



**STOP  
BULLYING**  
**STAND UP. SPEAK OUT.**

ignore      talk friendly      walk away      talk firmly      report

# High 5

Remember to...

## High 5

1. Ignore
2. Talk Friendly
3. Walk Away

Remember to...

## High 5

1. Ignore
2. Talk Friendly
3. Walk Away
4. Talk Firmly

## Report.

## Walk Away.

## Talk Firmly.

## Ignore.

## Talk Friendly.

High 5

1. Ignore

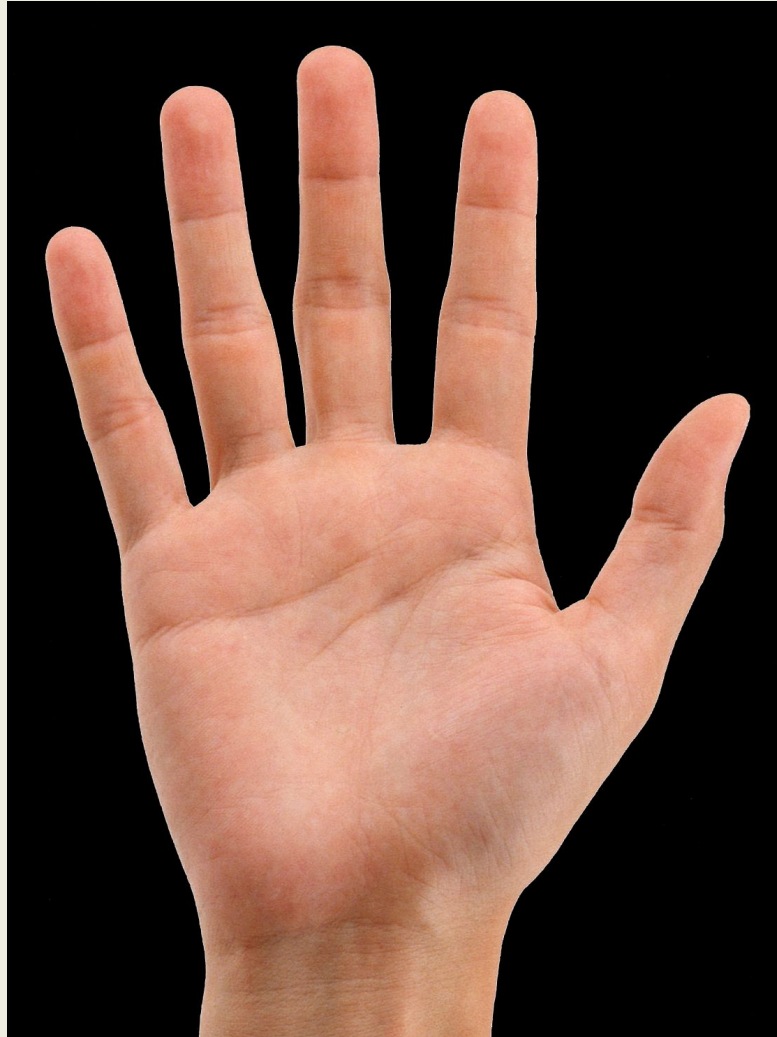
2. Talk Friendly

3. Walk Away

4. Talk Firmly

5. Report

Draw round your hand





**IGNORE**

# Ignore

1. Pretend you didn't hear it.
2. Do not make eye contact.
3. Look calm and confident.
4. Think positive words in your head. ("I am brilliant!")
5. Count to 5 in your head slowly.
6. Take deep breaths.
7. Use role play to show what ignoring looks like, sounds like and may feel like.



# Talk Friendly

# Talk Friendly

1. Use a calm voice.
2. Maintain eye contact.
3. Confident body language.
4. Stay close by.
5. Use “I” statements “I feel .... When you .... Because.....”





Walk  
Away



# Walk Away

- Stand tall, head up high.
- Mouth closed.
- Look confident.
- Do not use eye contact.
- Walk somewhere, towards a busy area or a safe place or to a teacher or buddy.
- Do not look back. Walk confidently (try not to run.)





