



OLWEUS[®]

BULLYING PREVENTION PROGRAM

OBPP Implementation

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This Presentation Will . . .

- Provide an overview of the *Olweus Bullying Prevention Program*
- Identify the resources available to help you implement the program
- Review information available for basic understanding of program





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What Is 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



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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





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Why is it important to address bullying in schools?

1. For students and their futures
2. For a healthy school climate
3. For the larger community
4. For the purposes of risk management for schools





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Effects of Being Bullied

- Lower self-esteem
- Depression and anxiety
- Absenteeism and lowered school achievement
- Thoughts of suicide
- Illness





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Concerns about Children Who Bully

Children who bully are more likely to:

- get into frequent fights
- be injured in a fight
- steal or vandalize property
- drink alcohol and smoke cigarettes
- be truant or drop out of school
- report poor academic achievement
- perceive a negative climate at school
- carry a weapon





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Effects of Bullying on Bystanders

Bystanders may feel:

- Afraid
- Powerless to change the situation
- Guilty for not acting
- A diminished empathy for victims over time





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Effects of Bullying on School Climate

- Bullying creates a climate of fear and disrespect.
- Bullying interferes with student learning.
- Students may feel insecure and not like school as well.
- Students may perceive a lack of control or caring.





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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

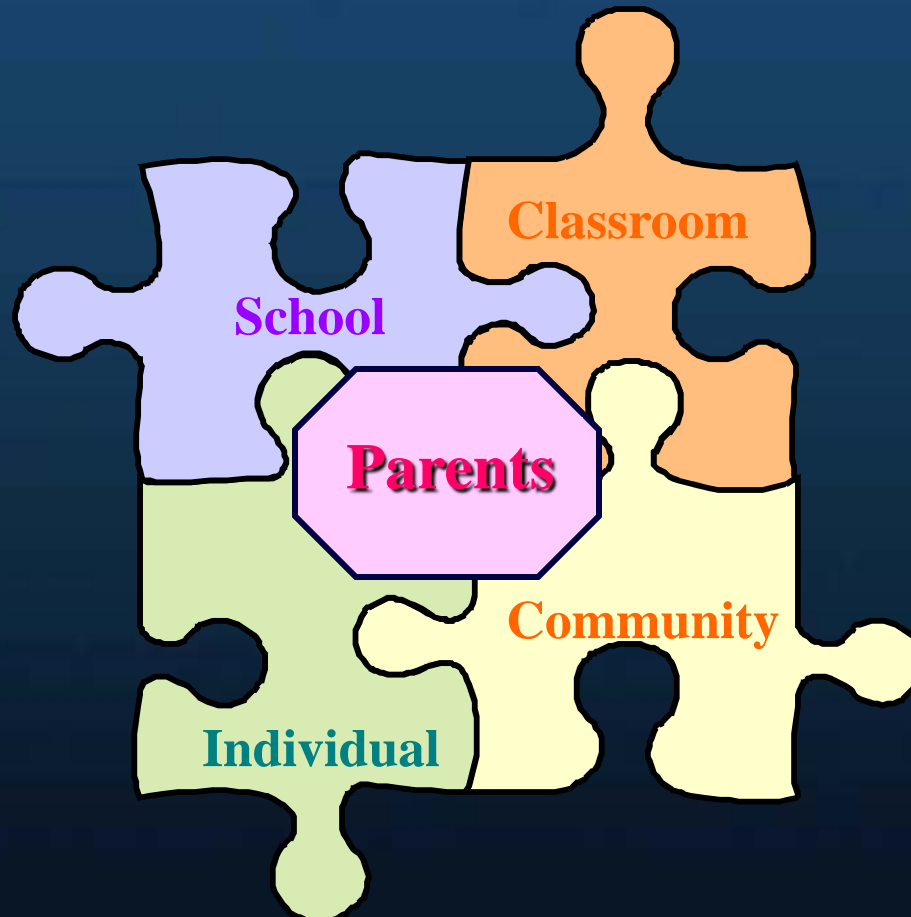




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Program Components





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Poll



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Bullying Prevention
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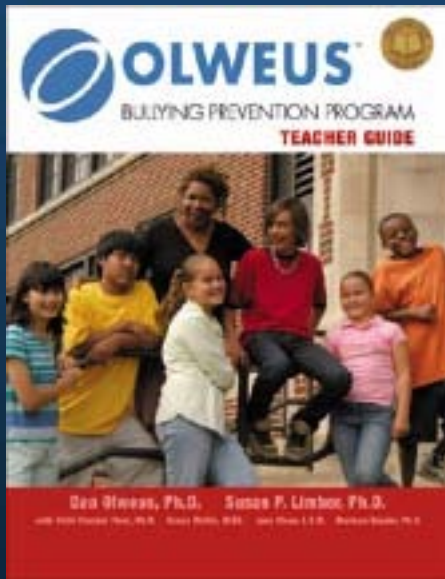




