

**MACGREGOR STATE SCHOOL**

**HIGH 5 STRATEGY**



# HIGH 5



## 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.

## Values and Hi 5

**Values** - used to foster better relationships, personal achievement and improved student wellbeing.

**Hi 5** - used to build student's social skills and resilience.

Together positive impact and shape School Code of Behaviour.

## As a Staff:-

We want to teach our children the skills which will build their self-esteem and empower them to take responsibility for themselves and give them the power to practise these skills.

We want to promote pro-active strategies to prevent incidents becoming bullying.

## How to Implement Hi 5:

Hi 5 program takes 4/5 sessions to implement. (1 structured lesson for 4/5 weeks to teach the strategy).

- Use the Y chart (looks like, feels like, sounds like).
- All steps are modelled and taught through role play.
- Each class will have a Hi 5 chart showing steps for teaching/modelling problem-solving strategies.

## 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.....

### **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, 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.....

- State the consequences of continued bullying.



## **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:**

- 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- see teacher.

## **Asking the teacher for support:**

Teacher dialogue should take the following format:

- Is this a serious problem?
- Is this your problem?
- What have you tried already to solve it? (Have you tried the Hi 5?)
- Do you want a solution?
- What sort of solution do you want?

## **Reporting straight away**

- If the issue involves **health** or **safety**- children to report straight away to a teacher.
- They are not to solve problem themselves. e.g. Incidents of physical danger - Child running out of school gates

## **Reporting Phase**

Role of Teacher :

- Investigate and discuss incident with child.
- Refer to detention/advise Class Teacher

- Serious refer to Administration



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