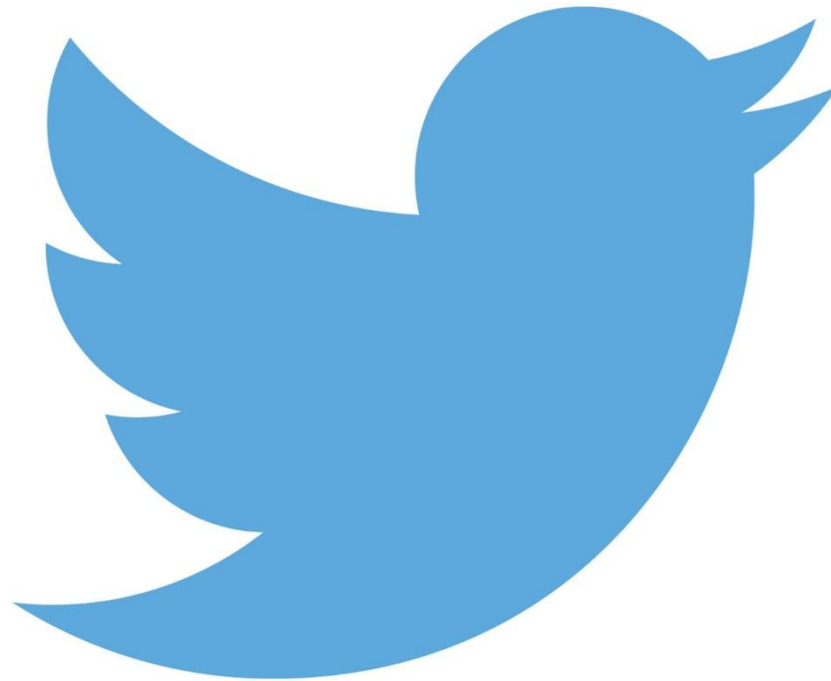SCHOOL TO LEARN MATHS

EXPLORE,

CONNECT.

Fear-Free Foraging

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Shss clon

Twitter

- @shssclon

Facebook

Instagram

- SHSS Clonakilty

SHSS Google Calendar/Weekly Events

See www. sacredheartclonakilty.ie

- **Go to the News and events section of the website**
- **Weekly events**

Staying Well…https://www.sacredheartclonakilty.ie/shss-wellbeing

Staying Well (Page 38) "5 a Day for good mental health"

1. **Connecting**
2. **Being Active**
3. **Taking Notice**
4. **Getting Involved**
5. **Giving**

STUDENT WELLBEING

5-a-day for good mental health

1. **Connect:** How do you stay connected to other?
- Join clubs & groups
- Connect in person
- Spend time with old friends
- Make new friends
- Reach out for help from a trusted adult when needed

2. **Be Active:** Which ways of being active do you enjoy?
- Find a sport or activity you like
- Walk or cycle when you can
- Get some fresh air everyday
- Eat healthily balanced diet
- Get enough sleep

3. **Take Notice:** What do you notice about how you feel right now?
- Pay attention to
- How are you feeling?
- Focus on the here-and-now
- Be aware of what's going on around you

4. **Get Involved:**
- Have a say
- Try to make a difference
- Get informed
- Make a contribution
- Make time for reading
- Be curious

5. **Give:** What have you done recently to make someone happy or to help someone?
- Be a good friend
- Give a compliment
- Make someone smile
- Volunteer
- Help out a neighbour or friend

Navigating the world of Friendships!

- The nature of friendships is always changing. The social dynamic is always in flux!

- Some Friendships grow and strengthen.

- Some Friendships meander but may not necessarily finish.

Navigating the world of Friendships!

- Some Friendships end. This can be very amicable. On occasion there is some hurt and misunderstanding.

- Teaching students to **communicate with each other** and more **importantly how to move on** in their exploration of friendships is important.

- Beware of **Expectations**……the higher your expectations of others………the greater chance that you may become disappointed and upset with the friendship! Flexibility is key!

