

**Culture**

**Dis/Ability**

**Race**



**Sexuality**

**Gender**



**Religion**



**This is what we expect to see**

**Archbishop**

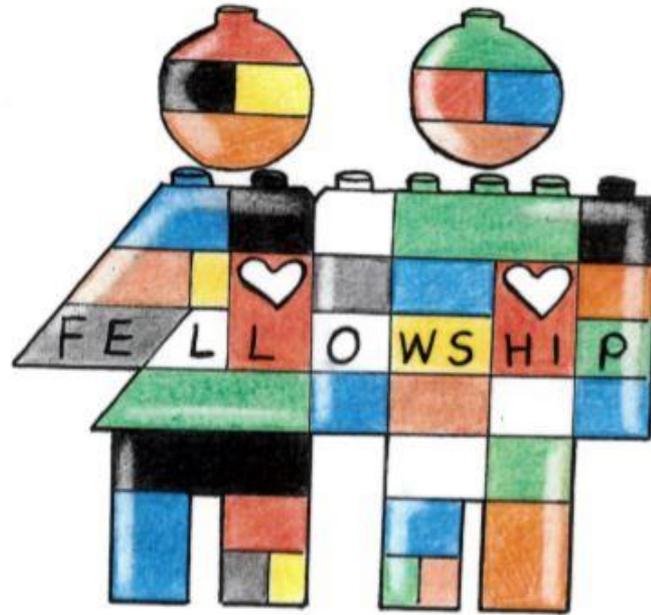
**Benson**

**Rainbow school**

**Rainbow world**

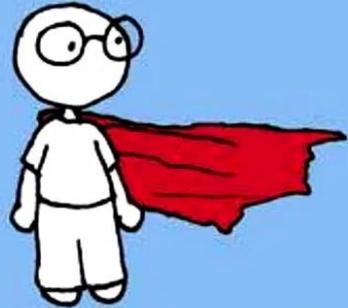
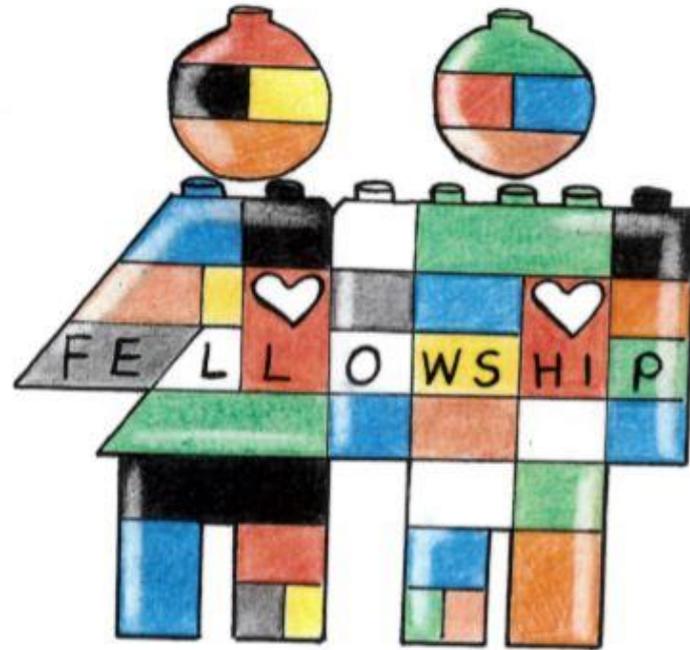
**Rainbow Family of God**

What do we expect of everyone in our school family with the value of **Fellowship**.



We recognise that we are all **fellow** brothers and sisters within a big global family and that we are **stronger together**.

# Our Fellowship Code



I am my own hero

**Steps to  
self-help**



# Our Feelings Spectrum



We expect to see everyone working hard to keep their feelings “in the green”.

Being a team player  
Being positive.  
Letting others go first.  
Letting small things go.  
Giving people a chance  
Moving away from problems  
Making calm choices

We should all know our triggers and our EWS (early warning signs). Listening to our body and to good advice can get us back in to the green

Very little happens in school that would explain a red reaction. Making a red choice is often about over-reacting to something that is not an 8/9/10 event

# What could happen that might take us “out of the green”?

## Name-calling

Calling someone “Four-eyes”  
Mocking hearing aids

## Body-shaming

“Marshmallow hair”  
“Fat”

Using emojis online to tease  
people (giraffe/tall)

## Teasing/Taunting

“Your accent is funny/weird”  
“You smell stink.”  
“You fancy .....”

