



## Hi 5 Anti-Bullying Model

### What is Hi 5?

- It is an effective strategy to develop problem-solving strategies for our students.
- 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.

### Do the Hi 5:-

- Ignore
- Talk Friendly
- Walk Away
- Talk Firmly
- Report

### Ignore

- Pretend you didn't hear it.
- Do not make eye contact.
- Maintain positive body posture (calm, confident).
- Think positive self-esteem statements.
- Count to five in your head slowly.
- Take deep breaths.
- USE ROLE PLAY TO SHOW WHAT IGNORING LOOKS LIKE, SOUNDS LIKE AND MAY FEEL LIKE.

### Talk Friendly

- Use a calm voice.
- Maintain eye contact.
- Confident body language.
- Maintain relatively close body proximity.
- Use "I" statements - I feel ..... when you..... because.....
- "Please leave me alone."



## Walk Away

- Stand tall, head up high.
- Mouth closed.
- Look confident.
- Do not use eye contact.
- Walk somewhere, preferably towards a congested area or to a safety zone (teacher).
- Do not look back. Walk confidently, but don't run.

## Talk Firmly

- As per Talk Friendly.
- Use an assertive voice, slightly raised.
- Tell them to stop it.
- Re-state your "I" statement. eg. I said.....
- "I asked you to leave me alone."

## Report

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

## Reporting vs Dobbing:

Students 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.

## Reporting:

- Students should in most circumstances attempt to problem- solve themselves first.
- Unsuccessful after doing Hi 5 steps- see staff member.

## Immediate reporting situations:

- If the issue involves threats to a student's **health** or **safety** - students to report immediately to a staff member.
- They are not to solve problem themselves. e.g. Incidents of physical danger - Child running out of school gates

Success occurs when children can not only **talk the talk** but **walk the walk**.