

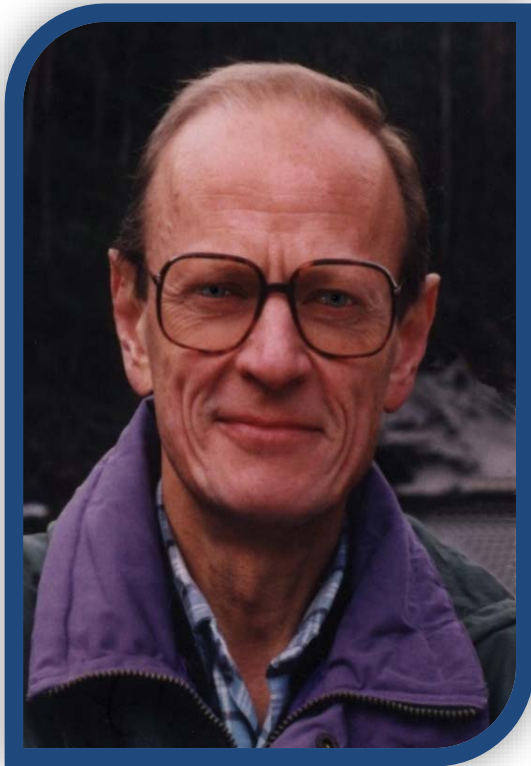


# OLWEUS BULLYING PREVENTION PROGRAM

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- Parent Information -***



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Program Developer

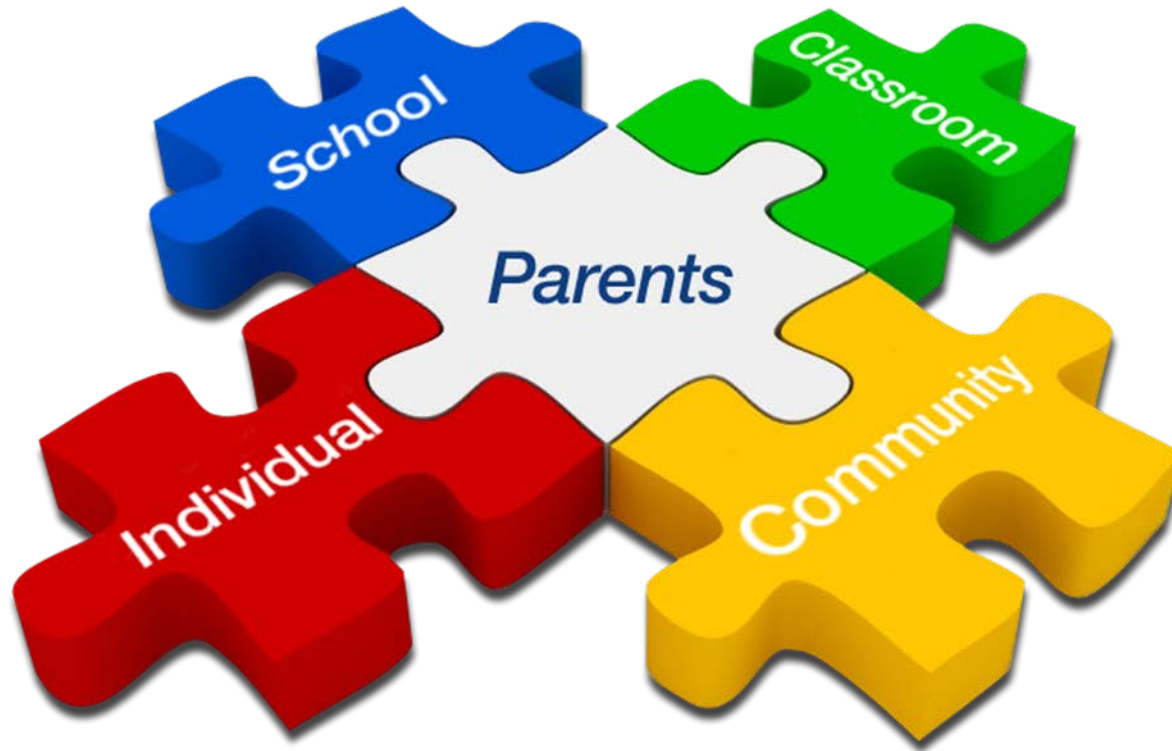
Sue Limber, Ph.D.



