For Violence Prevention

CSPV BLUEPRINTS FACT SHEET
Bullying Prevention Program

The **Bullying Prevention Program** is a multilevel, multicomponent program designed to reduce and prevent schools' bully/victim problems. School staff are largely responsible for introducing and implementing the program, and their efforts are directed towards improving peer relations and making the school a safe and pleasant place to be. The Bullying Prevention Program attempts to restructure the existing school environment to reduce opportunities and rewards for bullying behavior.

Program Targets:
Program targets are students in elementary, middle, and junior high schools. All students participate in most aspects of the program, while those students identified as bullies or victims of bullying receive additional individual interventions.

Program Content:
Core components of the program are implemented at the school, the classroom, and the individual levels:

School-level components include an anonymous student questionnaire assessing the nature and prevalence of bullying at each school, a school conference day for discussing bullying problems and planning the implementation of the program, the formation of a Bullying Prevention Coordinating Committee to coordinate all aspects of a school's program, and the development of a coordinated system of supervising students during break periods.

Classroom-level components include establishing and enforcing classroom rules against bullying and holding regular classroom meetings with students to increase knowledge and empathy and to encourage prosocial norms and behavior. Meetings with parents to foster more active involvement on their part are considered highly desired components both at the classroom and school levels.

Individual-level components include interventions with children identified as bullies and victims, and discussions with parents of involved students.

Program Outcomes:
The Bullying Prevention Program has been shown to result in:

- substantial reductions, by 50 percent or more, in the frequency with which students report being bullied and bullying others; roughly similar results have been obtained with peer and teacher ratings of bully/victim problems;
- significant reductions in students' reports of general antisocial behavior such as vandalism, fighting, theft, and truancy; and
- significant improvements in the "social climate" of the class, as reflected in students' reports of improved order and discipline, more positive social relationships, and a more positive attitude toward schoolwork and school.

Costs:
In addition to costs associated with compensating an on-site coordinator for the project, the costs (which will vary with the size of the site) for program expenses consist of approximately $200 per school to purchase the questionnaire and computer program to assess bullying at the school, plus approximately $65 per teacher to cover costs of classroom materials.

The information for this fact sheet was excerpted from:

Olweus, D., Limber, S., & Mihalic, S. (1999). *Blueprints for Violence Prevention, Book Nine: Bullying Prevention Program*. Boulder, CO: Center for the Study and Prevention of Violence.