Healthy V's Unhealthy Friendships (page 42 journal)

Healthy Friendships V's Unhealthy Friendships

Heathy Friendships	Unhealthy Friendships
Equality—Person shares decisions and responsibilities. They discuss roles to make sure they're fair and equal.	**Control**—One person makes all the decisions and tells the other what to do, or tells the other person what to wear or who to spend time with.
Honesty—Persons share their dreams, fears, and concerns with each other. They tell each other how they feel and share important information.	**Dishonesty**—One person lies to or keeps information from the other. One person steals from the other.
Physical safety—Persons feel physically safe in the relationship and respect each other's space.	**Physical abuse**—One person uses force to get his/her way (for example, hitting, slapping, grabbing, shoving).
Respect—Persons treat each other like they want to be treated and accept each other's opinions, friends, and interests. They listen to each other.	**Disrespect**—One person makes fun of the opinions and interests of the other person. He or she may destroy something that belongs to the other person.
Comfort—Persons feel safe with each other and respect each other's differences. They realise when they're wrong and are not afraid to say, "I'm sorry." Persons can "be themselves" with each other.	**Intimidation**—One person tries to control every aspect of the other's life. One person may attempt to keep his or her person from friends and family or threaten violence or a break-up.

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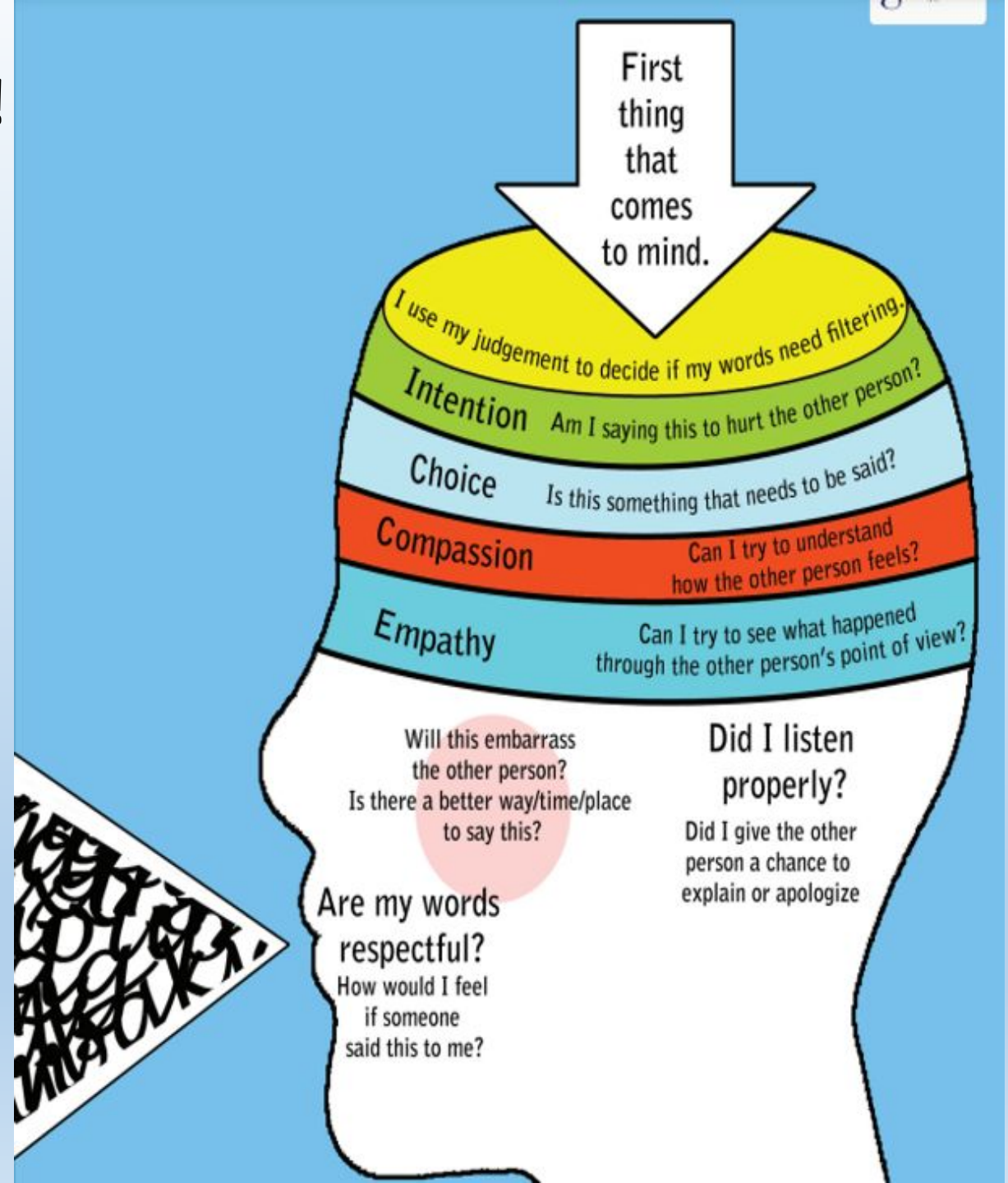|	
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Independence—Neither person is dependent upon the other for an identity. Persons maintain friendships outside of the relationship. Either person has the right to end the relationship.	**Dependence**—One person feels that he/she "can't live without" the other. He/she may threaten to do something drastic if the relationship ends.

