



Polasaí faoi Chibearbhulaíocht

1. Aidhm

- Tá sé mar aidhm ag Gaelscoil Uí Fhiaich a chinntiú go mbeidh páistí sábháilte, agus go mothóidh siad saor ó bhulaíocht, ó chrá agus ó idirdhealú.
- Tá an scoil tiomanta eolas agus scileanna a mhúineadh do pháistí chun Teicneolaíocht Eolais agus Cumarsáide (ICT) a úsáid go héifeachtach, go sábháilte agus go freagrach.

2. Cad é Cibearbhulaíocht?

Is mó saghas cibearbhulaíochta atá ann. Is iad na saghasanna is coitianta ná:

1. Teachtaireachtaí téacs

Is féidir leo a bheith bagrach nó duine a chur ar a m(h)íchompord.

2. Pictiúir nó gearrthóg físe trí cheamara ghuthán póca

Íomhánna a chuirtear chuig duine eile le cur air/uirthi mothú faoi bhagairt agus náirithe.

3. Glaonna ghuthán póca

Glaonna tostacha, teachtaireachtaí maslacha, nó guthán an duine a ghoid agus a úsáid chun daoine eile a chiapadh, i dtreo go gcreidfidís gurb é úinéir an ghutháin a bhí freagrach as.

4. Ríomhphoist

Ríomhphoist bhagracha nó bhulaíochta, curtha go minic faoi ainm cleite nó ainm duine eile.

5. Bulaíocht i seomra comhrá

Freagairt bhagrach a dheineann suathadh ar pháistí nó ar dhaoine óga, le linn dóibh a bheith i seomra comhrá ar an idirlíon

6. Teachtaireachtaí meandracha (IM)

Teachtaireachtaí gránna a chuirtear le linn do pháistí a bheith ag déanamh comhrá fíor-ama ar líne ag úsáid MSM (Teachtaire Microsoft), Yahoo Chat, nó uirlisí eile.

7. Bulaíocht trí shuíomhanna gréasáin

Nuair a úsáidtear blaganna clúmhillte (loga gréasáin), suíomhanna gréasáin phearsanta agus suíomhanna pearsanta ar líne “mo spás gréasáin féin”, mar Youtube , Facebook, Ask.fm srl.

3. Aidhmeanna an Pholasáí:

- A chinntiú go dtuigeann daltaí, foireann agus tuismitheoirí/caomhnóirí cad é cibearbhulaíocht, agus conas troid ina choinne.
- A chinntiú go n-aontaítear na cleachtais agus na nósanna imeachta chun cásanna cibearbhulaíochta a sheachaint.
- A chinntiú go bpléitear go tapaidh agus go héifeachtach le cásanna cibearbhulaíochta a dtugtar tuairisc orthu.

4. Cibearbhulaíocht a thuiscint

- Is é atá i gceist le cibearbhulaíocht ná úsáid a bhaint as Teicneolaíocht Eolais agus Cumarsáide (ICT) (guthán póca agus/nó an t-idirlíon de ghnáth) chun mí-úsáid a dheanamh ar dhuine eile.
- Is féidir leis tarlú aon áit agus is féidir go mbeadh go leor daoine i gceist.
- Is féidir leis díriú ar éinne, daltaí agus foireann na scoile ina measc.
- Is féidir bagairtí a bheith i gceist, imeaglú, ciapadh, cibearstalcaireacht, tarcaisniú, clúmhillleadh, eisiamh, piardhiúltú, pearsanú, foilsíú eolais nó íomhánna príobháideacha srl gan cead.

