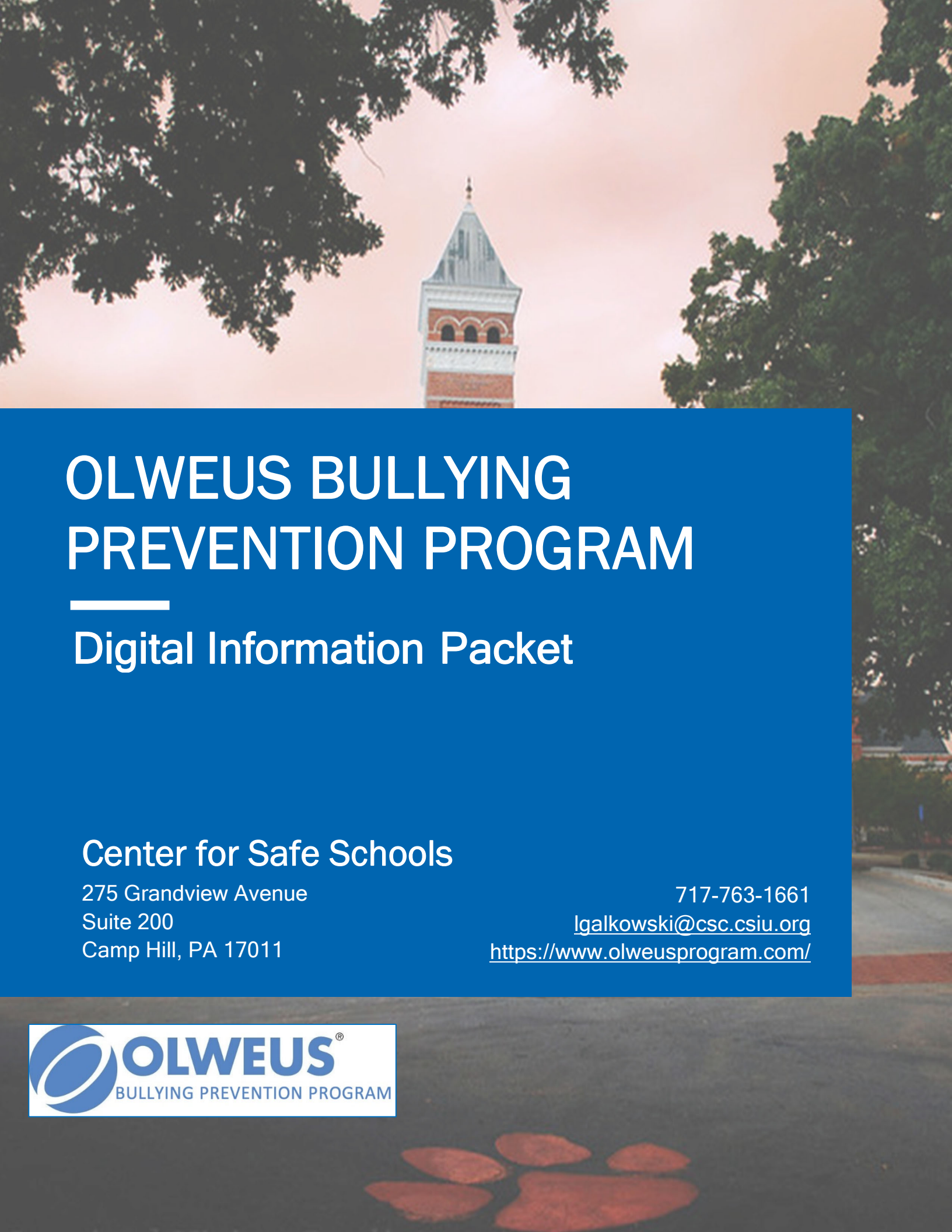


OLWEUS BULLYING PREVENTION PROGRAM

Digital Information Packet

Center for Safe Schools

275 Grandview Avenue
Suite 200
Camp Hill, PA 17011

717-763-1661
lgalkowski@csc.csiu.org
https://www.olweusprogram.com/

OLWEUS® BULLYING PREVENTION PROGRAM

Olweus Bullying Prevention Program (OBPP) Digital Information Packet

About the OBPP

The Olweus Bullying Prevention Program (OBPP) is a school-wide, comprehensive framework focused on systemic change to create a safe and positive school climate. The goals of the OBPP are:

1. To reduce existing bullying problems among students
2. Prevent new bullying problems
3. Achieve better peer relations

These goals are pursued by restructuring the school environment to reduce opportunities and rewards for bullying, encouraging pro-social behaviors, and building a sense of community.