The filters I use before talking!

Page.. 43

First thing that comes to mind.

I use my judgement to decide if my words need filtering..

Intention — Am I saying this to hurt the other person?

Choice — Is this something that needs to be said?

Compassion — Can I try to understand how the other person feels?

Empathy — Can I try to see what happened through the other person's point of view?

Will this embarrass the other person? Is there a better way/time/place to say this?

Did I listen properly?
Did I give the other person a chance to explain or apologize

Are my words respectful?
How would I feel if someone said this to me?

Anti-Bullying…P.25-31…… Student Diary

- If it is not reported it does not get better.
- Early reporting and discussion is very important.
- Supporting the students to overcome the issue(s) is critical…………provide them with key skills for navigating friendships for life.
- Self Awareness

Anti Bullying Policy
Page 29-30

Student Bullying Report Form

Our school deals with all bullying seriously as we believe every student should have a safe place to learn. We need your help with this. Teachers can't see everything that happens in school; sometimes you see things that make other students feel bad. You don't have to give your name here but you may if you prefer. If you don't, it would help if we knew your year or class group. It helps everyone if you use this form truthfully and honestly.

1. Tell us everything you saw and what happened.

2. Where did this happen?

3. Which of the incidence involved you?

The student being targeted?	
A student who is involved in the bullying?	
A student who saw the bullying?	
A student who heard about the bullying?	

3. Can you tell us who else was involved? If you don't want to give names it would be really helpful if we knew the class or the year of the people involved.

Stay Safe Online P.37

SACRED HEART STUDENT'S POLICY

- ❖ DO NOT SHARE YOUR PASSWORDS
- ❖ DO NOT ACCEPT FRIEND REQUESTS FROM PEOPLE YOU DO NOT KNOW
- ❖ USE A STRONG PASSWORD
- ❖ DO NOT USE THE SAME PASSWORD FOR ALL YOUR ACCOUNTS ONLINE
- ❖ KEEP YOUR PROFILE PRIVATE
- ❖ BE WARY ABOUT VIRUSES-KEEP YOUR ANTIVIRUS UPDATED
- ❖ DO NOT GIVE YOUR PASSWORD TO ANYONE
- ❖ DO NOT ARRANGE TO MEET ANYONE YOU DO NOT KNOW FROM SOCIAL NETWORKING SITES
- ❖ LOG OUT PROPERLY
- ❖ DO NOT ADD CREEPS!
- ❖ DO NOT PUT ANY PERSONAL INFORMATION INTO YOUR PASSWORDS AS IT IS ALSO SEEN ON YOUR SITE, EXAMPLE: DATE OF BIRTH, NAME, PETS NAME OR NICKNAME
- ❖ REMEMBER, PHOTOS ARE UP FOREVER
- ❖ DO NOT POST PHOTOS OF FRIENDS WITHOUT PERMISSION
- ❖ DO NOT POST INAPPROPRIATE PICTURES OF YOURSELF
- ❖ HAVE LITTLE AND BASIC PERSONAL INFORMATION ON YOUR PAGE
- ❖ THE INTERNET NEVER FORGETS ALWAYS REMEMBER THAT!
- ❖ SET A TIME LIMIT FOR GOING ONLINE
- ❖ IF YOU DO NOT WANT A PHOTO ONLINE THEN ASK THE PERSON TO TAKE IT OFF
- ❖ DO NOT ADD FRIENDS OF A FRIEND OF A FRIEND
- ❖ ASK PERMISSION TO TAG ONE ANOTHER
- ❖ DO NOT PUT UP YOUR PHONE NUMBER
- ❖ DO NOT HURT ANYONE ONLINE OR BY TEXT
- ❖ STAY SAFE!!
- ❖ DO NOT POST ANY INAPPROPRIATE/DEROGATORY COMMENTS ABOUT ANY PERSON ON ANY SOCIAL MEDIA WEBSITES EVER OR POST LIKE COMMENTS OF PICTURES, VIDEOS WEBSITES

Some concerns!

