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

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)

Baseline (T0) Time 2
Bullied 2-3 times/month or more
3rd 4th 5th 6th 7th 8th 9th 10th 11th
3rd 4th 5th 6th 7th 8th 9th 10th 11th
10% 12% 14% 16% 18% 20% 22% 24% 26% 28%

Conducted with support from the Highmark Foundation.

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

Baseline (T0) Time 2
Bullying Others 2-3 times/month or more
3rd 4th 5th 6th 7th 8th 9th 10th 11th
3rd 4th 5th 6th 7th 8th 9th 10th 11th
0% 2% 4% 6% 8% 10% 12% 14% 16% 18%

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

Cohort 1 Cohort 2 Cohort 3 Cohort 4 Cohort 5 Cohort 6
Baseline (T0) Time 2
8.3 8.6 9.3 9.1 9.2 9.4 8.3 8.6 9.2 9.4 9.7 9.9 8.3 8.6 9.2 9.4 9.7 9.9 8.3 8.6 9.2 9.4 9.7 9.9

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)

Olweus Survey National Pupil Survey
B-schools (without continued use) A-schools (with continued use)
8.3 8.3 8.3 8.3 8.3 8.3 8.3 8.3 8.3 8.3 8.3 8.3


• 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.


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


- 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@clemson.edu
www.clemson.edu/olweus