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Required *OBPP* Materials



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Teacher Guide
with DVD and CD-ROM

Olweus Bullying Questionnaire

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Olweus Bullying Questionnaire

Please Use a No. 2 Pencil
OR
Blue or Black Pen

Date: _____

Name of School: _____

Grade: 3 4 5 6 7 8 9 10 11 12

Classroom: A B C D E F G H I J K

You will find questions in this booklet about your life in school. There are several answers next to each question. Answer each question by filling in the circle next to the answer that best describes how you think or feel. In question 1 below, if you really dislike school, fill in the circle next to "I dislike school very much." If you really like school, fill in the circle next to "I like school very much." and so on. Fill in only one of the answers for each question. Try to keep your marks inside of the circle.

Now, fill in the circle next to the answer that best describes how you feel about school.

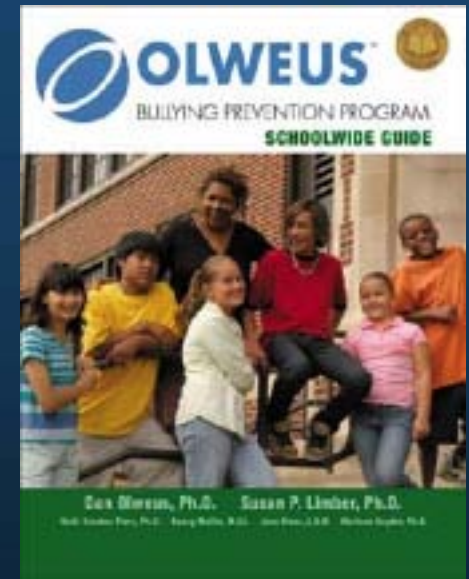
1. How do you like school?

I dislike school very much
 I dislike school
 neither like nor dislike school
 I like school
 I like school very much

If you fill in the wrong circle, you can change your answer like this: Put an "X" through the wrong circle, and then fill in the circle where you want your answer to be.

Do not put your name on this booklet. No one will know how you have answered these questions. But it is important that you answer carefully and tell how you really feel. Sometimes it is hard to decide what to answer, but just try to give your best answer. If you have questions, raise your hand.

Most of the questions are about your life in school in the past couple of months, that is, the period from the start of school after summer (winter) holiday vacation until now. So when you answer, you should think of how it has been during the past 2 or 3 months and not only how it is just now.



See Olweus, Ph.D. — Susan P. Limber, Ph.D.
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Schoolwide Guide
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Option 1: The Olweus Bullying Questionnaire Scannable Survey
\$1.15 per student surveyed

Option 2: On line Survey

\$.95/student, with discounts for larger orders

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Olweus Bullying Questionnaire

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OR
Blue or Black Pen

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The Olweus Bullying Questionnaire Scannable Survey

- Hazelden processes results
- \$1.15 per student, sold in packs of 30
(no discounts available)
- Includes 72-page Standard Report with narrative, PowerPoint-ready graphs of key results
- Compares school results to national database
- Optional School District Report (\$175.00)
- Optional Trends Report compares past administrations of scanned survey to current administration (\$175.00)



The image shows a sample page of the Olweus Bullying Questionnaire. At the top, it features the Olweus logo and the title "Olweus Bullying Questionnaire". Below the title, there is a section for "Please Use a No. 2 Pencil OR Blue or Black Pen" with an illustration of a pencil and a pen. The form includes fields for "Date:", "Name of School:", "Grade:" (with options 3, 4, 5, 6, 7, 8, 9, 10, 11, 12), and "Classroom:" (with options A, B, C, D, E, F, G, H, I, J, K). A large block of text provides instructions: "You will find questions in this booklet about your life in school. There are several answers next to each question. Answer each question by filling in the circle next to the answer that best describes how you think or feel. In question 1 below, if you really dislike school, fill in the circle next to 'I dislike school very much.' If you really like school, fill in the circle next to 'I like school very much.' and so on. Fill in only one of the circles for each question. Try to keep your marks inside of the circle." Below this, question 1 is presented: "1. How do you like school?" with five radio button options: "I dislike school very much", "I dislike school", "neither like nor dislike school", "I like school", and "I like school very much". A note states: "If you fill in the wrong circle, you can change your answer like this: Put an 'X' through the wrong circle, and then fill in the circle where you want your answer to be." Another note says: "Do not put your name on this booklet. No one will know how you have answered these questions. But it is important that you answer carefully and tell how you really feel. Sometimes it is hard to decide what to answer, but just try to give your best answer. If you have questions, raise your hand." A final note says: "Most of the questions are about your life in school in the past couple of months, that is, the period from the start of school after summer (winter) holiday vacation until now. So when you answer, you should think of how it has been during the past 2 or 3 months and not only how it is just now." At the bottom, there is a copyright notice: "© 2007 by Hazelden Foundation. All rights reserved. This document may not be reproduced without the written permission of the publisher."