Talk

Firmly



# Talk Firmly

- Use a clear firm voice.
- Tell them to “Stop.”
- Say your I statement again “I said that I feel .. When you ... because...”
- Be clear that you are going to go and find help from a buddy or an adult.



# Report

# Report

- Walk away and tell a buddy or an adult.
- Go to a safe place in school.
- If people see it they need to tell someone.
- Keep telling someone until they listen!



# Do the High 5....

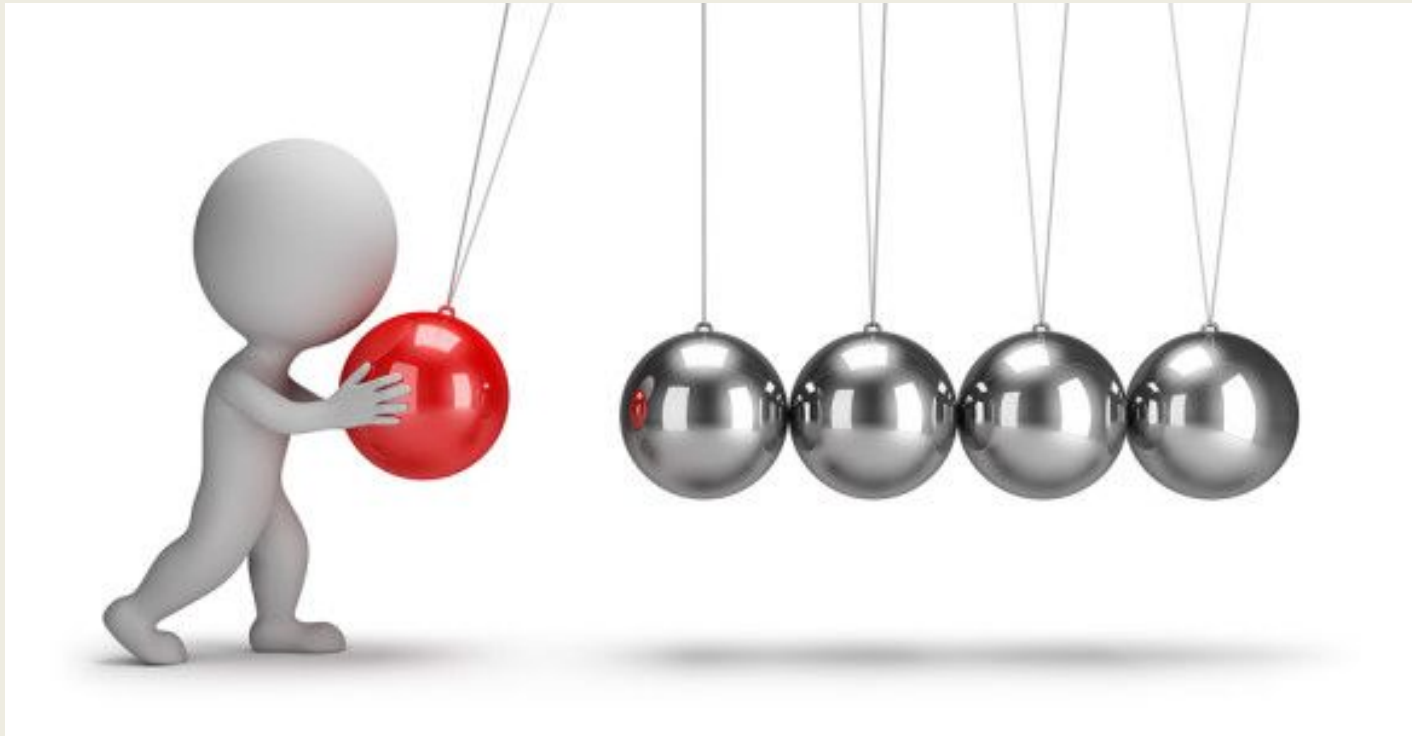


# As a buddy how else could you help?



<https://www.youtube.com/watch?v=5twbtvfxUEI>

You can make a BIG impact!



What are you going to learn today?