

Universal Bullying Prevention Programs for Elementary School Children

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**Bullying
Hurts...**
inside
and
out!



What is Bullying?

*“a social phenomenon, with each child’s role –
bully, victim, bully-victim, by-stander –
dependent on the situation”*

Conflict or Bullying?

- **Conflict**

- A disagreement/argument
- Both sides express their views



- **Bullying**

- A negative behavior
- Directed
- An individual exerting power/control over another



What is Bullying?

- **Aggressive behavior marked by**
 - An *imbalance of power*
 - Occurring *repetitively* with the intent to *harm*
- **Bullying can be**
 - Physical
 - Fighting
 - Pushing
 - Relational
 - Social exclusion
 - Spreading rumors



Bullying and Harassment

Both are about

- Power and control
- Actions hurt/harm another physically or emotionally
- Imbalance of power
- Target has difficulty stopping the action directed at them

Distinction

- When bullying is also based on a protected class
 - race
 - color
 - religion
 - sex
 - age
 - disability

Types of Bullying

- **Physical bullying**

- Most obvious form recognized by adults and children of all ages
 - Behavioral bullying

- **Verbal bullying**

- Repeated derogatory remarks or names
 - More common than physical bullying, especially as children mature

- **Relational bullying**

- The disruption of the social relationships between victims and their peers
 - More prevalent and hurtful at puberty

- **Modes of attack**

- Direct
- indirect

Bullying – A Few Statistics

- Almost one out of every four students report being bullied during the school year
- 64% of children bullied did not report it
 - Why not?
- >50% of bullying situations stop when a peer intervenes
- School-based bullying prevention programs decrease bullying up to 25%
- Reasons for being bullied:
 - Looks (55%)
 - Body shape (37%)
 - Race (16%)

Bullying Hurts Everyone

- **Students who experience bullying**

- Poor school adjustment
- Sleep difficulties
- Anxiety
- Depression
- Twice as likely to experience negative health effects

- **Students who engage in bullying**

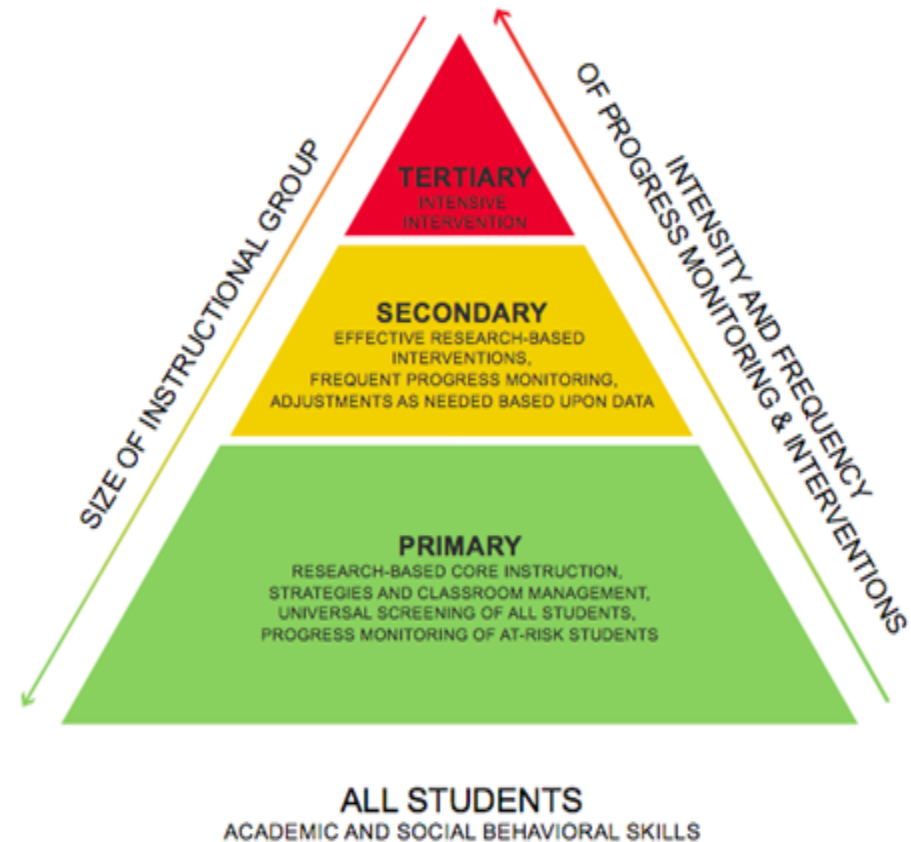
- Academic problems
- Substance use
- Violent behavior in adolescence and adulthood