- Anonymous Profiles
- Fake Profiles
- Adults posing as Children
- Poor safety Settings
- Lack or absence of oversight
- Grooming
- Sexting
- Sharing of inappropriate images

https://www.webwise.ie

https://www.immunizenet.com

Social Network Sites

WhatsApp   Snap chat   Instagram   Tik Tok
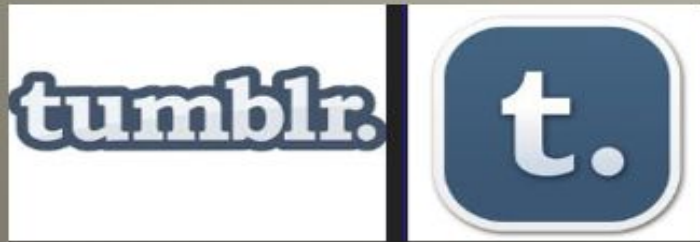
Tumblr   Twitter   Facebook

Cyber-bullying

- "Cyberbullying is any behaviour performed through electronic or digital media by individuals or groups that repeatedly communicates hostile or aggressive messages intended to inflict harm or discomfort on others" *(Tokunaga, 2010)*

- Differs from traditional bullying :

  o Larger Audience

  o No Time/Location Barriers -24/7

  o Reduces empathy as victims reaction often not seen

Keep gaming & social media accounts "private" & use sensible profile photos and bio

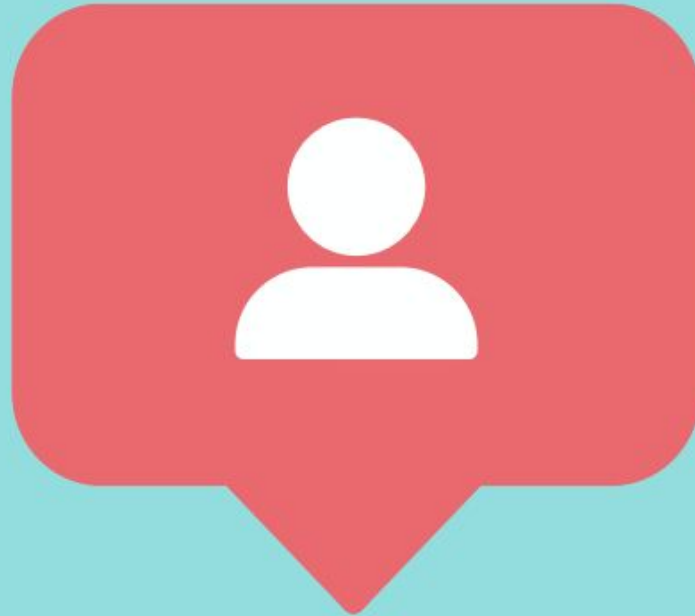Do Not include Address, Phone number, School name, First and Last Name

Use very strong passwords, never share them and change them when needed!

Add 2-factor authentication wherever possible

Only accept friends & followers from people they know in real life and after verifying that they are who they say they are.

How to act if being bullied (or witnessing bullying online?

STOP

BLOCK

TELL

Other Supports

- **Code of Behaviour**………. Boundaries

- **Anti- Bullying Policy**

- **Wellbeing Programme** ……SPHE/PE/CSPE/Wellbeing modules (IT safety/FUSE/Mindfulness) etc.

Other Supports cont.

- **Co-Curricular and Extra Curricular Activities**

- **Pastoral Care Structure**

- **Class and Year Assemblies**

Other Supports cont.

- **Shona.ie and "Hero Start with Her" workshops**
- **Student Council and student leadership groups.**
- **Garda Youth presentations**