The OBPP is designed for students in elementary, middle, and high schools and involves all staff, students, families, and the community in bullying prevention efforts. All students participate in most aspects of the program, while students who bully others and students who are bullied receive additional individualized interventions.

The OBPP is a coordinated collection of research-based components that form a unified whole-school approach to bullying prevention. It is based on four basic principles, derived from research on reducing aggressive behavior. Adults in school:

1. Show warmth, positive interest, and involvement.
2. Set firm limits for unacceptable behavior.
3. Consistently use supportive, predictable consequences when unacceptable behavior occurs.
4. Act as authorities and positive role models.



These principles have been translated to a number of strategies that are implemented at the schoolwide, classroom, individual, and community levels and include tools to reach out to families for involvement and support.

The seven **schoolwide** components include establishing a Bullying Prevention Coordinating Committee that participates in a 12-hour training to build capacity for program implementation. Committee training is followed by a 6-hour all staff training and small group learning opportunities. Students complete an anonymous questionnaire to assess the nature and prevalence of bullying at the school. Results are used to focus the school's anti-bullying work, refine their supervision plan, and evaluate the success of the program.

There are three **classroom** components. These include defining and enforcing rules against bullying. Class meetings focused on bullying prevention, peer relations, and pro-social behaviors are held weekly for grades K-8 and every other week for grades 9-12. The OBPP provides guidance about integrating bullying prevention themes across curriculum areas. Family involvement occurs through classroom or grade level meetings held periodically during the year.

There are five **individual** components for dealing with individual bullying incidents. The OBPP encourages staff to intervene when bullying is witnessed, suspected, or reported, and provides training so all staff are well prepared to intervene, follow up, and communicate with caregivers. On-the-spot and follow-up interventions provide staff with actions to take when they witness bullying first-hand and when bullying is reported or suspected but not observed. Interventions are designed to ensure the cessation of the bullying behavior, to provide support to students who are bullied, and to educate students about behavioral expectations.

The three **community** components are designed to develop community support as a core component of the OBPP, so students receive consistent bullying prevention messages in all areas of their lives. Community members are partners in supporting the program and can also be members of the Bullying Prevention Coordinating Committee.

Although traditionally a program for schools, the OBPP is a framework that can be used in any setting that children and youth attend on a regular basis and has been adapted for use in community youth organizations.



Services and Products

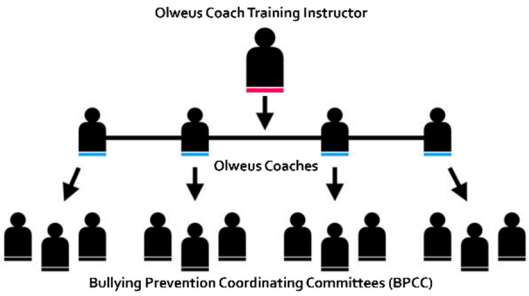
Center for Safe Schools, an initiative of Center for Schools and Communities, a division of Central Susquehanna Intermediate Unit provides training for schools, districts, and community youth organization implementing the Olweus Bullying Prevention Program. An expert team support the dissemination of the OBPP, the development of supportive resources, and its research base.

In addition to support of the OBPP, Center for Safe Schools (CSS) is committed to supporting schools, educators, parents, law enforcement, community partners, and local agencies to develop and practice emergency management and crisis response plans, create positive school climates, implement evidence-based programs, and establish proactive safety measures. Services address:

- Threat assessment
- Emergency management
- Crisis Management
- Mental Health First Aid training
- Social Emotional Learning



OBPP Process



Successful implementation of the program begins with a trained Olweus Coach or a certified OBPP Trainer-Consultant conducting a 12-hour training for a Bullying Prevention Coordinating Committee followed by monthly consultation with the school's committee to provide assistance in putting program elements in place, with particular attention to trouble-shooting challenges that may arise and helping to maintain the program over time. With support from the trained Olweus Coach or certified Trainer-Consultant, the committee provides a 6-hour training to the rest of the school staff. This tiered support structure, along with materials developed by the OBPP, provides schools with all the resources needed to implement the program with fidelity.

Training is offered in-person and virtually. For more information about Olweus Coach Training, please visit the Olweus Coach Training page on our website. Visit Find a Certified Trainer to see a list of trainers in your area.

Program materials are provided in an electronic subscription that includes the Olweus Bullying Prevention Guide and the Olweus Bullying Questionnaire.

The Olweus Program Office will provide a quote for training and program materials costs.

Recognition

The OBPP is backed by more than 40 years of research and is listed on Blueprints for Healthy Youth Development Registry of Evidence-based Positive Youth Development Programs.