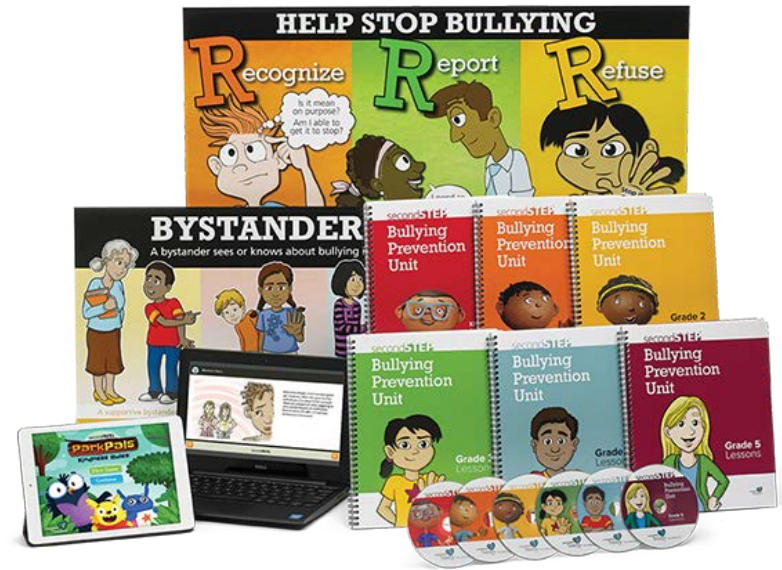
- **Students who experience and engage in bullying**

- Greater risk for mental health and behavior problems



Levels of Intervention





Interventions

Olweus Bullying Prevention Program (OBPP)
Steps to Respect (STR)

Blueprints

- Registry of evidence-based positive youth development programs
 - Hosted by the Center for the Study and Prevention of Violence
 - Institute of Behavior Science, University of Colorado at Boulder
- More than 1,400 programs have been reviewed
 - < 5% designated as *promising* and *model* programs
- <http://www.blueprintsprograms.com/>



Blueprints Promising vs Model Programs

- **Promising programs**

- Evidence from experimental or quasi-experimental designs
- Clear findings of positive impact
- Carefully defined goals
- Sufficient resources to help users

- **Model programs** – deemed ready for widespread use

- Evidence from experimental or quasi-experimental designs
- Clear findings of positive impact
- Carefully defined goals
- Sufficient resources to help users
- Sustained impact at least 12 months after the intervention ends

Olweus Bullying Prevention Program (OBPP)

(Blueprints Promising Program)

- **Multi-year bullying prevention program**
- **Program Outcomes**
 - Bullying
 - Delinquency and criminal behavior
 - Prosocial behavior with peers
 - Truancy – school attendance
 - Violent victimization



Olweus Bullying Prevention Program (OBPP)

- **School level**

- Assess nature and prevalence of bullying
- Form a Bullying Prevention Coordinating Committee – plan implementation
- Increased adult supervision of areas frequently the setting for bullying

