



# *Blueprints Model Programs* FACT SHEET

FS-BPM09

1999 (Updated 08/2006)

## 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. .

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### **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.

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### **Olweus Bullying Prevention Program**

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