

Coláiste Árainn Mhóir

Guidelines for Students who are Away from Home

Coláiste Árainn Mhóir is pleased to welcome you to Arranmore for your three week course. We want this to be an enjoyable and rewarding experience.

We want to make sure that everyone is safe and happy while with us. This means everybody being aware of safety and everybody trying to make sure that there is no bullying. If you have any worries of any sort we promise to take them seriously and do whatever is necessary to solve the problem.

- Always tell someone you trust if you feel frightened, unhappy, confused or if someone is bullying you.
- Don't talk to someone you don't know
- If you don't feel safe go to some place where you know you will be safe.
- If you feel in danger from someone who might hurt you, yell and make a fuss in order to get help.

General Safety Guidelines

- Never go to the beach or to a river on your own!
- When swimming stay close to the shore and swim alongside the beach no deeper than waist level, not out to sea. Always obey the teachers and ceannairí who are on the beach with you.
- Don't use inflated tyres or toys in the water.
- Find out where the fire exits are in your house.
- Don't ever go anywhere without telling whoever is looking after you.
- Stay on the main road. Don't take shortcuts through the fields.

Bullying

We want to make sure that no student is bullied while at the Coláiste. We need the help of everyone to make sure of this. Bullies get away with it because people don't tell. If you are being bullied or know someone else who is being bullied, tell a ceannaire, teacher or bean an tí. Don't go along with bullying. It is hard to be the one who speaks up, but it will help to prevent bullying if you do. If bullying happens it will be taken very seriously. The parents of the person who bullies will be contacted and this person will more than likely be sent home.

- ❖ If someone tries to bully you in any way, first get away from the situation as soon as you can and tell your ceannaire, or a teacher or your bean an tí.
- ❖ If a friend is being bullied, don't be afraid to tell your ceannaire or teacher or bean an tí.

Other Uncomfortable or Dangerous Situations

- ❖ **If you are asked to do something that frightens you or makes you uncomfortable say NO!**
- ❖ **If you are aware of somebody doing something that puts themselves or someone else in danger, tell a ceannaire, a teacher or bean an tí.**
- ❖ **Don't keep secrets that feel unsafe. Just because you are asked to keep something secret doesn't mean you have to.**
- ❖ **If someone touches you or does something to you in a way which makes you feel uncomfortable, say NO! and report it to a ceannaire, teacher or bean an tí.**

Who can help?

The staff and people who care for you during your stay want to help you anytime you feel worried or frightened. They will listen to you and take you seriously and do all they can to help.

- **You could tell a ceannaire, teacher or bean an tí. They all want to help you.**
- **If your worry is about a member of staff or about someone who is looking after you it is important to tell another adult about it.**
- **You could also tell a friend who might help you to tell an adult.**
- **If you tell and feel that you are not taken seriously or the problem is still there, tell someone else.**

KEEP TELLING UNTIL YOU GET HELP!

You have a right to be safe and free from harm. If you are unhappy, confused, frightened or in danger, the one thing you must not do is nothing. It can be difficult to tell, but do let us know.

We really want to help you.