- **Classroom level**

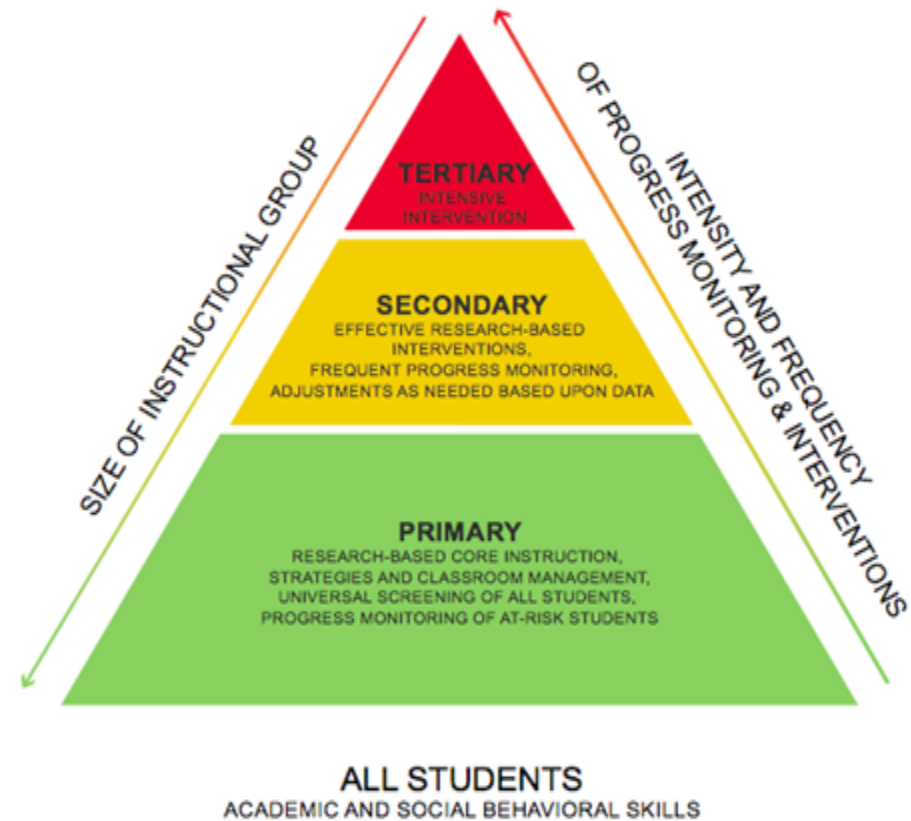
- Establish clear and consistently enforced rules
- Regular classroom discussions and activities
- Encourage parental involvement