## Threats/Aggression

“Do you want to fight?”  
“I am going to get you later”

## Body language

Ignoring/blanking people  
Pretending you can’t see a person  
Speaking over a person as if they are not  
there

Obvious whispering with others & then  
looking directly at a person  
Trying to separate or break-up groups of  
friends

## Homophobia

“You’re so gay”  
That’s so gay”

## Racism

“You’re weird”  
That’s weird  
“Go back to .....”  
“You don’t belong here”  
“You look like chocolate”

# ABB bullying definition

Bullying is when a person or group, knowingly & deliberately, hurts you physically or hurts your feelings, on more than one occasion, making you feel sad or scared.

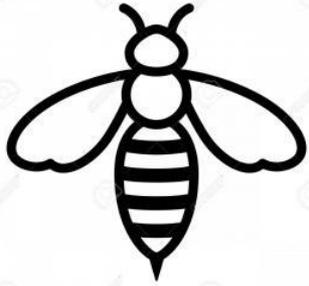
**Positive  
friendship**

**Poor  
friendship**

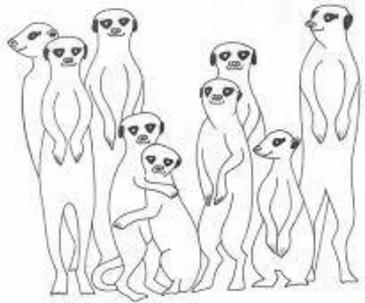
**Bullying**



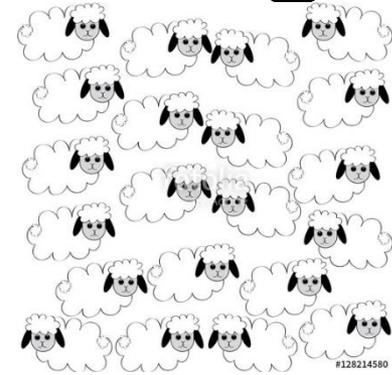
# What group do you belong to?