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A sample school report
is available online

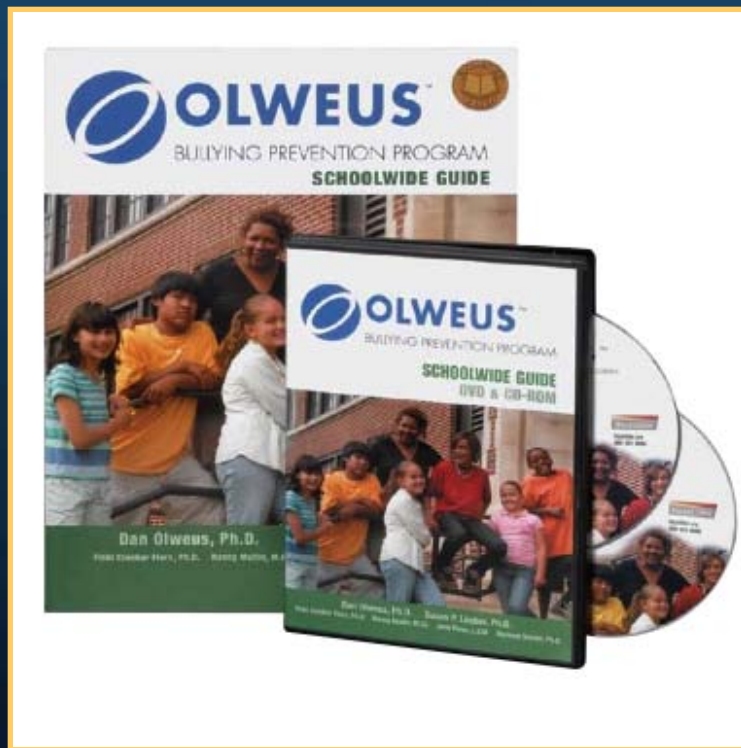
[http://www.pdastats.com/
olweusbullyingreports/login.asp](http://www.pdastats.com/olweusbullyingreports/login.asp)

Username: OlweusSample

Password: OlweusTest



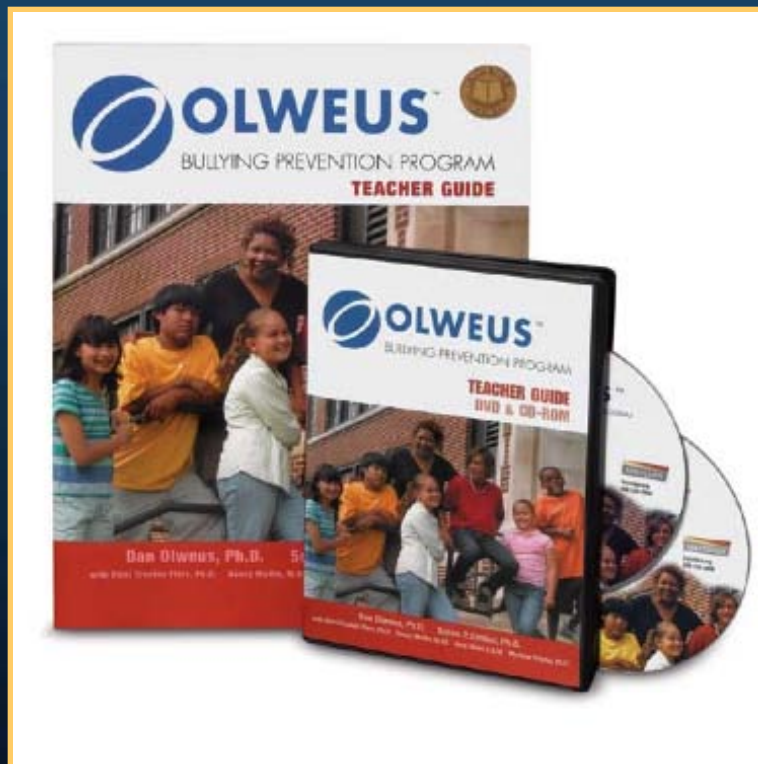
Schoolwide Guide with DVD and CD-ROM



- 134 pages with DVD/CD-ROM
- Guidebook used by school leadership and school's Bullying Prevention Coordinating Committee (BPCC)
- DVD provides a program overview with specific information on program components—especially classroom meetings and individual interventions
- CD-ROM contains all handouts, references to research articles, implementation checklist, Spanish materials, and more



Teacher Guide with DVD/CD-ROM



- 152 pages with DVD/CD-ROM
- Guidebook serves as primary tool for teachers and other classroom support staff
- DVD includes bullying scenarios
- CD-ROM contains all handouts, posters, research articles, Class implementation checklist, Spanish materials, and more





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For more information about
the *Olweus Bullying Prevention Program*

www.olweus.org

For Materials:

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

1-651-213-4590 outside the U.S.