- **Individual level**

- Interventions with bullies/victims/parents

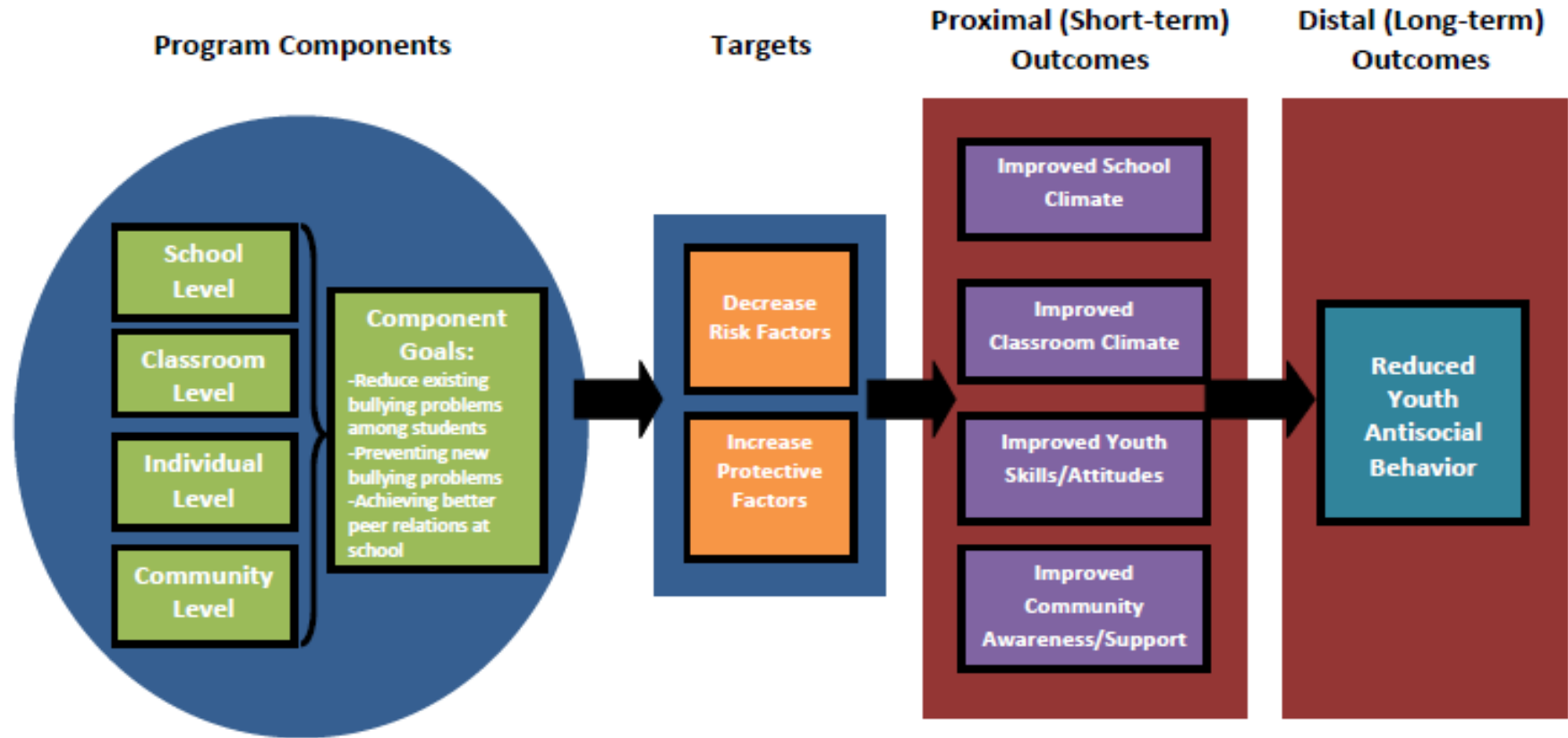


Levels of Intervention