Are you a  
**stirrer?**



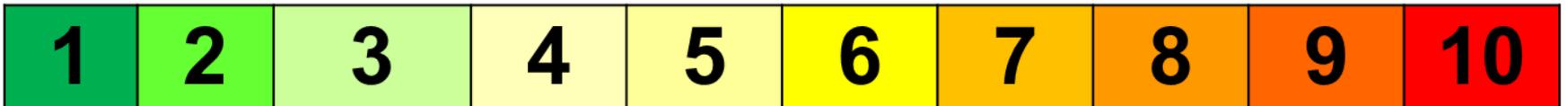
Are you a  
**watcher?**

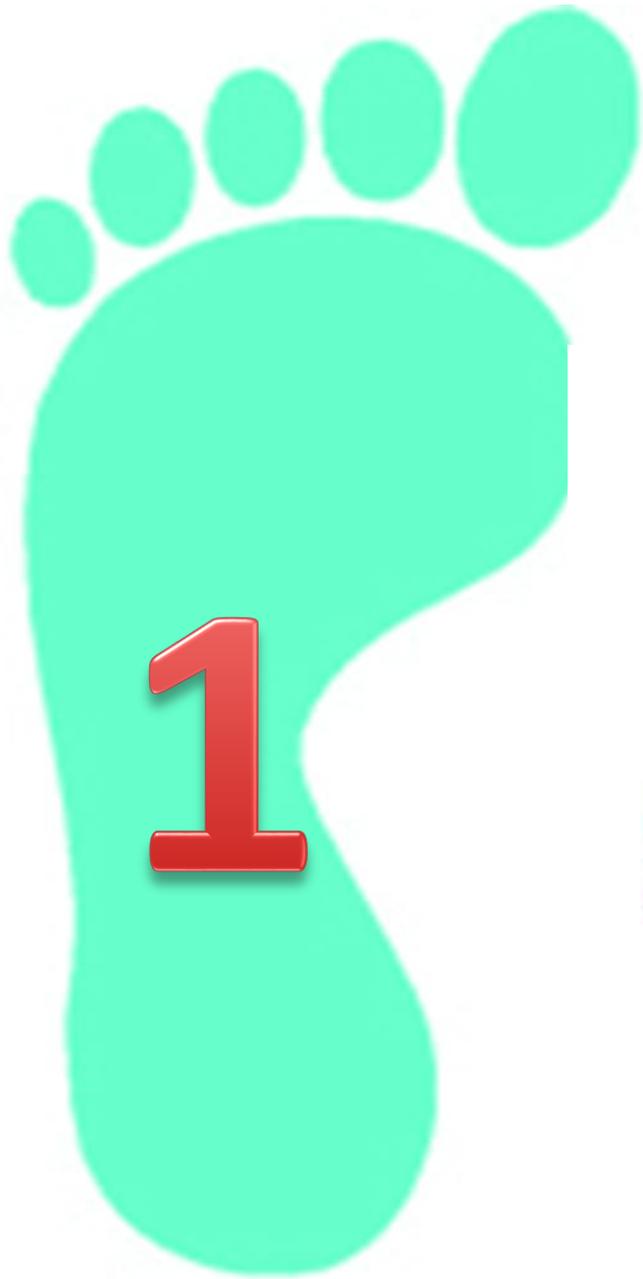


Are you a  
**follower?**



Are you a  
**carer?**





I am my own hero



# Check.....



...find out more early on,  
not when it is too late

Before you **act**, take a...

*Deep  
Breath*



Can you master the 7/11 challenge?

*Sometimes the most important thing  
in a whole day is the rest  
we take Between Two Deep Breaths.*



Count 1 to 7  
First, count from one to seven  
on each "in" breath ...



Count 1 to 11  
... then, counting at the same  
rate, count from one to eleven  
on each "out" breath





Before you speak:

**THINK**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?

**If someone says something wrong or mean, don't judge or react too quickly.**

**Try to talk.**

**“I don't think you meant to say such an unkind/unhelpful thing? Why did you say it?”**

**“I know that it is not true/necessary. I think you do too? Why did you say it?”**

**I know you can think of something much nicer to say. How about.....?**

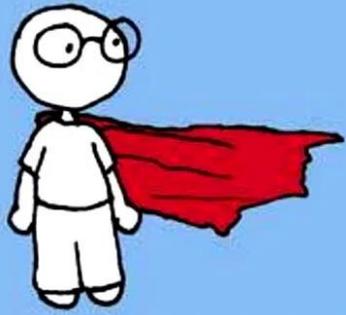
Check where you are on the Feelings Spectrum **before** you take a deep breath?

Check where you are on the Feelings Spectrum **after** you take a deep breath?



Are you **calm enough** to ignore the incident?  
Are you **calm enough** to follow good advice?

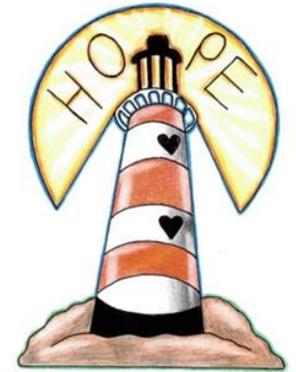




I am my own hero



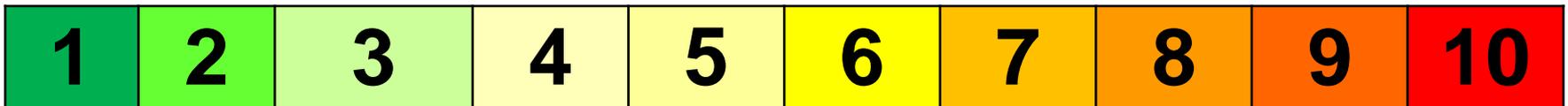
Not **wishing** that it will stop,  
but **working** to make it stop



**We are a Talking School...**

Try using the “**take time to talk**” strategy.