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OBPP Training Information

- Training is required for successful program implementation
- Training is provided by a certified Olweus trainer
- It consists of a 2-day training for committee members and consultation for at least one school year





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For more information
about *OBPP* training

www.clemson.edu/olweus

or contact Dr. Marlene Snyder at

nobully@clemson.edu

1-864-710-4562

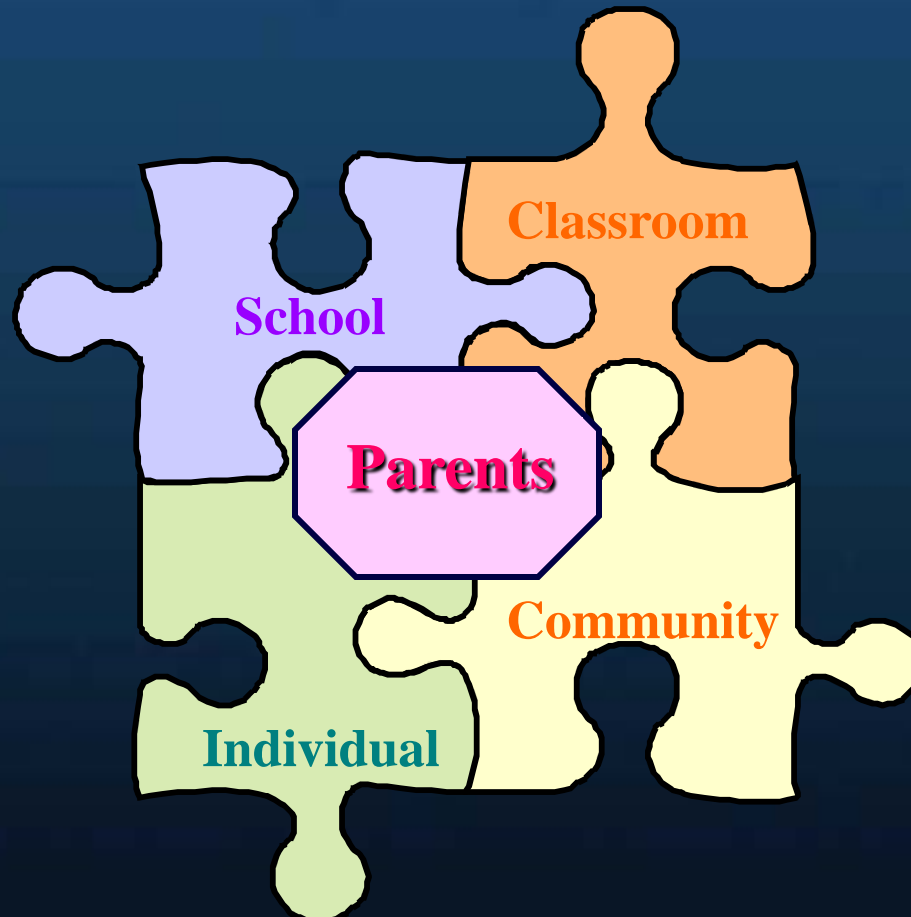




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Program Components





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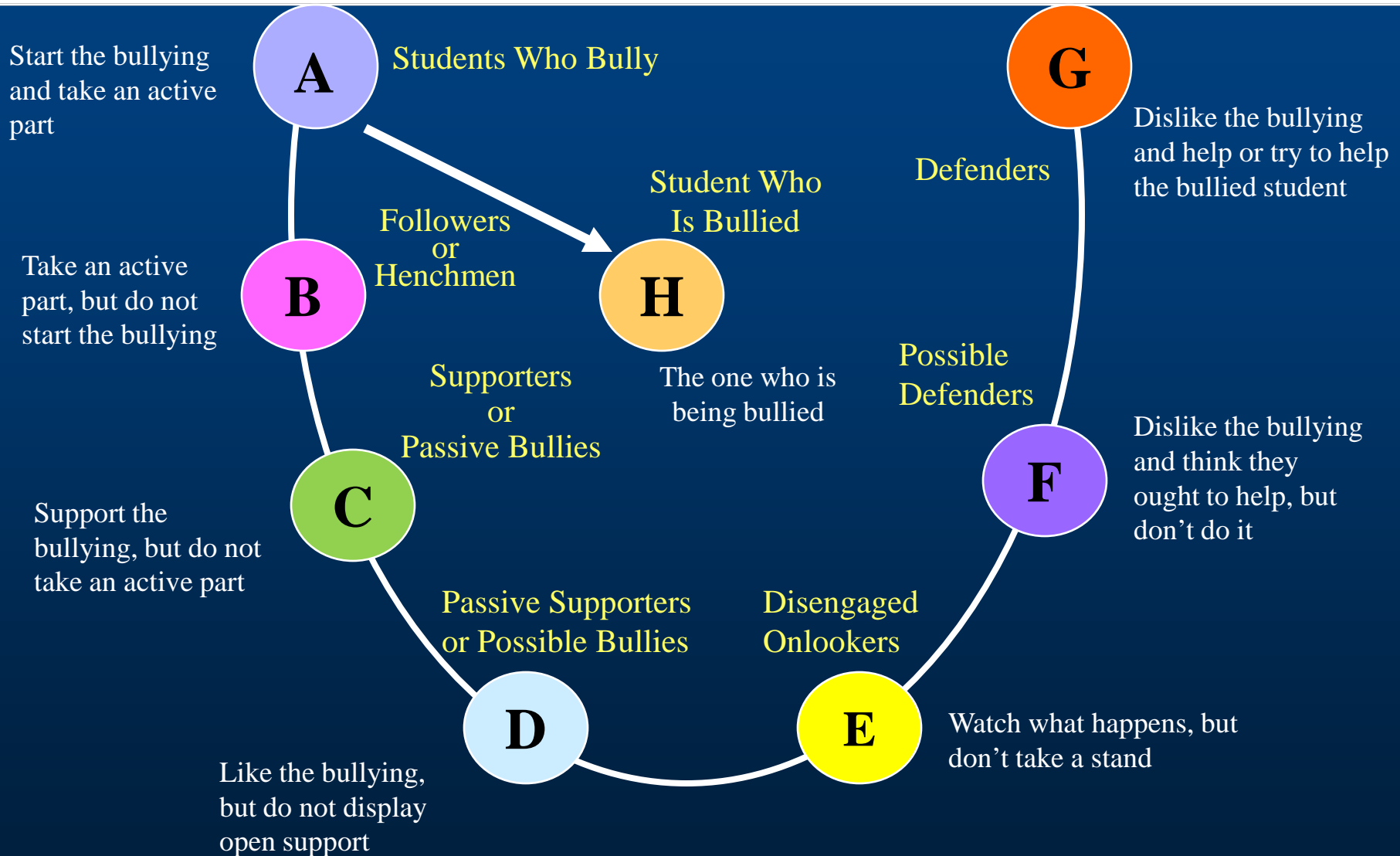
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Program Principles

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?





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School-Level Components

1. Establish a Bullying Prevention Coordinating Committee (BPCC)
2. Conduct committee and staff trainings
3. Administer the Olweus Bullying Questionnaire
4. Hold staff discussion groups
5. Introduce the school rules about bullying
6. Review and refine the school's supervisory system
7. Hold a school kick-off event to launch the program
8. Involve parents





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School Rules about Bullying

- 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.





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Classroom-Level Components



- Post and enforce schoolwide rules against bullying
- Hold regular class meetings
- Hold meetings with students' parents





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Common Bullying Locations

48%	Hallways / stairwells
32%	In class (with teacher absent)
29%	In gym class/locker rooms
27%	In class (with teacher present)
24%	In lunchroom
17%	In the bathroom
15%	On the bus
16%	On way to and from school
8%	At the bus stop