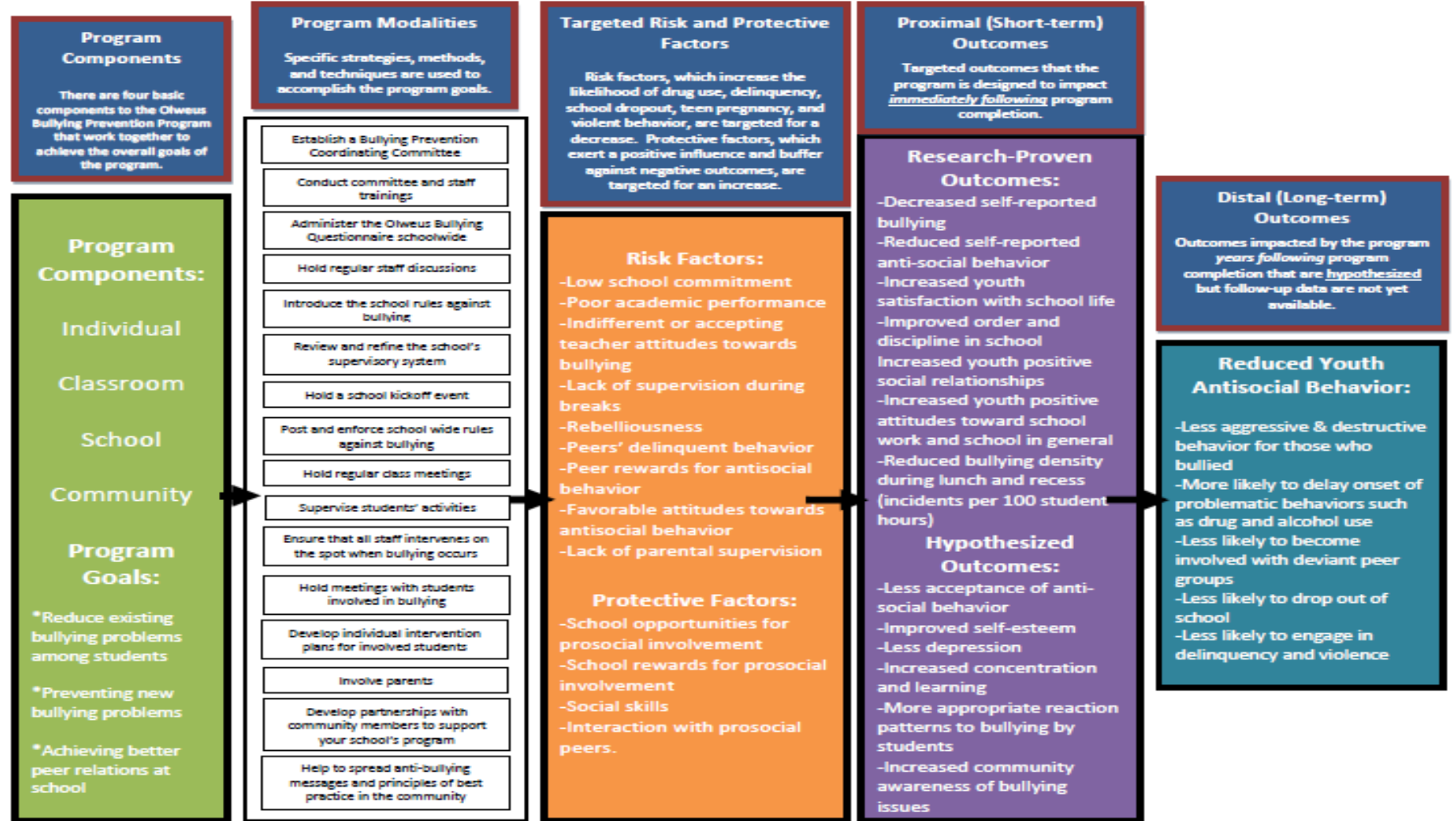
OBPP

Overall Goal of Olweus: The school should be a safe and positive learning environment.