U.S. Developer



# 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- **Cautious, sensitive, quiet, & withdrawn**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**

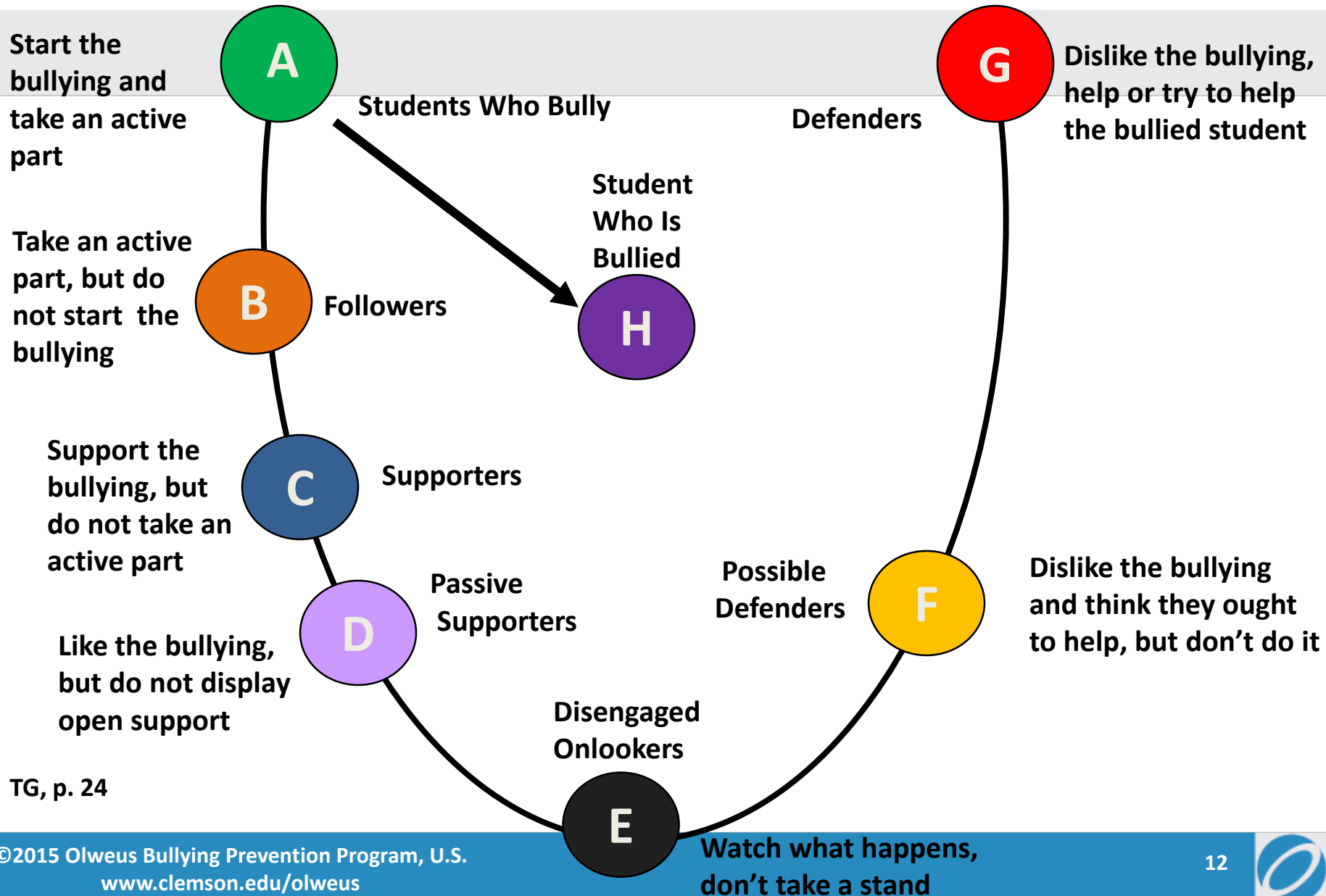


# Effects of Being Bullied

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



# What Roles Do Students Play In Bullying Situations?



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# school rules

about 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.



TG Doc 8



# Community-Level Components



# Community-Level Components

1. Involve community members on the BPPC
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!**