**Stay green – talk it through**



**Can we talk  
about what is  
happening?**

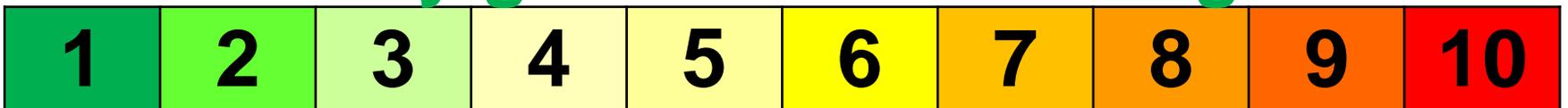
**Can you tell  
me how you  
are feeling?**

**Can I tell you  
how I am  
feeling?**

**Can we find a  
way to make  
up?**

You could ask a “silent” friend to help

**Stay green – talk it through**





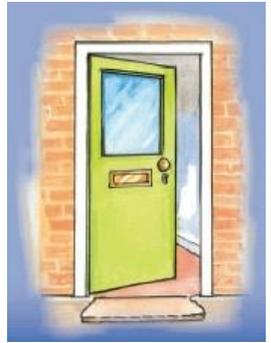
**Let the other child or children know how you are feeling.**



**This is upsetting me, please stop.**

**This feels like bullying to me, please stop.**

**A door moment**



**I believe & I can .....?**



**F**orget.  
**E**verything.  
**A**nd.  
**R**un.

**F.E.A.R.**



**F**ace.  
**E**verything.  
**A**nd.  
**R**ise.

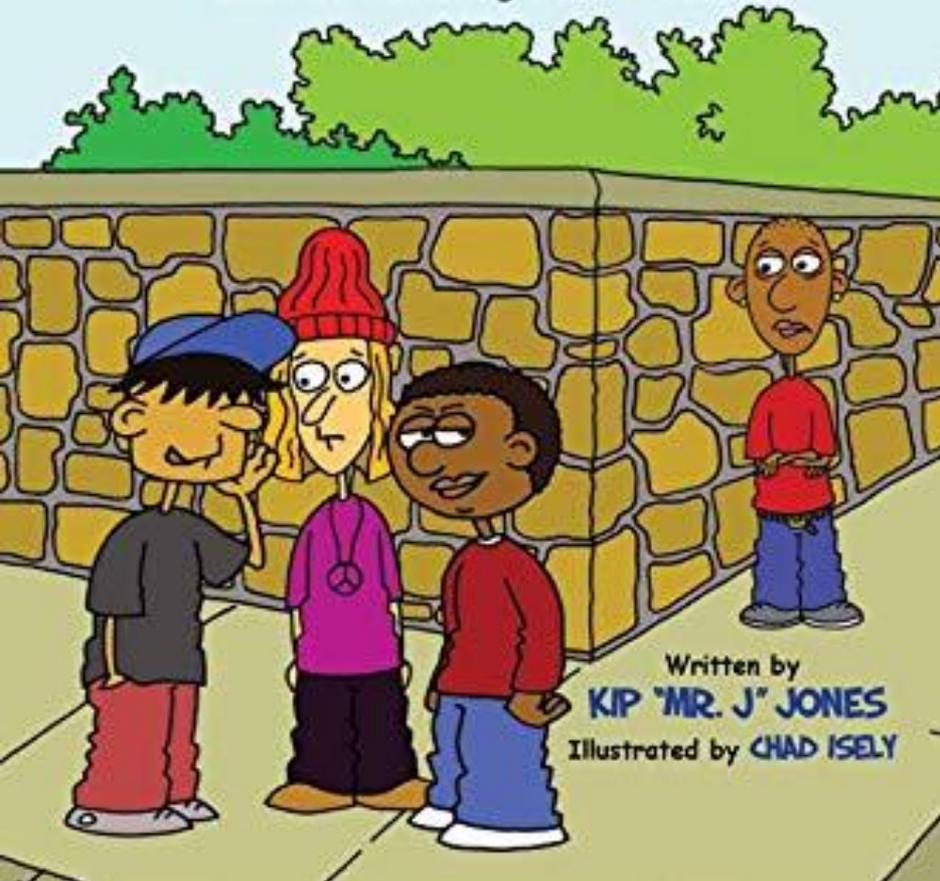
**S**ay **S.T.O.P.**

**S**tart **T**elling **O**ther **P**eople  
**S**everal **T**imes **O**n **P**urpose



# THE POWER OF A POSITIVE NO

Willie Bohanon & Friends Learn the  
Power of Resisting Peer Pressure



**That's your  
choice, not  
mine.**

**You go your way  
& I'll go mine.**

**Everyone has a  
different path**



I am my own hero



If the unkind, unfair or bullying behaviour continues, check how you are feeling.