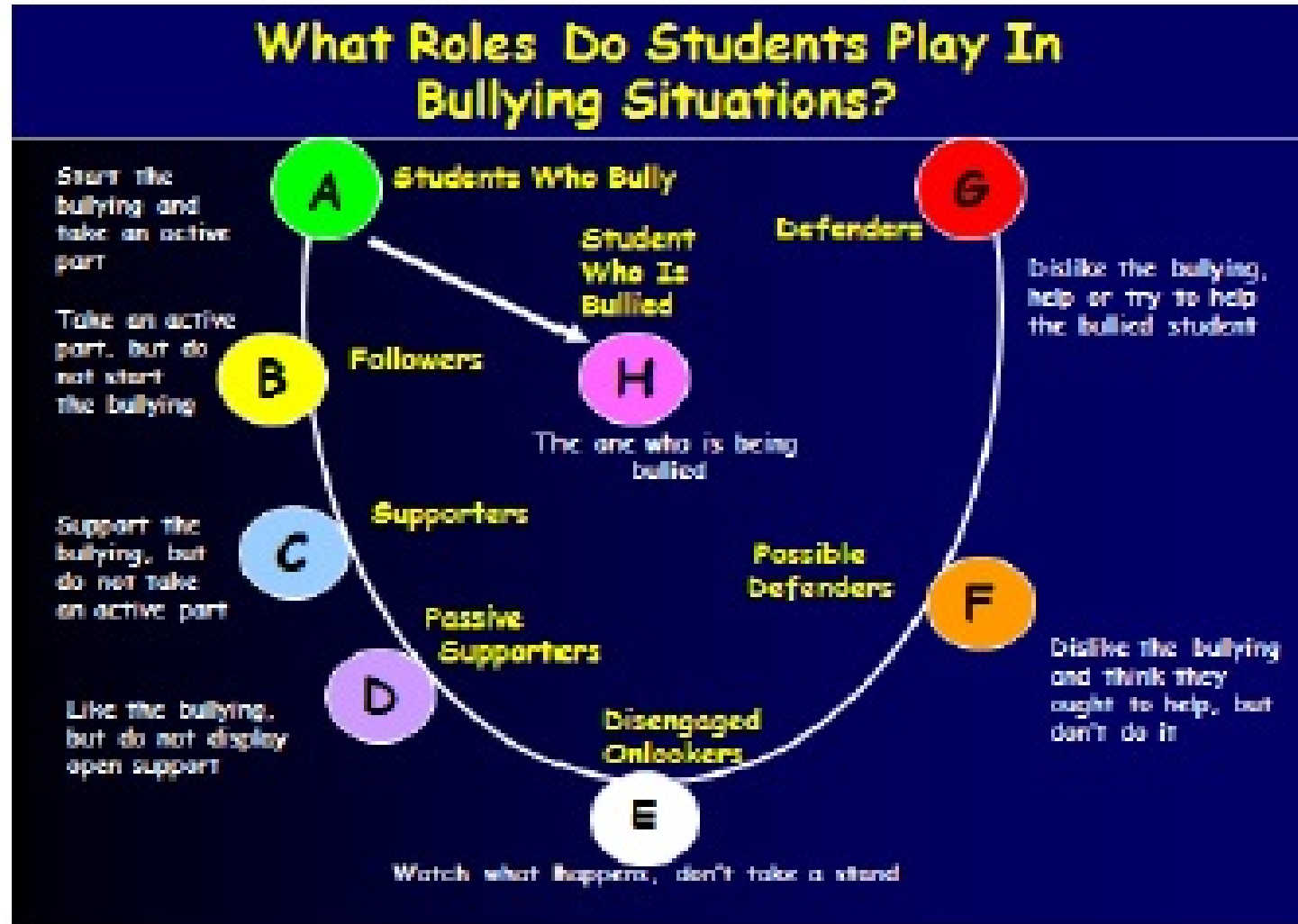


Created September 2010

OBPP



OBPP



OBPP

- **Staffing**

- Educators
- Counselors
- Staff
- Administrators

- **Ratios**

- Teacher-to-student ratio reflects ratios in the school

- **Time to deliver**

- Elementary school – 15-20 minutes/1X per week
- Middle school – 20-40 minutes/1X per week
- High school – one full class period/2X per month

OBPP - Cost

- Hire an OBPP trainer/consultant
 - \$3,000 for a 2-day training
 - \$125/hour for 12-24 months for telephone consultation
- Sponsor a professional within the community to become a trainer/consultant
 - \$4200
 - 3-day Part I training
 - 2-day Part II training
 - 24 month phone consultation
 - Program materials and access to website
- 500 students in 2 schools - \$24.56/student
 - Optional materials included - \$32.06/student
- District implementation (10 schools/20,000 students) - \$2.25/student



OBPP - Outcomes

- Reductions in self-reported bullying mixed but generally positive
- Reductions in self-reported victimization mixed
- Decreases in other forms of delinquency and antisocial behavior found in original Norway study and South Carolina replication
- Improvements in positive social relations found in Norway study

Steps to Respect (STR)

(Blueprints Promising Program)