"Blueprints Certified: Meeting the highest standards of evidence through independent review by the nation's top scientists.

The OBPP has been found to reduce bullying among students, improve the social climate of classrooms, and reduce related antisocial behaviors, such as vandalism and truancy. Research has shown:

- OBPP is effective in elementary, middle, and high school.
- OBPP is successful in reducing all forms of being bullied and bullying others.
- Program effects stronger the longer the program is in place.
- Similar and substantial effects for both boys and girls.
- Program effects for black and white students.

It has been implemented in more than a dozen countries around the world, and in thousands of schools in the United States.

In May 2016, The National Academies of Sciences, Engineering, and Medicine released a new report, Preventing Bullying through Science, Policy, and Practice. The report emphasizes that “the most likely effective bullying prevention programs are whole school, multicomponent programs that combine elements of universal and targeted strategies.” They also noted that the Olweus Bullying Prevention Program is “the most extensively studied bullying prevention program” of this type.

In a meta-analysis that is widely recognized as the most comprehensive and rigorous meta-analyses on bullying prevention programs, Ttofi & Farrington

found that whole-school programs can be successful in reducing bullying but there are great variations in the effects of different programs. Researchers concluded that programs “inspired by the work of Dan Olweus worked best” (Ttofi et al., 2008, p. 69) and that future efforts should be “grounded in the successful Olweus programme” (p.72).

Research

The OBPP has been recognized as the most extensively studied bullying prevention program of its kind. The first study took place in Bergen, Norway between 1983 and 1985. Findings revealed significant reductions in self-reported bullying, victimization, and other anti-social behaviors as well as significant improvement in the social climate of the classroom. Many evaluations of the OBPP have been conducted since the first study.

Six follow-up evaluations of the OBPP have taken place in Norway, involving more than 20,000 students from more than 150 schools. Findings from students in grades 4-7 revealed consistently positive program effects.

The first evaluation of the OBPP in the United States, took place in the mid-1990s and involved elementary and middle schools in six primarily rural school districts in South Carolina. Researchers found significant decreases in boys’ and girls’ reports of bullying others and significant differences between intervention and comparison schools in self-reports of delinquency, vandalism, school misbehavior, and sanctions for school misbehavior.

In 2018, the largest study of bullying prevention efforts in U.S. schools was published revealing significant, sustained positive impacts from the Olweus Bullying Prevention Program. Researchers at Clemson University and the University of Bergen in Norway evaluated nearly 70,000 students across 210 elementary, middle and high schools in Pennsylvania over two years. The research documented clear reductions in student reports of being bullied and bullying others. In addition, the study found increases in students’ expressions of empathy for bullied peers and decreases in students’ willingness to join in bullying. Students’ perceptions that teachers were actively addressing bullying also increased after the prevention program was put in place. Overall, the results were stronger the longer the program was in place.

Long-term school-level effects have also been documented. Schools followed up 2-8 years after completed implementation had significantly lower levels of victimization than the national level in Norway, as measured by the independent Annual National Pupil Survey at follow-up.

Limber, S. P., Nation, M., Tracy, A. J., Melton, G. B., & Flerx, V. (2004). Implementation of the Olweus Bullying Prevention Program in the Southeastern United States. In P. K. Smith, D. Pepler, & Rigby, K. (Eds.), *Bullying in schools: How successful can interventions be?* (pp. 55-79). Cambridge, UK: Cambridge University Press.

Limber, S. P., Olweus, D., Wang, W., Masiello, M., & Breivik, K. (2018). Evaluation of the Olweus Bullying Prevention Program: A large scale study of U.S. students in grades 3–11. *Journal of School Psychology*, 69, 56–72.

Olweus, D. (2005). A useful evaluation design, and effects of the Olweus Bullying Prevention Program. *Psychology, Crime & Law*, 11, 389–402.

Olweus, D., Limber, S.P., & Breivik K. (2019) Addressing specific forms of bullying: A large scale evaluation of the Olweus Bullying Prevention Program. *International Journal of Bullying Prevention, 1*, 70-84.

Olweus, D., & Limber, S. P. (2010). The Olweus Bullying Prevention Program: Implementation and evaluation over two decades. In S. R. Jimerson, S. M. Swearer, & D. L. Espelage (Eds.), *Handbook of bullying in schools: An international perspective* (pp. 377–401). New York: Routledge.

Olweus, D. & Limber, S. P. (2019). The Olweus Bullying Prevention Program (OBPP): New evaluations and current status. In P. K. Smith (Ed.), *Making an impact on school bullying: Interventions and recommendations* (pp. 23-44). New York: Routledge.

