



Welcome to Olweus Bully Prevention Overview

Parent Night 18-19

Olweus Bully Prevention Program Agenda

- ▶ OBPP
- ▶ Effects of Bullying
- ▶ Olweus Components
 - ▶ Schoolwide
 - ▶ Classroom
 - ▶ Individual
 - ▶ Parent



OBPP is . . .

- a systems change program
- **designed for all students (K-12)**
- preventive and responsive
- **focused on changing norms and restructuring the school setting**
- research-based



The Effects Of Bullying



Children Who Bully

- **Bullying may be part of a conduct-disordered behavior pattern.**
- **This pattern may continue into young adulthood.**
- **Olweus study: Those who bullied others in middle school were 4 times as likely to have 3 or more convictions by age 24.**

Concerns About Children Who Bully

Children who bully are more likely to:

- **Get into frequent fights**
- **Be injured in a fight**
- **Steal, vandalize property**
- **Drink alcohol, smoke**
- **Be truant, drop out of school**
- **Report poorer academic achievement**
- **Perceive a negative climate at school**
- **Carry a weapon**



Children Who Are Bullied

- Cautious, sensitive, quiet, & withdrawn
- Anxious, insecure, have low self-esteem
- Physically weaker than peers (boys)
- Physically mature earlier (girls)
- Have few friends--find it easier to associate with adults



Effects of Being Bullied

- Lower self-esteem
- Depression & anxiety
- Absenteeism & lowered school achievement
- Thoughts of self harm
- Illness



What Are the Components of Olweus?

- ▶ Research based program that reduces bullying over time
- ▶ **Components**
 - ▶ Schoolwide
 - ▶ Classroom
 - ▶ Individual
 - ▶ Parents

Schoolwide Component



Schoolwide Definition

- ▶ 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.



Types of Bullying

▶ Bullying Can Take Many Forms

- ▶ Hitting
- ▶ Verbal harassment
- ▶ Spreading rumors
- ▶ Excluding
- ▶ Mean or threatening texts/emails/messages

Types of Bullying

Direct

- hitting
- taunting
- name calling

Indirect

(harder to see)

- rumors
- exclusion
- cyberbullying

Schoolwide Noah Webster's Rules About Bullying

- 1. We will not bully others.**
- 2. We will try to help students who are bullied.**
- 3. We will try to include students who are left out.**
- 4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home.**

Classroom Component



Class Meetings

- ▶ Regular meetings
- ▶ Discuss Bullying and other topics concerning the class
- ▶ Build classroom community and trust
- ▶ Role play how to handle bullying situations



Meeting MVPs

- ▶ One thing that we did was the crumpled paper activity to help the kids understand the effects of bullying. Each student was given a piece of paper and then asked to crumple it up, step on it and make it look awful without ripping it. Then I had them unfold it and try to smooth it out but the creases were still there. The lesson was that even if you say you are sorry for teasing, using unkind words or being mean, the person still feels sad inside and the feeling stays with them just like the creases in the paper.



Meeting MVPs

- ▶ I enjoyed discussing activities my students enjoyed and participated in outside of school. I learned many of my students are involved with helping their parents cook dinner while others were involved in many extracurricular activities that connected them outside of school. I feel many of my students didn't know this information about one another's lives and it really helped them understand each others responsibilities outside of class.
- ▶ We used the class meeting starter... "Thanks to (someone) for helping me by..." My favorite was when a student thanked another student for including her in their game. I thought that was really important for the bullying rule about including others. I felt like it was a great confidence builder. I had everyone share and thank someone.



Individual Component



On the Spot Interventions

- ▶ 1) Stop the bullying
- ▶ 2) Support the student that had been bullied
- ▶ 3) Name the bullying behavior and refer to the school rules about bullying
- ▶ 4) Engage the bystanders
- ▶ 5) Impose immediate and appropriate consequences
- ▶ 6) Take steps to ensure that the bullied student will be protected from future bullying
- ▶ 7) Report incident to supervisor and classroom teacher

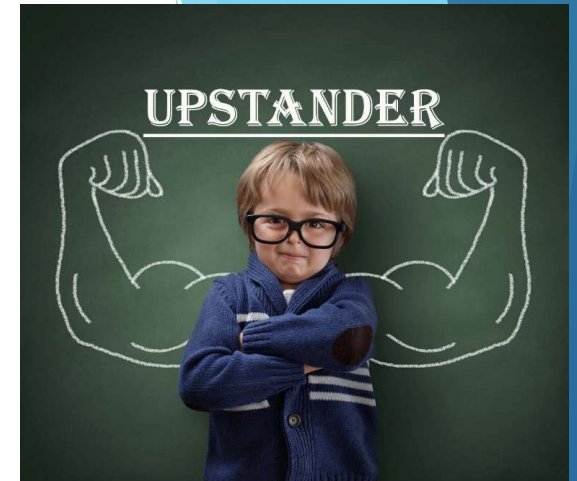
Follow Up

▶ Teacher

- ▶ Use tracking sheet to see patterns and trends with students
- ▶ Talk to the student that was bullied and the student that bullies separately
- ▶ Use chart to impose consequences
- ▶ Contact parents of the bullied student and the student that did the bullying
- ▶ Follow up with students at a later time