5. Nósanna Imeachta chun cosc a chur le Cibearbhulaíocht

- Cuirfear an fhoireann, na daltaí, na tuismitheoirí/caomhnóirí agus an Bord Bainistíochta ar an eolas i dtaobh ceisteanna a bhaineann le Cibearbhulaíocht.
- Cuirfear ina luí ar dhaltaí agus ar thuismitheoirí/caomhnóirí tuairisc a thabhairt don scoil ar gach cás cibearbhulaíochta a tharlaíonn.
- Cabhróidh Forbairt Ghairmiúil Leanúnach (CPD) foirne le foghlaim faoi theicneolaíochtaí reatha.
- Foghlaimeoidh daltaí faoi Chibearbhulaíocht trí Oideachas Soisialta, Pearsanta agus Sláinte (SPHE), trí thionóil agus trí thionscadail eile ón gcuraclam.
- Síneoidh daltaí conradh um Úsáid Inghlactha na Teicneolaíochta Eolais agus Cumarsáide.
- Cuirfear eolas agus comhairle ar fáil do thuismitheoirí/caomhnóirí ar an gcaoi le troid i gcoinne na Cibearbhulaíochta.

- Beifear ag súil go síneoidh tuismitheoirí/caomhnóirí Conradh um Úsáid Inghlactha na Teicneolaíochta Eolais agus Cumarsáide sula gcuireann siad a bpáistí ar an rolla, agus go bpléifidh siad cad atá i gceist leis lena bpáistí.
- Beidh daltaí, tuismitheoirí/caomhnóirí agus foireann na scoile rannpháirteach in athbhreithniú agus in athchóiriú an pholasaí seo, agus i nósanna imeachta na scoile.
- Déanfar fiosrú ar gach tuairisc a dhéantar ar chibearbhulaíocht, déanfar taifead air, coimeádfar in oifig an Phríomhoide é, agus déanfar scrúdú rialta air.
- Cuirfidh an scoil cainteoir ar fáil gach bliain, chun ceardlann ar chibearbhulaíocht a reachtáil, don chúigiú agus don séú bliain. Glacfaidh ranganna 1-6 páirt sa chlár ‘Bulaíocht sa Cibeardomhain’.
- Úsáidfear na nósanna imeachta i bpolasaí Frithbhulaíochta na scoile.
- Déanfar teagmháil leis na gardaí sa chás go bhfuil, nó go meastar go bhfuil, ábhar neamhdhleathach i gceist.
- Déanfar athbhreithniú bliantúil ar an bpolasaí seo.

6. Eolas do Dhaltaí

Má tá bulaíocht á dhéanamh ortsa tríd an nguthán nó ar an idirlíon:

- Cuimhnigh, ní ortsa atá an locht faoin mbulaíocht riamh. Is féidir é a stopadh agus de ghnáth is féidir teacht ar an té is cúis leis.
- Ná déan neamhaird ar an mbulaíocht. Abair le duine éigin é a bhfuil muinín agat as/aisti, ar nós mhúinteoir nó tuismitheoir/caomhnóir nó glaoigh ar líne chomhairle.
- Fan socair. Má tá eagla ort, déan iarracht gan é a thaispeáint. Ná bí feargach, cuirfidh sé ar an duine eile atá ag déanamh bulaíochta ort leanúint ar aghaidh.
- Ná scaoil amach do shonraí pearsanta ar líne. Má bhíonn tú i seomra comhrá, bí cúramach cad a deireann tú faoin áit a bhfuil tú i do chónaí, faoin áit a bhfuil tú ag dul ar scoil, do sheoladh ríomhphoist 7rl. Cabhróidh na rudaí seo go léir le duine, a bheadh ag iarraidh tú a ghortú, pictiúr a chur le chéile fút.
- Coimeád agus sábháil aon ríomhphoist, teachtaireachtaí téacs nó íomhánna a bhfuil bulaíocht iontu. Ansin is féidir leat iad a thaispeáint do thuismitheoir/caomhnóir nó do mhúinteoir mar fhianaise.
- Scríobh síos, más féidir, na hamanna agus na dátaí ar cuireadh teachtaireachtaí nó íomhánna bulaíochta chugat, agus tabhair faoi deara aon sonraí i dtaobh an té a sheol iad.

- Tá cuid mhaith eolais ar líne faoi conas plé le cibearbhulaíocht. Mar shampla, tá nodanna áisiúla ag www.reachout.com agus www.wiredsafety.org.