**Use a strategy to stay green**



You might want to use the **S.T.O.P.** strategy again but this time you can say that you will be asking for help if it continues.

Or you can use another strategy.....????

If you are feeling sad or worried, try a  
new face or a new place.

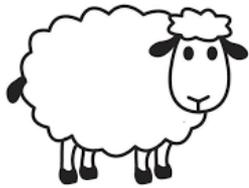
If you are feeling angry, then know your  
safe space.



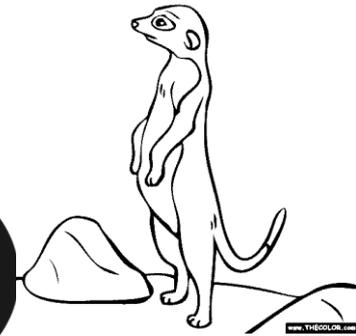
Don't allow or encourage others to join in.  
This can make things a lot worse.



Be the one who **walks away** and doesn't stand there and let the problem grow



Why do people not help others when they are in need?



If you find it hard to move or change, choose a **“helping elf”** and share your problem with them. They can help you to decide what to do next.

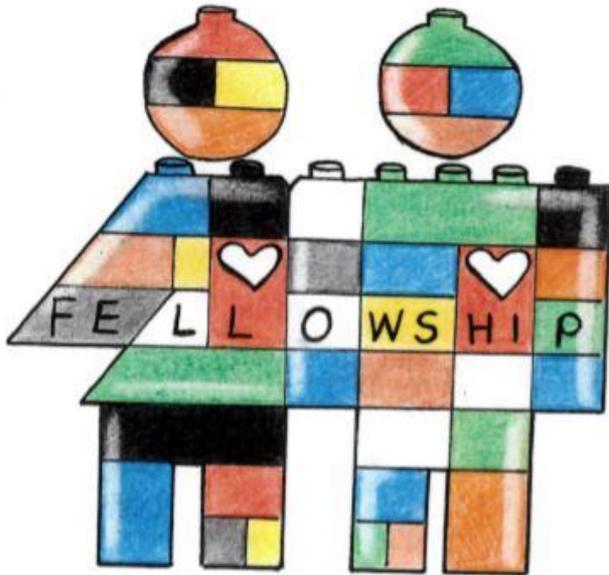
May you can nominate some in your class



Or talk to a **House Captain** or a **Sports Leader** and ask for their help or advice. Look out for their ties!

