

**How
successful
is the
program?**

Extensive evaluations of OBPP have shown:

- A 20% to 70% reduction in student reports of being bullied and bullying others
- Reduction in existing bully/victim problems as well as prevention of the development of new cases of bullying
- Significant reductions in student reports of general antisocial behaviors (e.g., vandalism, fighting, theft, and truancy)
- Significant improvements in classroom order and discipline
- More positive attitude toward school-work and school
- Improved peer relations at school

**What
recognition
has OBPP
received?**

OBPP has been recognized as a *Model Program* by the following:

- The Office of Juvenile Justice and Delinquency Prevention
- Substance Abuse and Mental Health Services Administration (SAMHSA), US Dept. of Health and Human Services
- The Center for the Study and Prevention of Violence (one of only 11 *Blueprints for Violence Prevention Model Programs*)



**For more information
about the Olweus Bullying
Prevention Program,
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**OLWEUS
BULLYING
PREVENTION
PROGRAM**

**Training
and
Consultation**

**CAPITAL REGION
BOCES**

AN OVERVIEW OF THE OLWEUS BULLYING PREVENTION PROGRAM

What is the Olweus Bullying Prevention Program (OBPP)?

OBPP is the most researched and best-known bullying prevention program available today. With over 35 years of research and successful implementation around the world, OBPP is a whole-school program that has been proven to

prevent or reduce bullying throughout a school setting. School staff are largely responsible for introducing and implementing the program. These efforts are designed to improve peer relations and make school a safer and more positive place for students to learn and develop.

How does the program work?

OBPP works with interventions at three levels:

Schoolwide Interventions:

- Administration of the Olweus Bullying Questionnaire
- Formation of a Bullying Prevention Coordinating Committee
- Staff Training
- Development of schoolwide rules against bullying
- Development of a coordinated system of supervision during break periods

Classroom-level Interventions:

- Regular classroom meetings about peer relations and bullying
- Class parent meetings

Individual-level Interventions:

- Individual meetings with children who bully
- Individual meetings with children who are bullied
- Meetings with parents of children involved

What is involved in implementing OBPP?

Implementation of the OBPP requires significant, ongoing commitment from school administrators, teachers and other staff. The first step is to establish a Bullying Prevention Coordinating Committee composed of administrators, teachers, staff, students, parents and the program's onsite coordinator.

Program Management:

- Identify an on-site OBPP coordinator
- Recruit members of a Bullying Prevention Coordinating Committee

Training and Implementation:

- The Bullying Prevention Coordinating Committee members participate in a 2-day training with a certified trainer and attend monthly 1 to 2-hour meetings

- All school staff participate in a 1/2 to 1-day training
- Teachers are expected to read the *OBPP Teacher's Guide*
- Teachers hold weekly 20 to 40-minute classroom meetings
- Staff participate in regular Staff Discussion Groups during at least the first year of the program

Technical Assistance:

Technical assistance is available and includes monthly follow-up consultations with the program coordinator during the first year of implementation.

Required Program Resources:

- A copy of the *OBPP Schoolwide Guide* with DVD and CD-ROM for each Bullying Prevention Coordinating Committee member
- A copy of the *OBPP Teacher Guide* with DVD and CD-ROM for each BPP committee member and classroom teacher
- The Olweus Bullying Questionnaire (scannable, online and manual entry formats available)
- Supplemental lesson plans and other materials are also available
- Required materials are available through Hazelden Publishing at <http://www.olweus.org>