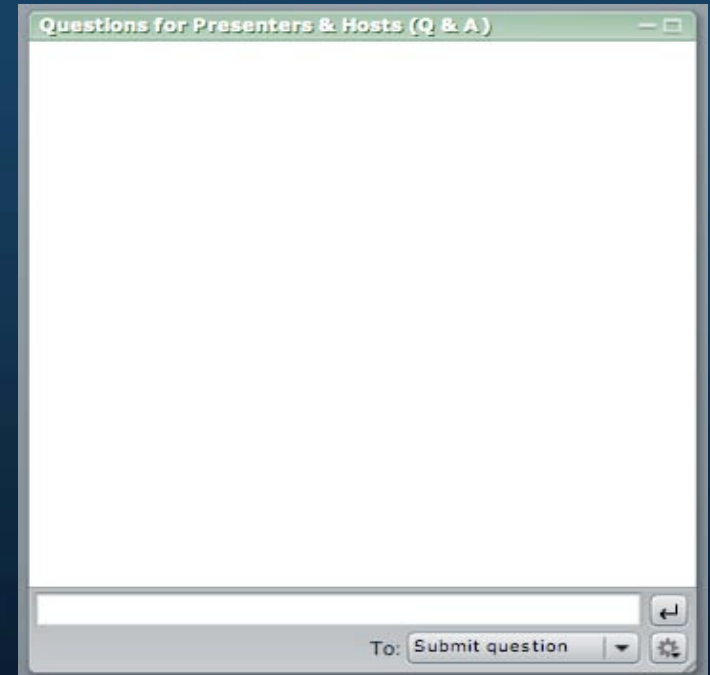


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Questions?

Click to
“raise your
hand” or



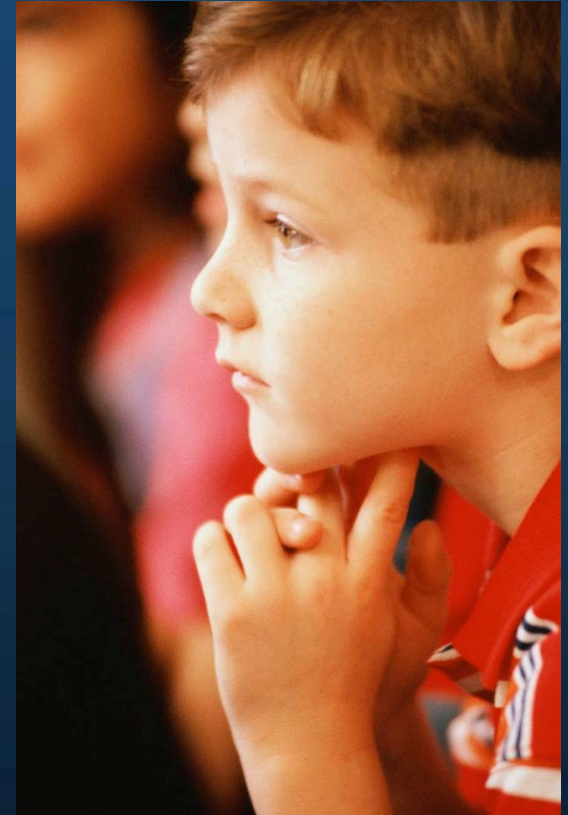


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Individual-Level Components

- Supervise students' activities
- Ensure that all staff members intervene on the spot when bullying occurs
- Hold meetings with students involved in bullying
- Develop individual intervention plans for involved students if bullying doesn't stop after meeting





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Community-Level Components



- Involve community members on the BPCC
- Develop partnerships with community members to support your program
- Help spread anti-bullying messages and principles of best practice throughout the community





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Challenges in Implementation



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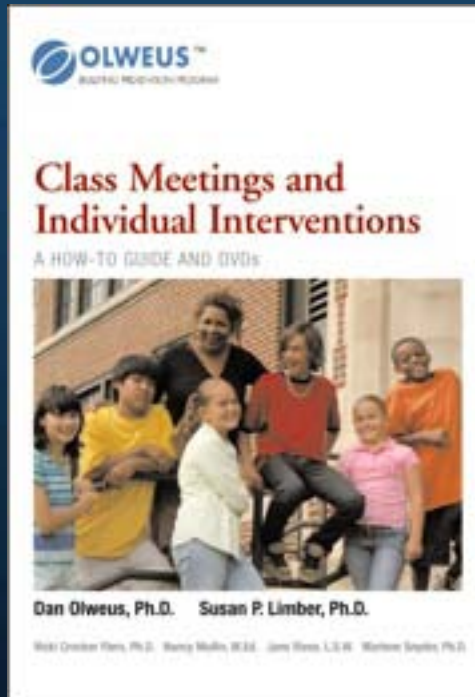