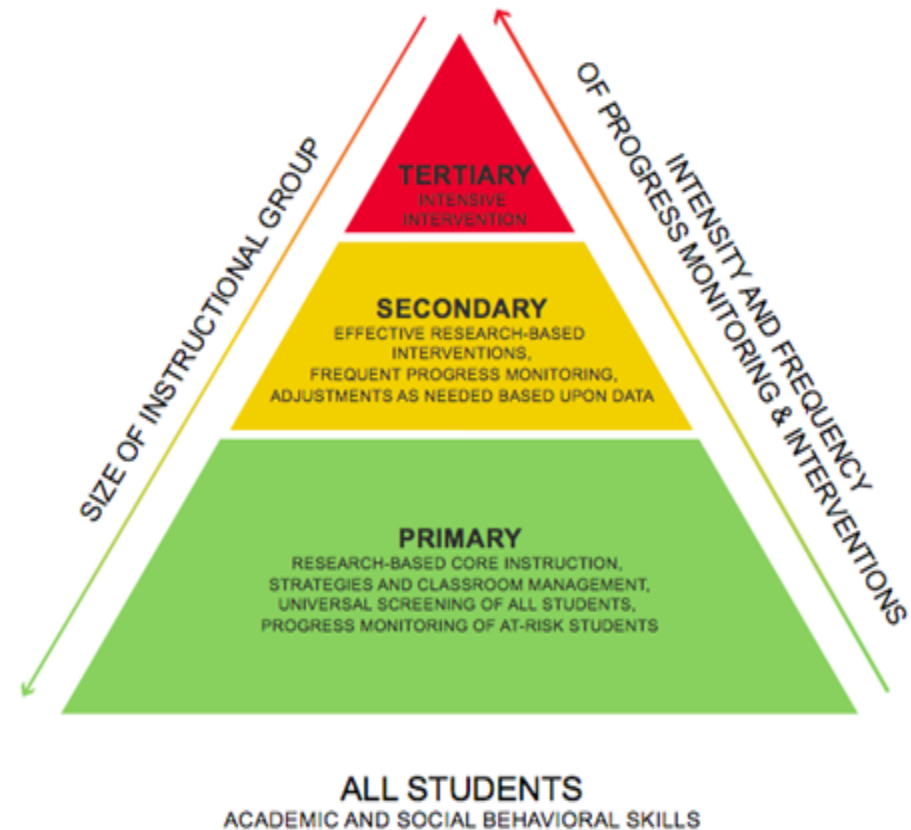
- **12-14 week curriculum**

- Plus a grade-appropriate literature unit
- Implemented by teachers during the regular school day

