



Blueprints Model Programs FACT SHEET

FS-BPM09

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Olweus Bullying Prevention Program

The Olweus Bullying Prevention Program is a universal intervention for the reduction and prevention of bully/victim problems. The main arena for the program is the school, and school staff has the primary responsibility for the introduction and implementation of the program.

Program Targets:

Program targets are students in elementary, middle, and junior high schools. All students within a school participate in most aspects of the program. Additional individual interventions are targeted at students who are identified as bullies or victims of bullying.

Program Content:

Core components of the program are implemented at the school level, the class level, and the individual level:

School-wide components include the administration of an anonymous questionnaire to assess the nature and prevalence of bullying at each school, a school conference day to discuss bullying at school and plan interventions, formation of a Bullying Prevention Coordinating Committee to coordinate all aspects of school's program, and increased supervision of students at "hot spots" for bullying.

Classroom components include the establishment and enforcement of class rules against bullying, and holding regular class meetings with students.

Individual components include interventions with children identified as bullies and victims, and discussions with parents of involved students. Teachers may be assisted in these efforts by counselors and school-based mental health professionals.

Program Outcomes:

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

- ↻ a substantial reduction in boys' and girls' reports of bullying and victimization;
- ↻ a significant reduction 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.

Program Costs:

In addition to costs associated with compensating an on-site coordinator for the project, the costs (which 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.F. (1999). *Bullying Prevention Program: Blueprints for Violence Prevention, Book Nine*. Blueprints for Violence Prevention Series (D.S. Elliott, Series Editor). Boulder, CO: Center for the Study and Prevention of Violence, Institute of Behavioral Science, University of Colorado.

Olweus Bullying Prevention Program

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