Olweus Bully Prevention Program (OBPP)

2018-2019 Parent Handout

> *I think schools really find OBPP attractive because it's schoolwide. It involves <u>all school staff, students, and parents</u> in bullying prevention.*
>
> -prevention specialist-

Parent Partnership

- Talk to your child about the definition of bullying and the school rules about bullying
- Share concerns about bullying with your child's teacher
- Get to know your child's friends and what activities they enjoy
- Make it clear that you take bullying seriously
- If your child witnesses bullying, encourage your child to be an active bystander (UPSTANDER) by:
    - Telling an adult
    - Being a friend to the one being bullied
    - Telling the one bullying that it is not OK

Bystanders

- Most students are bystanders to bullying
- What should a bystander do?
    - Tell an adult
    - Be a friend to the one being bullied
    - Let the one that bullied know that what they are doing is not OK
- Students being active bystanders are known as UPSTANDERS. UPSTANDERS can get acknowledged for their effort to stop bullying

Bullying 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.

Olweus Bully Prevention Program is a research based program that reduces bullying in schools over time. The schoolwide definition and rules about bullying help to make schools a safer, more positive place where students can learn.

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 someone is being bullied, we will tell an adult at school and an adult at home

Class Meetings

- The class meets regularly to discuss bullying and other important items pertaining to the class
- Meetings build community and trust among students
- The class will discuss the definition of bullying and the rules
- Students role play and discuss how to handle situations