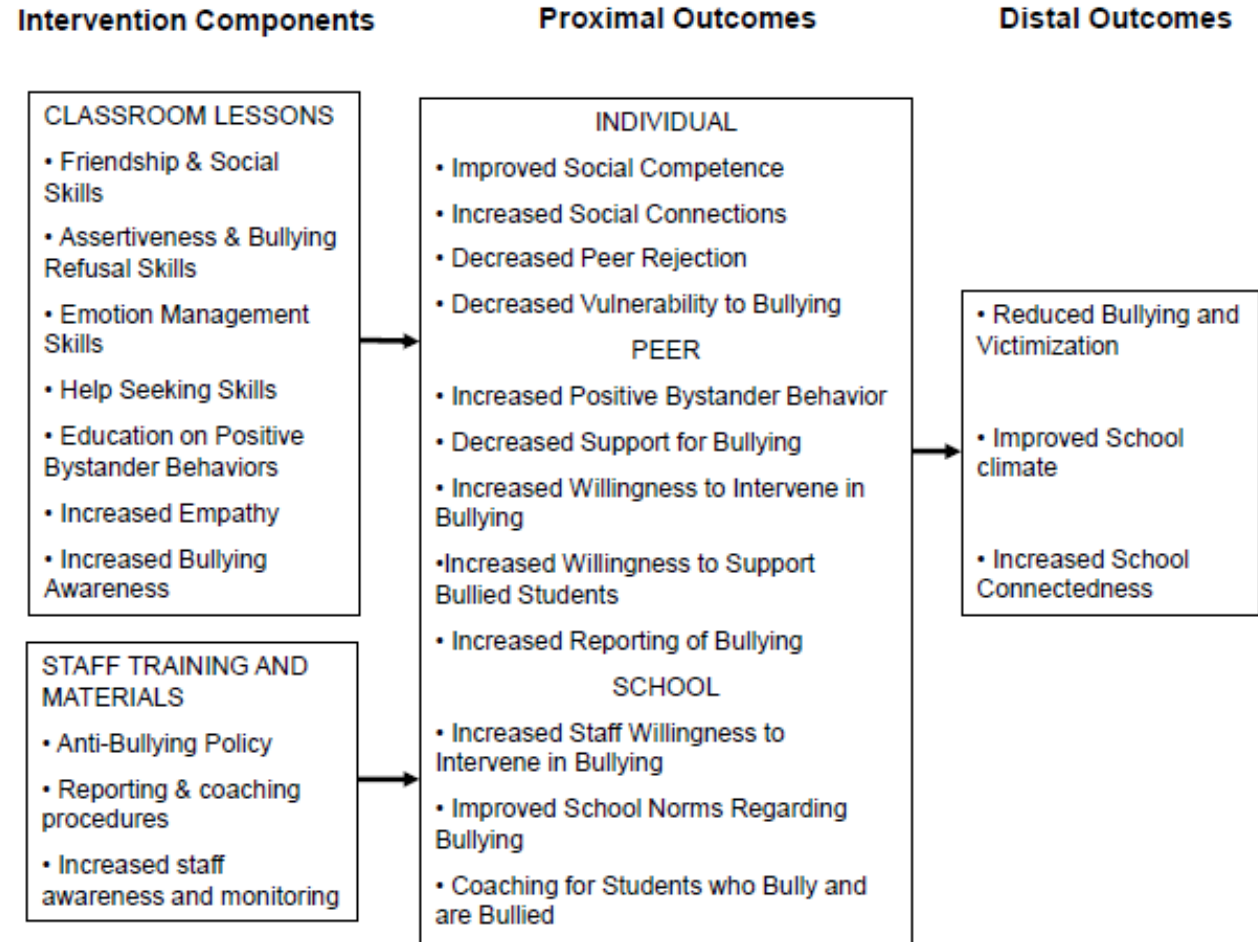
- **Program Outcomes**

- Bullying
- Prosocial behavior with peers

Levels of Intervention



STR Logic Model



STR

- **Staffing**

- Teachers

- **Time to deliver**

- 12 to 14 week curriculum
- 10 semi-scripted lessons (45 minutes each)
- 15-minute follow-up booster taught weekly
- Upon completion
 - Implementation of a grade-appropriate literature unit → provides further opportunity to explore bullying-related themes

STR - Cost

- **Training and technical assistance**
 - Self-facilitated - included with the curriculum **OR**
 - On-site training
- **Curriculum and materials**
 - Initial school-wide kit - \$859
 - includes a Program Guide and three grade-level kits (one per targeted grade)
 - Additional kits - \$249
 - On-site training - \$1500 plus travel costs
- **Implementation**
 - 150 students in 4th to 6th grade - \$24/student



STR – Student Outcomes

- Less acceptance of bullying/aggression
- More responsibility to intervene
- Greater adult responsiveness
- Decreases in observed argumentative behavior
- Increases in observed agreeable behavior



STR – School Outcomes



- Greater increases in school antibullying policies and strategies
- Improved student and staff climate (reported by school staff)
- Students more willing to intervene in bullying situations (reported by school staff)
- Less school bullying-related problems (reported by staff)
- Lower levels of physical bullying (reported by teachers)
- Higher levels of student climate and positive bystander behavior (reported by students)
- Less decline in teacher/staff bullying prevention
- Greater increases in students/teachers/staff willing to intervene (reported by students)
- Higher levels of student social competency (reported by teachers)

When considering a school-wide prevention program ...

- Include appropriate stakeholders
- Decision-making → planning → implementation → evaluation
- Provision of comprehensive training
- Ongoing consultation
- Policies and communication mechanisms to address responses
- Follow-up by school administration and resource personnel
- Written guidelines that address engagement of parents



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Photos

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Thank you!

Tell someone

stop bullying

ALL bullying is wrong!

Be part of the solution

Words hurt

Your silence is their strength
You can change

love heals wounds

Name calling is not fun for everyone

STOP!

be friendly

All bullying is wrong

sad

What side are you on?
give love

Illustrations include: a stick figure pointing, a ladybug, a lightning bolt, a stick figure with a dog, and two robots with a heart.