Overview of the Olweus Bully Prevention Program
Olweus Bully Prevention Program

- The *Olweus Bullying Prevention Program* is a multi-level, multi-component school-based program designed to prevent or reduce bullying.

- Designed to restructure the existing school environment to reduce opportunities and rewards for bullying, this program has also been shown to reduce substance use and other at-risk behaviors.

- The *Olweus Bullying Prevention Program* is a systems change program, meant to be implemented and sustained over time. It is not a curriculum nor is it a conflict resolution program. It takes time to implement, and the results of the program grow stronger over time.
The Olweus Bullying Prevention Program

- First systematic research on bullying conducted in early 1970s.
- OBPP part of Norway’s national campaign against bullying in early 1980s.
Evaluations in the United States

- South Carolina—1st in U.S.
- Philadelphia, PA
- Washington State
- Chula Vista, CA
Key Findings:

- Reduction in bullying and at-risk behavior
- Improvements in classroom social climate
- “Dosage” affects success
- Timing of effects
Recognition of the Olweus Bullying Prevention Program

- SAMSA (Substance Abuse and Mental Health Services Admin.)
  Center for Substance Abuse Prevention Model Program
- Blueprint Model Program (Center for the Study & Prevention of Violence)
- Effective Program (OJJDP)
- Level 2 Program (US Dept. of Education)
OBPP & BRAVE
The Olweus Bullying Prevention Program IS...

- Designed for ALL students
- Preventive AND responsive
- Focused on changing norms and restructuring the school setting
- Research-based
- NOT time-limited: Requires systematic efforts over time
“My Kid Would Never Bully”
Dateline NBC

http://youtu.be/n4kh4r99ZkI
What Roles Do Students Play In Bullying Situations?

A: Students Who Bully
- Start the bullying and take an active part

B: Followers
- Take an active part, but do not start the bullying

C: Supporters
- Support the bullying, but do not take an active part

D: Passive Supporters
- Like the bullying, but do not display open support

E: Disengaged Onlookers
- Do not actively participate in the bullying

F: Possible Defenders
- Dislike the bullying and think they ought to help, but don’t do it

G: Defenders
- Dislike the bullying, help or try to help the bullied student

H: The one who is being bullied

TG, p. 24
### Health Consequences of Bullying

*(Fekkes et al., 2004)*

<table>
<thead>
<tr>
<th>Condition</th>
<th>Bullied (%)</th>
<th>Not bullied (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>16%</td>
<td>6%</td>
</tr>
<tr>
<td>Sleep problems</td>
<td>42%</td>
<td>23%</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>17%</td>
<td>9%</td>
</tr>
<tr>
<td>Feeling tense</td>
<td>20%</td>
<td>9%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>28%</td>
<td>10%</td>
</tr>
<tr>
<td>Feeling unhappy</td>
<td>23%</td>
<td>5%</td>
</tr>
<tr>
<td>Depression scale</td>
<td></td>
<td></td>
</tr>
<tr>
<td>moderate indication</td>
<td>49%</td>
<td>16%</td>
</tr>
<tr>
<td>strong indication</td>
<td>16%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Negative Effects of Bullying on Witnesses

Children Who Witness Bullying:
(School Psychology Quarterly, 2009)

- "Observing Bullying at School: The Mental Health Implications of Witness Status?“ Research indicates that children who witness bullying incidents are equally likely or more likely to suffer the same emotional stress as the victims of the bullying.

- These children are at risk of similar psychological problems, as well as substance abuse.

(Ian Rivers, professor of human development at Brunel University in London)
Misdirections in Bullying Prevention and Intervention

- Simple, short-term solutions
- “Program du jour approaches”
- Group treatment for children who bully
- Anger management or self-esteem enhancement for children who bully
- Zero tolerance policies for bullying
- Mediation/conflict resolution to resolve bullying issues
- Selecting inappropriate supplemental materials
OBPP Principles imply…

1. **Adults are responsible**
2. **Clear & consistent message**
3. **Short & long-term focus**
4. **Follow model with fidelity**
5. **OBPP should become part of everyday life at school**
OBPP Principles imply:

6. Student involvement in changing climate
7. Student learning about bullying
8. OBPP is NOT peer mediation or conflict resolution
9. OBPP is not a classroom management technique
School-Level Components

HARBORSIDE ACCELERATED SCHOOL

BULLYING KICKOFF
FREE T SHIRT FOR KIDS
NOV 20 530 TO 730 PM
Overview of School-Level Components

1. Establish a Bullying Prevention Coordinating Committee
2. Conduct committee and staff trainings
3. Administer the Olweus Bullying Questionnaire
4. Hold staff discussion groups
5. Introduce the school rules against bullying
6. Review and refine the school’s supervisory
7. Hold a school kick-off event to launch the program
8. Involve parents
We will not bully others.

We will try to help students who are bullied.

We will try to include students who are left out.

If we know that somebody is being bullied, we will tell an adult at school and an adult at home.
Classroom-Level Components
Classroom-Level Components

1. Post and enforce school-wide rules against bullying

2. Hold regular class meetings

3. Hold meetings with students’ parents
Parent Information Sessions

- Build connection and community
- Helps parents learn more about OBPP
- Parents will learn about OBPP through:
  - PTSA Meetings
  - Orientation and information nights
  - Special programs and activities
  - Middle School Newsletter
Individual-Level Components

1. **Supervise students’ activities**

2. **Ensure that all staff intervene on-the-spot when bullying occurs**

3. **Hold meetings with students involved in bullying**

4. **Develop individual intervention plans for involved students**
Community-Level Components

1. Involve community members on the BPCC

2. Develop partnerships with community members to support your program

3. Help spread anti-bullying messages and principles of best practice throughout the community

Middle School Assembly March 23, 2012

http://youtu.be/E1LG9NymhTE