



What is High Five?

- It is an effective strategy to develop problem-solving strategies for our children
- A whole school approach that can also eradicate bullying.
- It is a 5 step problem solving strategy that can be used in the classroom, in the playground and for perceived bullying incidents.

Values and High 5

- Values - used to foster better relationships, personal achievement and improved student well-being.
- [High Five](#) - used to build student's social skills and resilience.
- Together positive impact and shape School Code of Behaviour.

1. Ignore it

- Pretend you didn't hear it.
- Do not make eye contact.
- Maintain positive body posture, stand tall (calm, confident).
- Think positive thoughts.
- Count to five in your head slowly.
- Take deep breaths.

2. Talk Politely

- Use a calm voice.
- Maintain eye contact.
- Confident body language, stand tall.
- Use "I" statements - I feel when you..... because.....

3. Walk Away

- Stand tall, head up high.
- Mouth closed.
- Look confident.
- Do not use eye contact.
- Walk somewhere, preferably towards a group of children
- Do not look back. Walk confidently, don't run.

4. Talk Firmly

- Use an assertive voice, slightly raised.
- Tell them to stop it.
- Re-state your "I" statement. eg. I said.....

5. Report It

- Walk away and tell a staff member.
- Bystanders - support and report.
- Report, report, report until somebody listens.

If on the playground report to a member of staff

In the class tell your Class Teacher or Teaching Assistant.

Reporting Vs Dobbing:

- Children need to know the difference between reporting and dobbing.
- **Reporting** is helping/getting yourself out of trouble.
- **Dobbing** is trying to get someone in trouble using a whiny voice.

Reporting:

- Children should in most circumstances attempt to problem- solve themselves first.
- Unsuccessful after doing Hi 5 steps- an adult.

BOURNE PRIMARY SCHOOL

Saying "No!" to
Bullying

Do the
'High Five'