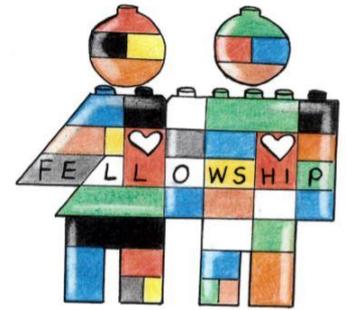


I am my own hero

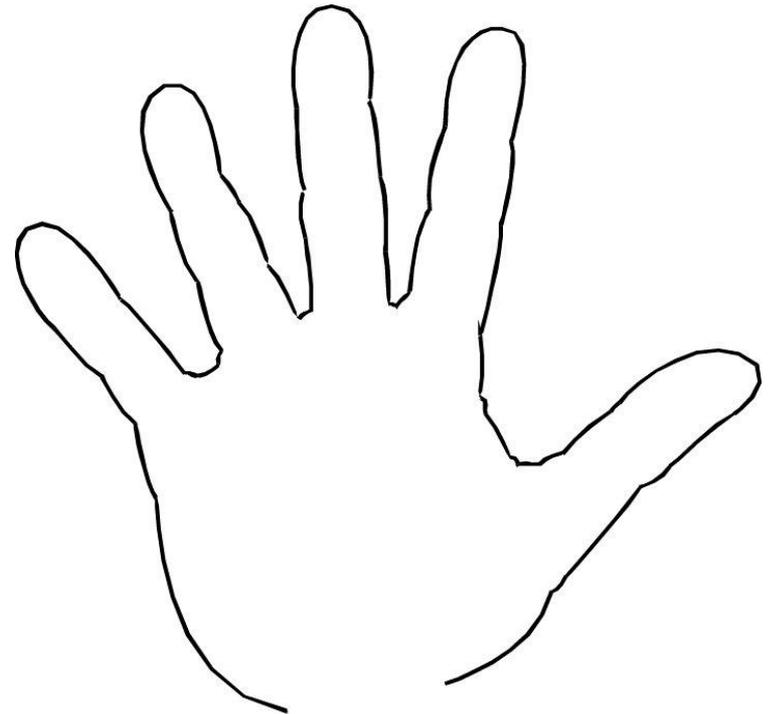


If the problem keeps happening or is a big problem, then use your

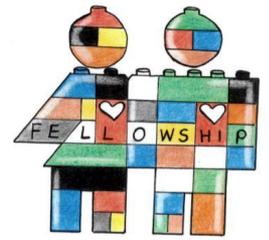
# Hand of Fellowship



Who are your  
**trusted people**  
in school?



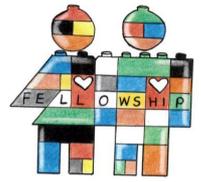
# How can you ask an adult for help?



Can I talk  
to you about  
something that is  
making me  
sad?



# Other ways to ask for help...



Could you  
**please** help  
me out with  
.....?

Is it possible,  
**please,** for  
....?

Do you have  
time to help me  
with a problem,  
**please?**

share



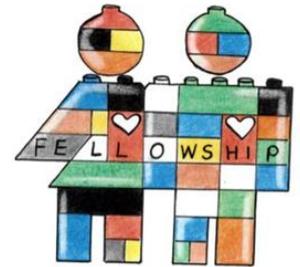
Can I ask you  
for some  
advice,  
**please?**

**Stay green – talk it through**





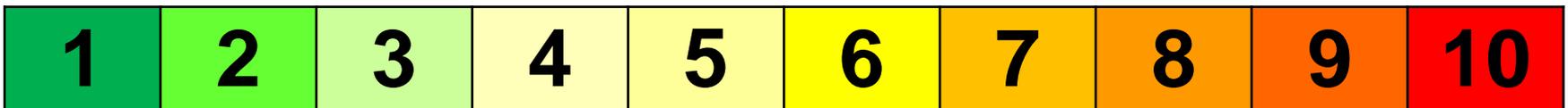
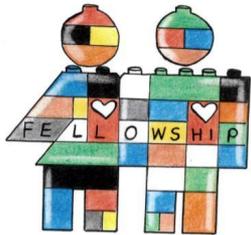
**Keep talking to the same LSA** if the problem continues. Let them know if the problem stops.



They may want to share the problem with your teacher.

**Hiding in the toilets is not a strategy**

# There are lots of others ways of finding help from others





If the problem continues or it is a big worry for you ....



.....then try a “**bigger strategy**”

**STAND UP**  
**SPEAK OUT**



Go and speak to **your teacher**  
**or Mrs Giblett** about your problem.  
Bring a **“helping elf”** or any friend  
with you if you feel worried.



**REMEMBER TO PICK A GOOD TIME  
TO ASK FOR HELP.**

What must you always do before  
you go home?

