



FIGHTING WORDS

The write to right.

Fighting Words: Be Kind, Be Creative, Be You!

Our Anti-Bullying Rules for Everyone

What is Bullying?

Bullying is when someone keeps being mean to you or others on purpose, and it makes you feel sad, scared, or left out. It can happen:

- In person (e.g., hitting, name-calling, excluding someone).
- Online (e.g., mean messages, sharing embarrassing photos, fake accounts).
- Because of who you are (e.g., your race, gender, disability, or family).

Bullying is NEVER your fault. If it's happening to you or someone else, tell an adult you trust.

What Bullying is NOT:

- A one-time argument.
- Accidental hurt feelings (but we should still say sorry!).
- Someone not wanting to be your friend (unless they're being mean about it).

Our Rules at Fighting Words:

1. Be Kind: Treat everyone with respect - no matter who they are or where they're from.
2. Stand Up: If you see bullying, tell a staff member or volunteer.
3. Speak Up: If someone is bullying you, don't keep it a secret. We're here to help!
4. Stay Safe Online: Don't share mean messages or photos. If someone sends you something upsetting, show an adult.
5. Include Everyone: No one should feel left out. Invite others to join in!

What to Do If You're Being Bullied:

- ✓ Tell someone you trust (a workshop leader, one of the mentors, Sara, Mark, or another adult at Fighting Words).
- ✓ Write it down (what happened, who was there, when it happened).



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- ✓ Save the evidence (if it's online, take a screenshot—but don't share it with others).
- ✓ You're not alone! We will listen, help, and make it stop.

Who to Tell:

- Sara Bennett (Operations Director): 087 274 6621 or sara@fightingwords.ie
- Mark Davidson (Programmes Manager): 086 046 1891 or mark@fightingwords.ie
- Any Fighting Words staff or volunteer (we're all here to help!)

What Happens Next?

- We'll talk to you and make sure you're safe.
- We'll talk to the person bullying and explain why it's wrong.
- We'll tell parents/guardians (unless you're in danger, then we'll act fast).
- We'll check in with you later to make sure it's stopped.

We Celebrate Differences!

At Fighting Words, we love that everyone is unique. Bullying because of someone's:

- Race, religion, or where they're from → Not okay!
- Gender or who they like → Not okay!
- Disability or how they learn → Not okay!
- Family or home life → Not okay!

Diversity makes us stronger!

Need Help Now?

- Childline: Call 1800 66 66 66 or text 50101 (free, 24/7).
- Webwise: www.webwise.ie (for online safety tips).
- Tusla: If you're in danger, call 01 856 6856 (Dublin) or 999 in an emergency.



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Our Promise to You:

- We won't ignore bullying.
- We won't blame you for speaking up.
- We will make Fighting Words a safe place for everyone to create, write, and be themselves!

Remember: You deserve to feel safe, happy and respected at Fighting Words.

Your voice matters!



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