Olweus, D., Solberg, M. E., & Breivik, K. (2020). Long-term school-level effects of the Olweus Bullying Prevention Program (OBPP). *Scandinavian Journal of Psychology, 61*, 108-116.



Dan Olweus, Ph.D.

Testimonials

Most adults and students agree that bullying behavior is a problem in our schools and youth activities today. Many of us want to intervene but often don't know exactly how. The Olweus Bullying Prevention Program can bring about long-term positive change. It is research and outcome based and teaches concrete skills for adults in all environments and students of all ages for fighting against this serious threat to the safety and mental and physical health of our students.

Jessica P.
Washington

Class meetings give teachers the opportunity to listen to students, have students voice their opinions and to talk class wide about things that matter in a student's life.

Patty W.
Kentucky

PBIS and OBPP are like peanut butter and jelly!
Megan C.
Pennsylvania

Our trainer, June Jenkins, was amazing! She is very compassionate about the Olweus Bullying Prevention Program as well as very knowledgeable. She taught us a lot and I am excited to implement this program at our district.

Autumn M.
Pennsylvania

The Olweus Program is a comprehensive and effective way to reduce bullying in schools. By bringing together everyone in the school building, from all levels, including parents and community members, we can all work to reduce bullying and increase academic achievement.
Jan E
Colorado

The Olweus Program integrates bullying prevention practices, that when implemented with fidelity, have a high probability of preventing bullying in our schools.
Moses W.
Oregon

The Olweus Bullying Prevention Program is designed for schools to create a safe environment for everyone on campus. Using data-driven practices, the structure has proven to provide educators with a template on how to address bullying behaviors. The program works best when everyone buys in and it is practiced with fidelity.
WEEAC Trainers

Olweus is a schoolwide program to prevent instances of bullying or aggressive behavior in and around schools. It teaches how to resolve behavioral problems prior to and/or dealing with current issues that could impact the lives of students now and in the future.
Anonymous Training Participant

Think about infusing the OBPP in your school and community. This program is comprehensive, practical and research based.
Darlene S.
Colorado

FAQ

Is the OBPP an evidence-based program?

Yes, the OBPP is an evidence-based program. It is listed as a Promising Program on the Blueprints for Healthy Youth Development Registry of Evidence-based Positive Youth Development Programs. The OBPP incorporates what researchers and practitioners have identified as best practices in bullying prevention. Learn more about Why the OBPP Works.

What grade levels is the OBPP designed for?

The OBPP is designed for students in elementary, middle, and high schools (students ages five to eighteen years old). All students participate in the universal aspects of the program, while students identified as bullying others or as students being bullied, receive additional individualized interventions.

Is the OBPP effective at the high school level?

Yes, the OBPP is designed for students in elementary, middle, and high school and research has been conducted at all levels. A U.S. study of a large-scale implementation of the Olweus Bullying Prevention Program with children and youth in grades 3-11 showed decreases in being bullied and bullying others observed for boys and girls in grades 9-11. Program effects generally took somewhat longer to appear for older students.

How does my school begin implementing the OBPP?

Implementation of the program begins with a trained Olweus Coach or a certified OBPP Trainer-Consultant conducting a 12-hour in person or virtual training for a Bullying Prevention Coordinating Committee at the school. This is followed by ongoing consultation to provide assistance in the implementation of program elements, with particular attention to trouble-shooting challenges that may arise and helping to maintain the program over time. School personnel may either locate an existing OBPP Certified Trainer-Consultant or have school personnel attend an Olweus Coach Training.

How much does it cost to implement the OBPP?

Implementation costs depend on the number of teachers, staff, and students in a school building. In a Cost Benefit Analysis of OBPP implementation conducted by the Highmark Foundation, the total cost of OBPP implementation over a three-year period was an average of $7.70 per student per year. The

start-up costs for the OBPP program, including training and program materials, are one-time expenses that occur only in the first year of implementation. Costs for continued implementation are significantly lower and typically include only ongoing staff education and required student surveys (OBQ for grades 3-12). Visit the website for additional information.

How do I become an Olweus Coach?

Those interested in becoming an Olweus Coach for their school or district must attend an Olweus Coach training. Visit the our website for more details about the training and registration.

Contact Us

The OBPP is one of the programs conducted by Center for Safe Schools, an initiative of Center for Schools and Communities, a division of Central Susquehanna Intermediate Unit.

Center for Safe Schools
275 Grandview Avenue
Suite 200
Camp Hill, PA 17011
717-763-1661
https://www.olweusprogram.com/



Leah Galkowski: lgalkowski@csc.csiu.org

Jan Urbanski: Jurbans@clemson.edu

OLWEUS® BULLYING PREVENTION PROGRAM