1. 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.

2. 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...

3. WALK AWAY
- Stand tall, head up high.
- Look confident.
- Mouth closed.

4. 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.

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

Do the ‘High Five’