



A Whole School Approach to Bullying Prevention

Jane Riese, L.S.W.
Clemson University

Defensoría de los Derechos Universitarios
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Un enfoque de escuela entera para Prevención de intimidación

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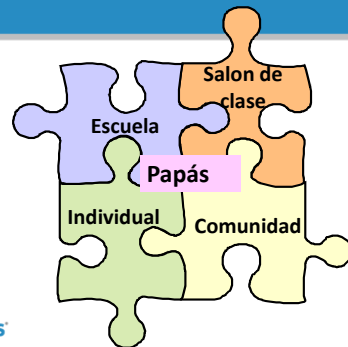
Olweus Program Components



OLWEUS Bullying Prevention Program	
Program Components	
School Level Components	
1.	Establish a Bullying Prevention Coordinating Committee (BPCC)
2.	Conduct BPCC and staff trainings
3.	Administer Olweus Bullying Questionnaire
4.	Hold Staff Discussion Group meetings
5.	Introduce the school rules against bullying <ul style="list-style-type: none"> 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.
6.	Review and refine the school's supervisory system
7.	Hold a school lock-off event to launch the program
8.	Involve parents
Classroom Level Components	
1.	Post and enforce schoolwide rules against bullying
2.	Hold regular class meetings
3.	Hold meetings with students' parents
Individual Level Components	
1.	Supervise students' activities



Componentes del Programa Olweus



Overview

- **What Works:** Principles of effective bullying prevention
- **Evidence:** Data that support best practices: The Olweus Bullying Prevention Program
- **Strategies:** Effective bullying prevention and intervention strategies



Program Principles

1. Adults in school need to show warmth, positive interest, and involvement.
2. Set firm limits for unacceptable behavior.
3. Consistently use supportive, predictable consequences when unacceptable behavior occurs.
4. Adults in the school should act as authorities and positive role models.

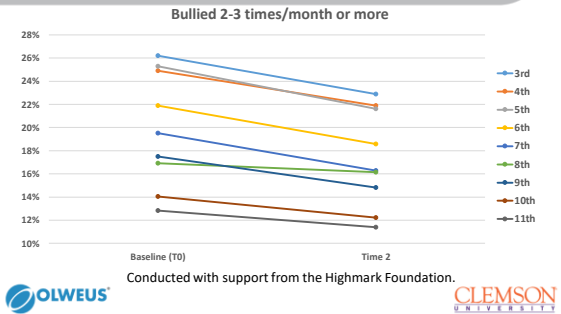


Evidence

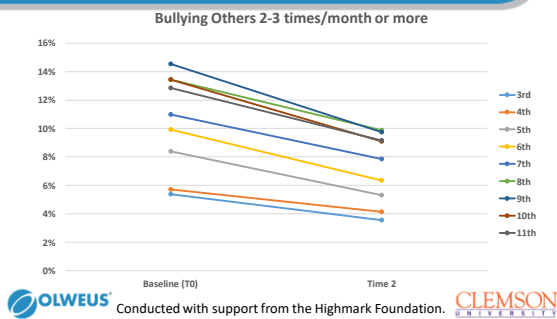
- One of most researched programs in the world
- Summary of research in American Journal of Orthopsychiatry (2010)
- Earlier findings in Scandinavia published
- PA study ready for submission



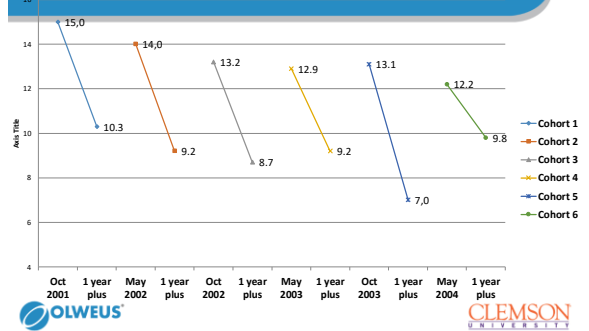
US: Percentage of Students Being Bullied Prior to and After Implementation of the OBPP (71,000 students, 210 schools)



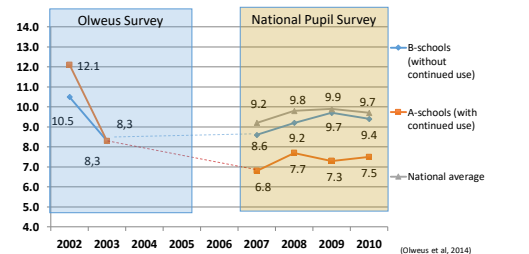
US: Percentage of Students Bullying Others Prior to and After Implementation of the OBPP (71,000 students, 210 schools)



Norway: Percentages of Students Being Bullied Before (Upper Figures) and 8 Months After (Lower Figures) OBPP Implementation Six Cohorts (n>300, Gr. 4-7)



Being Bullied: Long-Term Outcomes for Schools that Continued Use of the OBPP (66 schools) vs. Schools that Discontinued the OBPP (95 schools) vs. National Average (Norway)

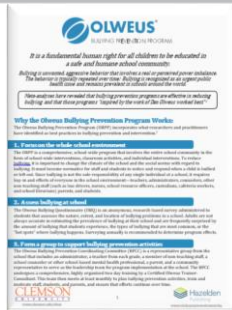


Ttofi & Farrington Meta-analyses (2008, 2009, 2011)

- Whole-school programs can be successful in reducing bullying
- Programs “inspired by the work of Dan Olweus worked best”



Effective Strategies for Bullying Prevention and Intervention



1. Focus on the whole school environment.

- Involve the *entire* school community
- Norm is to notice and respond



2. Assess bullying at school.

- Survey students anonymously
- Survey annually to determine effect



3. Form a group to coordinate bullying prevention activities.

- Team receives training
- Tailors program for school
- Meets monthly



4. Train all staff in bullying prevention.

- How to identify bullying
- Effects of bullying
- Practice how to intervene
- School policies



5. Establish and enforce school rules and policies related to 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.



6. Involve children in regular discussions about bullying.

- Class meetings—regular circle discussions
- Deepen relationships
- Provide tools to address problems
- Student advisory groups



7. Increase adult supervision in locations where bullying occurs.



8. Intervene consistently and appropriately in bullying situations.



- Prepare all staff to intervene
- Intervene “on-the-spot” when bullying is witnessed



- “Follow-up” interventions provide deeper conversations and solutions.



9. Garner parent support for bullying prevention.

- Involve families from the start
- Parents must feel welcome to contact the school
- Involve them at all levels of implementation



10. Provide ongoing support.



- Ongoing support is needed
- Provide adequate resources so process is clear
- Leader commitment is essential



11. Continue efforts over time.

- Don’t give up!
- Change takes time
- No “end date”
- Refresh efforts each year



Thank You

For more information contact:

Jane Riese, L.S.W.

Associate Director, Safe and Humane Schools

jriese@clemeson.edu

www.clemson.edu/olweus