7. Teachtairachtaí Téasc/Físe

- Is féidir leat gan glacadh le téacsanna go héasca, ar feadh tamaill, trí theachtairachtaí, a thagann isteach, a chasadh as ar feadh cúpla lá. B'fhéidir go stopfaidh sé seo an duine atá ag cur téacsanna chugat, más dóigh leo gur athraigh tú d'uimhir.
- Má leanann an bhulaíocht, is féidir leat d'uimhir ghutháin a athrú. Cuir ceist ar do sholáthróir seirbhíse móibílí faoi seo.
- Ná freagair téacsanna nó teachtairachtaí físe maslacha, nó a chuireann inní ort. Beidh uimhir ag do sholáthróir seirbhíse móibílí duit le glaoch air, nó chun téacs a chur chuige, chun tuairisc a dhéanamh ar bhulaíocht ar an nguthán.
- Tabhair cuairt ar a suíomh gréasáin chun na sonraí a fháil.
- Ná scrios teachtairachtaí ó chibearbhulaithe. Ní gá duit iad a léamh, ach ba cheart duit iad a choimeád mar fhianaise.

Suíomhanna Gréasán Úsáideach

www.spunout.ie

www.chatdanger.com

www.antibullying.net

www.kidpower.org

www.bbc.co.uk/schools/bullying

www.abc.tcd.ie

www.childline.ie/index.php/support/bullying/139

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www.childnet.int.org

www.kidsmart.org.uk/beingsmart

www.sticksandstones.ie

<http://ie.reachout.com>

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Anti-Cyber Bullying Policy

1.Aim

Gaelscoil Uí Fhiaich 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.

2.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 MSM (Microsoft Messenger), Yahoo Chat 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, Facebook, Ask.fm among others.

3.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 cyberbullying.
- To ensure that reported incidents of cyber bullying are dealt with effectively and quickly.

4. 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.

5. Procedures to prevent Cyber bullying:

- Staff, pupils, parents and Board of Management (BoM) to be made aware of issues surrounding cyber bullying
- Pupils and parents will be urged to report all incidents of cyber bullying to the school
- Staff CPD (Continuous Professional Development) will assist in learning about current technologies
- Pupils will learn about cyber bullying through Social, Personal and Health Education (SPHE), assemblies and other curriculum projects
- Pupils will sign an Acceptable Use of ICT (Information and Communication Technology) contract
- Parents will be provided with information and advice on how to combat cyber bullying
- Parents will be expected to sign an Acceptable Use of ICT contract prior to enrolment and to discuss its meaning with their children
- Pupils, parents and staff will be involved in reviewing and revising this policy and school procedure
- All reports of cyber bullying will be investigated, recorded, stored in the Principal's office and monitored regularly
- The school will engage a speaker to facilitate a workshop on cyber bullying for 5th and 6th classes annually. Classes 1st to 6th will participate in the 'Bullying in a Cyber World' programme.
- Procedures in our school Anti-bullying Policy shall apply

- The police will be contacted in cases of actual or suspected illegal content
- This policy will be reviewed annually.

6. Information for Pupils

If you're being bullied by phone or 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're in a chat room, watch what you say about 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 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's plenty of online advice on how to react to cyber bullying. For example, www.reachout.com and www.wiredsafety.org have some useful tips.

7. Text/video messaging

- You can easily stop receiving text messages for a while by turning-off incoming messages for a couple of days. This might stop the person texting you by making them believe you've changed your phone number
- If the bullying persists, you can change your phone number. Ask your mobile service provider about this.
- Don't reply to abusive or worrying text or video messages. Your mobile service provider will have a number for you to ring or text to report phone bullying
- Visit their website for details.
- Don't delete messages from cyber bullies. You don't have to read them, but you should keep them as evidence.

Useful Websites

www.spunout.ie

www.chatdanger.com

www.antibullying.net

www.kidpower.org

www.bbc.co.uk/schools/bullying

www.abc.tcd.ie

www.childline.ie/index.php/support/bullying/139

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