Bystanders

- ▶ When you see someone being bullied you are a bystander
- ▶ Most people are the bystanders of bullying
- ▶ What should you do?
 - ▶ Be an Upstander
 - ▶ Report the bullying an adult in the area
 - ▶ Help the person being bullied by
 - ▶ Playing with them and including them
 - ▶ Helping them remove themselves from the person bullying them



Upstander Recognition

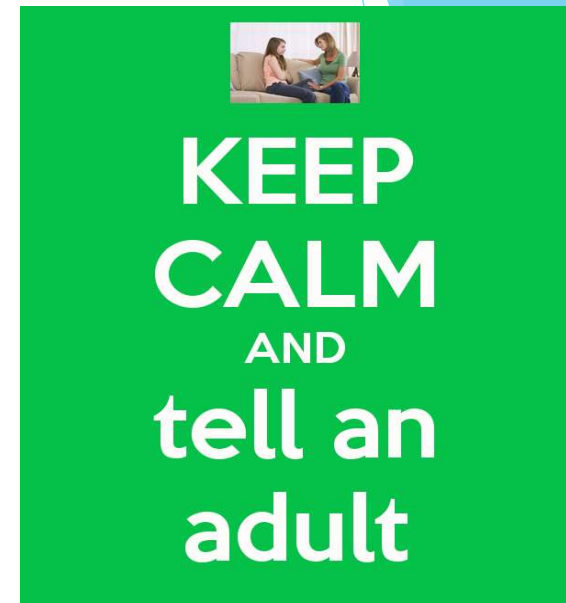
- ▶ Students are recognized by Principal or Assistant Principal when staff reports that a student is being an UPSTANDER



Reporting

▶ Report Bullying to an adult where it happens

- ▶ Playground - Playground Aide
- ▶ Cafeteria - Cafeteria Aide
- ▶ Bus-Bus Driver
- ▶ Classroom-Teacher
- ▶ Restroom- Teacher
- ▶ Music- Music Teacher
- ▶ PE - Coach
- ▶ After School Activity- Adult In Charge
- ▶ Parent Pick Up- The teacher you are there with
- ▶ The Classroom Teacher Is Told By The Other Adults On Campus If Something Has Happened



Bully Consequences Chart

Type:

Physical

Verbal

Cyber

Sexual

Emotional

Factors to Consider:

Age/Development/Maturity- Degree of Harm/Nature of Incident/Circumstances-
Special Education / 504/CST Status- Number of Incidences- Context-
Relationship Between Parties- Severity

Consequence Options
(least to most severe):

- Verbal Warning
- Redirect Behavior
- Remind student of Rules Against Bullying and which rule was broken
- Document
- Contact Parents

- Loss of Privileges
- Consequence related to incident
- Document
- Contact parents

- Loss of Privileges
- Consequence related to incident
- Behavior Write Up
- Parent Meeting
- Document
- Contact parents

- Loss of Privileges
- Consequence related to incident
- Behavior Write Up
- Suspension (10-29 cumulative points)
- Expulsion (30 cumulative points)
- Parent Meeting
- Document
- Contact parents

Parent Component



If You Suspect Your Child Is Being Bullied

- ▶ Share concerns with your child's teacher
- ▶ Talk with your child
- ▶ Try to find out more about your child's life at school
- ▶ Do not encourage physical retaliation
- ▶ If your child asks you not to tell anyone at school, let your child know
 - ▶ It is against the school rules (Rule 4)
 - ▶ Parents have agreed to be a part of keeping all students safe at school
 - ▶ We will do everything we can to make things better for you

If You Suspect Your Child Is Bullying

- ▶ Make it clear to your child that you take bullying seriously and that bullying is not OK
- ▶ Develop clear rules within your family for your child's behavior
 - ▶ Praise your child for following rules and use nonphysical and logical consequences when rules are broken
 - ▶ Supervise and monitor your child's activities.
 - ▶ Get to know your child's friends
 - ▶ Share your concerns with your child's teacher to send a clear message of consistency with school and home
 - ▶ Build on your child's interests and talents by encouraging participation in clubs, musical instruments, and non violent sports.

If Your Child Witnesses Bullying

- ▶ Talk to your child about how to get help without getting hurt
 - ▶ Verbally intervene if it is safe... “ Bullying isn’t OK. Stop”
 - ▶ Tell an adult
- ▶ Tell your child not to cheer on bullying or quietly watch bullying
- ▶ Encourage your child to included students that tend to be bullied

Who Is Involved

- ▶ Students
- ▶ Teachers
- ▶ Parents
- ▶ Support Staff
- ▶ **Everyone!!!**





▶ Thank you!!!