Carrie E. Tompkins
Elementary School
- Parent Information -
Program Components
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
OBPP IS NOT...

• curriculum (a set of lessons to teach)
• conflict resolution or peer mediation
• classroom management technique
• anger management program
• suicide prevention program
• short term effort (1 or 2 years)
Olweus Definition of Bullying:

“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.”
Three Key Components of Bullying Behavior

1. Involves an aggressive behavior

2. Typically involves a pattern of behavior repeated over time

3. Imbalance of power or strength
Types of Bullying

**Direct**
- hitting
- taunting
- name calling

**Indirect**
- rumors
- exclusion
- cyberbullying
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- Cautious, sensitive, quiet, & withdrawn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 suicide
- Illness
What Roles Do Students Play In Bullying Situations?

- **Students Who Bully** (A)
  - Start the bullying and take an active part
- **Followers** (B)
  - Take an active part, but do not start the bullying
- **Supporters** (C)
  - Support the bullying, but do not take an active part
- **Passive Supporters** (D)
  - Like the bullying, but do not display open support
- **Defenders** (G)
  - Dislike the bullying, help or try to help the bullied student
- **Possible Defenders** (F)
  - Dislike the bullying and think they ought to help, but don’t do it
- **Onlookers** (E)
  - Watch what happens, don’t take a stand
- **Student Who Is Bullied** (H)
  - Like the bullying, but do not display open support

TG, p. 24

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• 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.
Community-Level Components
Community-Level Components

1. Involve community members on the BPCC

2. Develop partnerships with community members to support your program

3. Help spread anti-bullying messages and principles of best practice throughout the community
Remember...

• Stopping bullying takes a team effort.

• You play a critical position on the team.

• Change happens in small increments but can have positive long-term impact for us all!