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Recommended Resources



Two Training DVDs for School Staff and Parents

Minimum of one copy per school

Price: \$ 175/copy

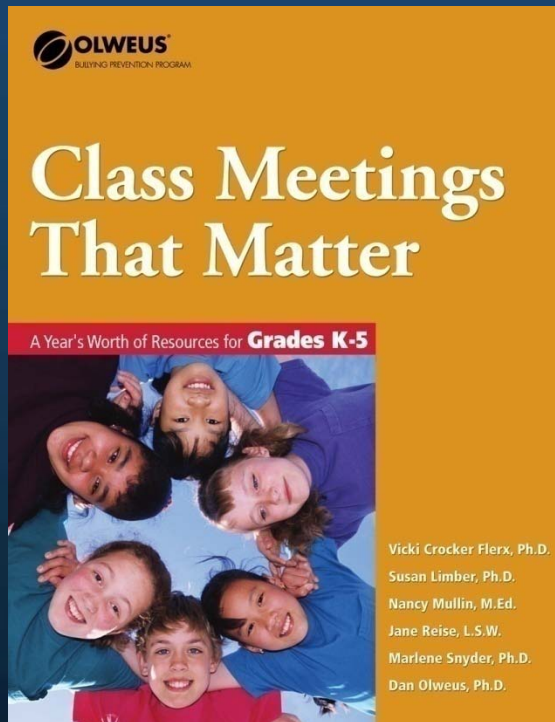




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Recommended Resources



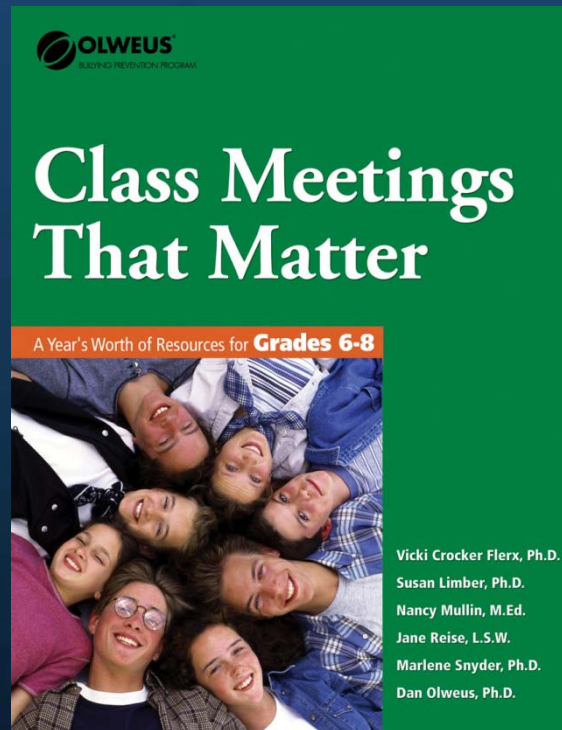
- Ideally, one for each teacher
- Each school should have a minimum of one copy for every three teachers
- Price: \$ 69.95





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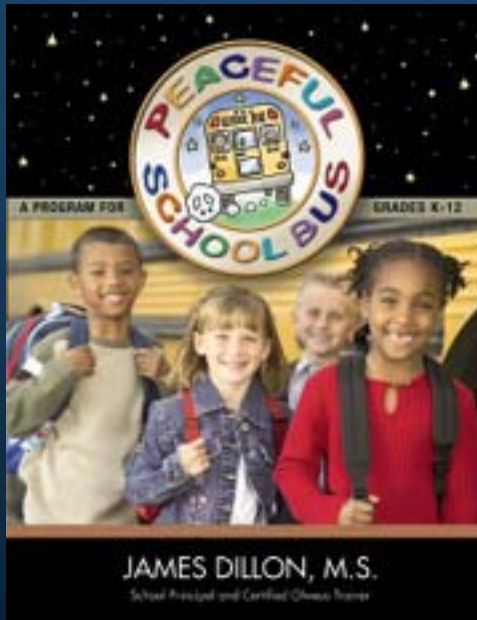
- Price: \$ 59.95





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- Addresses bullying on school buses
- Supplemental program to OBPP
- Recommended one per committee member; one per school is minimum
- \$ 119.00/copy

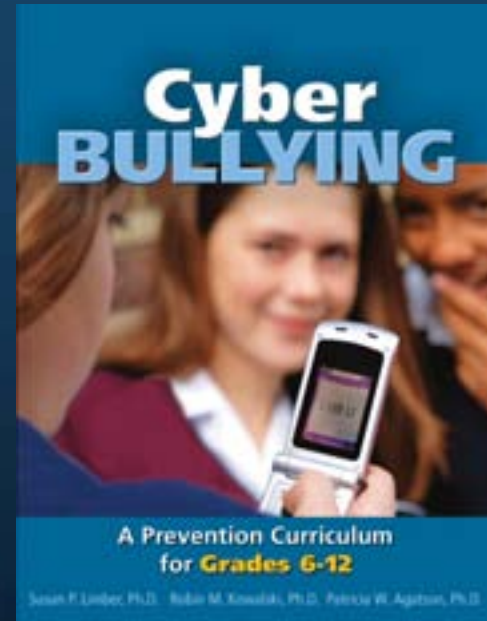
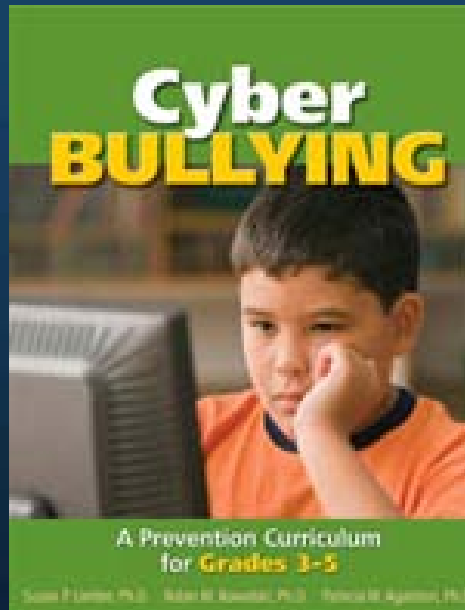