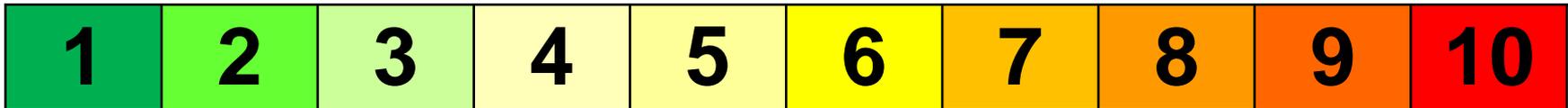
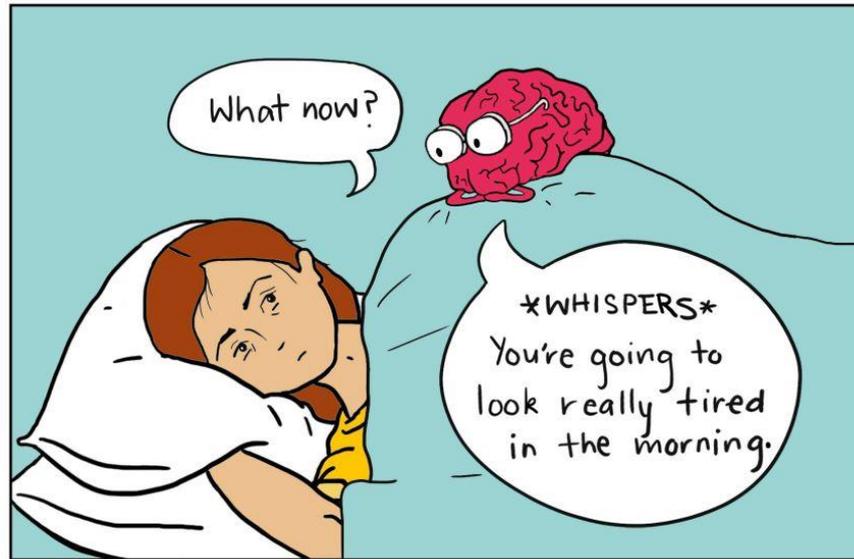


**S.H.A.R.E.**



# Don't go to bed on a problem!

Problems can seem much bigger in the night. You can feel a lot worse.



It is easy to solve a problem when it happens.  
Don't leave it too late or too long to tell

# Our Fellowship Code



We care

**5 Steps to Fellowship**

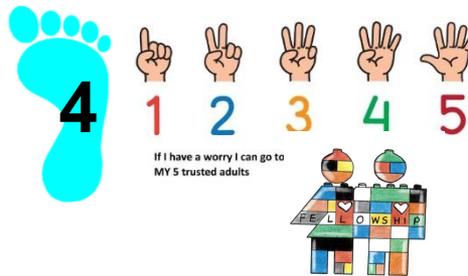
We share



*Deep Breath*  
**T.H.I.N.K.**



We repair



Slow down and scale your feelings. Control your reaction. **Keep green.**



I am my own hero



# CONSEQUENCES

and

## RESTORATIVE APPROACHES



Action that Heals

### MAKE & ACCEPT AN APOLOGY

Making an Apology	Accepting an Apology
<p> Excuse me for...</p> <p>I apologize for...</p> <p>I beg your pardon. /Pardon. /Sorry.</p> <p>I do apologize for</p> <p>I must apologize for...</p> <p>I shouldn't have...</p> <p>I was wrong. Can you forgive me?</p>	<p> That's all right.</p> <p>Never mind.</p> <p>Don't apologize.</p> <p>It doesn't matter.</p> <p>Don't mention it.</p> <p>Forget about it.</p> <p>No need to apologize, it's ok</p>

**Daily Class Behaviour Tracking Sheet**

Reward positive behaviour and curtail negative behaviour.  
Simply write the name or initials of the student in the box that suits the behaviour you have seen.  
\*Choose two students from the positive behaviour boxes to get certificates each day.  
\*Students who have three warnings in the negative behaviour boxes get an appropriate consequence.

Positive Behaviours:			
Responsibility, Organisation	Independent Work (see notes)	Self-Initiative (see notes)	
Collaboration, Participation	Helping, Kindness		
Negative Behaviours:			
Talking out, Intimidation, Disruption	Inappropriate Language	Non-Compliance	
Hand-in	Disruption of use of class time		



Meet with parents

### Make an apology

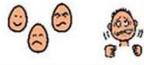
### Behaviour record



Lose Golden Time



Lose play time & privileges

<p>Sometimes I feel frustrated or upset.</p>   	<p>It's OK to feel frustrated but I need to stop and calm down.</p>     
<p>My work doesn't need to be perfect. I just need to try my best.</p>    	<p>When I am frustrated or upset I can tell Mrs. Ashley or Mrs. Holbrook and they can</p>     

Social story work

You won't always know all of what is being done.

You have to trust the adults.