This Presentation Will . . .

• Provide an overview of the issue of bullying

• Provide an overview of the *Olweus Bullying Prevention Program*

• Identify the resources available to help you implement the program
Olweus Definition of Bullying:

“Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.”

*OBPP Teacher Guide, p. xii*
“Bullying is peer abuse.”

Dan Olweus
Three Key Components of Bullying Behavior

1. Involves an aggressive behavior

2. Typically involves a pattern of behavior repeated over time

3. Involves an imbalance of power or strength
Types of Bullying

Direct

• hitting
• taunting
• name calling

Indirect

• rumors
• exclusion
• cyberbullying
Why address bullying?

• For students and their futures (mental & physical health)
• For a healthy school climate (academic achievement)
• For the larger community
• Risk management for schools
• It’s a wise investment
• It’s the law
Effects of Being Bullied

• Lower self-esteem
• Depression & anxiety
• Absenteeism & lowered school achievement
• Thoughts of suicide
• Illness
Concerns about Children Who Bully

Children who bully are more likely to:

– Get into frequent fights
– Be injured in a fight
– Steal, vandalize property
– Drink alcohol, smoke
– Be truant, drop out of school
– Report poorer academic achievement
– Perceive a negative climate at school
– Carry a weapon
Effects of Bullying on Bystanders

• Bystanders may feel:
  – Afraid
  – Powerless to change the situation
  – Guilty for not acting
  – Diminished empathy for bullied students over time
Effects of Bullying on School Climate

• Creates a climate of fear and disrespect
• Interferes with student learning
• Students may feel insecure and not like school as well
• Students may perceive a lack of control/caring from adults
• **17%** of students were directly involved in bullying:
  – **14%** had been bullied
  – **5%** had bullied others
Girls’ and Boys’ Experiences with Being Bullied

2-3 times/month or more

(Luxenberg et al., 2015)
Girls’ and Boys’ Experiences with Bullying Others
2-3 times/month or more

(Luxenberg et al., 2015)
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.
- The most-researched and best-known bullying prevention program available today.
OBPP is . . .

• a systems change program
• designed for all students (K-12)
• preventive and responsive
• focused on changing norms and restructuring the school setting
• research-based
OBPP is NOT . . .

• curriculum (a set of lessons to teach)
• conflict resolution or peer mediation
• classroom management technique
• anger management program
• suicide prevention program
• short term effort (1 or 2 years)
Goals of OBPP

• To reduce existing bullying problems among students
• To prevent the development of new bullying problems
• To achieve better peer relations at school
Program Principles

1. Adults in school need to show warmth, positive interest, and involvement.

2. Set firm limits for unacceptable behavior.

3. Consistently use nonphysical, nonhostile negative consequences when rules are broken.

4. Adults in the school should act as authorities and positive role models.
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
- Support the bullying, but do not take an active part
- Like the bullying, but do not display open support

**C** Supporters
- Dislike the bullying and think they ought to help, but don’t do it
- Dislike the bullying, help or try to help the bullied student

**D** Passive Supporters
- Support the bullying, but do not take an active part

**E** Disengaged Onlookers
- Watch what happens, don’t take a stand

**F** Possible Defenders
- Like the bullying, but do not display open support

**H** Student Who Is Bullied
- Take an active part, but do not start the bullying

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

TG, p. 24

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Program Components
Required OBPP Materials

• OBPP Schoolwide Guide
  – Document Resources
  – Video: Overview of OBPP

• OBPP Teacher Guide
  – Document Resources
  – Video: 6 scenarios for class discussion

• Olweus Bullying Questionnaire (OBQ)
OBPP Training/Consultation Information

• Training and consultation is essential for successful program implementation and fidelity

• Training for Bulling Prevention Coordinating Committee (BPCC) is provided by a Certified OBPP Trainer/Consultant

• Consultation is required for at least 12 months

• BPCC Committee trains and supports staff every year for program sustainability
For more information about OBPP Training

Safe and Humane Schools within Clemson University’s Institute on Family and Neighborhood Life

www.clemson.edu/olweus
864-656-6271

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For more information about OBPP Materials

[Website Link]

Hazelden Publishing

1-800-328-9000 in the U.S.

1-651-213-4590 outside the U.S.
Take-Home Message

• It is possible to reduce bullying.
• It requires a team effort.
• It requires a long-term commitment.