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Address Cyber bullying



\$ 99 each—including manual and CD-ROM; recommended one per 3 teachers





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OBPP Training Information

- Training is highly recommended for successful program implementation
- Option 1: Contract with an outside Olweus Trainer
- Option 2: Have a member of your school trained as an Olweus Trainer





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OBPP Training Information www.clemson.edu

- Training provided by certified Olweus trainer
- Two-day training for committee members and consultation for at least one school year
- Committee conducts one-day staff training
- School is mentored for 12 months with monthly phone or in-person meetings
- Sustainability—new staff and administration training each year





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List of Certified Trainers

- <http://www.clemson.edu/olweus/trainers/htm>
- Search by state
- Advantageous to find person close to your school for cost effectiveness and convenience in consultation





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Training Costs to Bring in a Certified Olweus Trainer

- Varies widely from \$0 to \$3,000 for two schools – 2 day training
- Consultation - \$0 to \$1,200 per school





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Cost of a Trainer if the Trainer is in your School or District

- Available for multiple schools as a part of their job; Training for multiple years; Available for Staff Training
- \$4,200 for TOT Tuition
- Travel Costs for Two Trips:
 - TOT Part 1
 - TOT Part 2





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TOT Application Information and Certification Requirements

http://www.clemson.edu/olweus/training_trainers.html





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- Questions about OBPP program materials go to Hazelden Publishing

1-800-328-9000

- Questions about OBPP Training go to:

– jriese@clemson.edu

– nobully@clemson.edu





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OBPP Website Has Funding Tools and Resources

www.olweus.org





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Tools Available for Download

- Readiness for Implementation
- Schoolwide Implementation Checklist
- Teacher Implementation Checklist
- Sustainability Checklist





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Take-Home Message

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



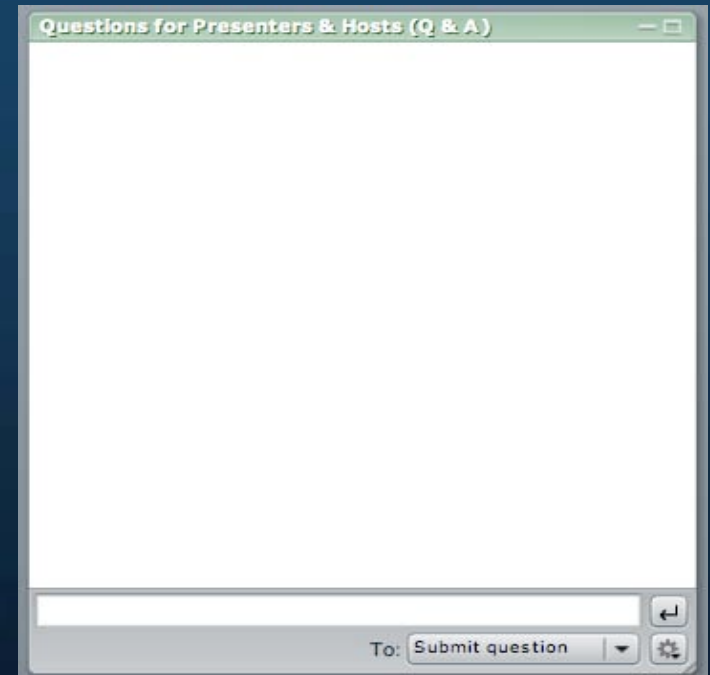


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Questions?

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Upcoming Events

- December 3, 2009: Webinar: Creating Evaluation Plans (for 2009 Grantees)
- December 15: Webinar: Accounting Best Practices for SS/HS Grantees
- January 13, 2010: Webinar: Communication Top Five: What You Need Now
- January-March, 2010: Leading Implementation for Systems Change (for 2008 Grantees)

