



Online Study Guide

What is Bullying?

A student is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more students. In bullying incidents, there is an imbalance in strength or power—a victim of bullying has a difficult time defending himself or herself. Bullying may be carried out through physical, verbal, or indirect means (e.g., excluding students). Thus, bullying is characterized by three criteria:

- **It is aggressive behavior or intentional “harm doing”**
- **It is carried out repeatedly and over time, and**
- **It occurs within an interpersonal relationship characterized by an imbalance of power.**

Why Focus On Bully/Victim Problems?

There are several critical reasons for examining and attempting to counteract bully/victim problems in school:

- **Bullying may cause short-term problems for the victims (e.g., depression, anxiety, problems with school work).**
- **Persistent bullying can leave long-term scars on the victims (e.g., low self-esteem, depression).**
- **Students who bully others are especially likely to engage in other antisocial/delinquent behaviors such as vandalism, shoplifting, truancy and frequent drug use. This antisocial behavior pattern often will continue into young adulthood.**
- **Bullying may contribute to a negative school social climate that is not conducive to good social relationships or learning.**
- **Bullying is a widespread problem among school children.**

What is The Olweus Bullying Prevention Program?

The Olweus Bullying Prevention Program is a multilevel, multi-component program designed to reduce and prevent bully/victim problems among students at school. 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 environment. The program, which was developed by Professor Dan Olweus (University of Bergen, Bergen, Norway) was identified by the Center for the Study and Prevention of Violence (University of Colorado, Boulder) as one of ten Blueprint Programs for Violence Prevention.



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What is the Bully No More Assembly?

Bully No More is an entertaining and age appropriate educational assembly program based upon Dr. Dan Olweus' anti-Bullying program. It is designed to give students a memorable and instructive assembly program designed to help recognize, cope with and prevent 'Bullying' by using comedy and magic to emphasize the theme.

Bullying occurs throughout the school, though teachers and parents are generally unaware of its extent. Making the situation worse, adults often believe that bullying is "part of growing up" and that they should not intervene. In one study, 71 percent of students reported that adults in the classroom ignored bullying. When asked, students uniformly said that they wanted teachers to intervene to stop bullying and teasing. Faced with adult indifference, children are either reluctant to get involved or do not know how to obtain help. Adults in schools must intervene to stop bullies.

Bullying must be fought throughout the school community, using a "whole-school" approach. Effective interventions focus on more than the perpetrators and victims. Schoolwide bullying policies need to include curricular measures such as teaching conflict resolution and assertiveness training, peer and professional counseling, and improvement of the physical school environment, allowing easier adult supervision. Schools that have implemented anti-bullying programs have reported a 50 percent reduction in bullying, according to Dan Olweus, a professor at the University of Bergen who pioneered research on bullying. Olweus suggests intervening simultaneously at the school, class, and individual levels. His recommendations have been blended with those from the National Association of School Psychologists below:

Use a questionnaire for students and adults to assess the extent of the problem and make the school community aware of bullying.

Prepare an information campaign directed at parents to increase their awareness of bullying and the importance of their involvement in prevention.

Promote facts, not myths about bullying and aggression.

Teachers and students should jointly develop rules against bullying.

Increase adult supervision at times when victims are especially vulnerable, such as recess or lunch.

Examine the meaning of courage and lead students beyond the "superhero" image of bravery.

Talk about teasing and bullying throughout the year, not just following an incident.



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Who is the presenter?

Bully No More, presented by Dave Rojahn, magician, comedian, sociologist. Mr. Rojahn holds a degree in Sociology from Lebanon Valley College and over 25 years of experience as a professional entertainer. Over the last 11 years Mr. Rojahn has performed for over 300,00 children in over 350 schools, 300 libraries, and 50 preschools. He performs in Colleges, Comedy Clubs and has worked with major corporations developing programs for sales meetings, trade shows, and conventions. He has appeared for Fox-TV, Nickelodeon, Disney, and Carnival Cruise Lines.

About “Bully No More”

GRADE LEVEL

Educational programs can be tailored to any grade level, K through 8.

GOALS

1. To give students a memorable instructive assembly program designed to help recognize, cope with and prevent ‘Bullying.’
2. To increase awareness of bullying and it’s consequences.
3. To increase awareness of the often overlooked impact that student involvement can have upon bullying in schools.

OBJECTIVES

1. Students will understand that bullying is unacceptable.
2. Students will understand that Children who are not bullies or victims have a powerful role to play in shaping the behavior of other children.
3. Students will learn to make it a point to include students who become easily left out.
4. Students will learn alternative responses to bullies.

ON THE DAY OF THE PERFORMANCE

Tell the students that there will be audience participation.

Students should look for the following during the program:

- What should you do if you are bullied?
- What should you do if you see someone else being bullied?
- Is bullying “just part of life?”

AFTER THE PERFORMANCE

Discuss how bullying affects all of us and how it influences our lives.

Reinforce the concept that we are all more alike than different, and that differences do not



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reflect either superiority or inferiority.

Throughout the year, when dealing with occurrences of bullying, remind students of what they learned during the performance and have them apply this knowledge accordingly.

Obviously, there are a number of activities which teachers could use to reinforce the concepts of the performance, including but not limited to role playing, listening exercises, word searches, jeopardy games.

EVALUATION

Do the students remember the following after the performance?:

- What is a bully?
- If you see bullying happening, what do should you do?
- If you were being bullied now, who would you tell?
- Do the students remember that telling a teacher or parent is not being a “Tattle-Tale”
- Do students exhibit a desire to stop bullying ?
- Do students show an increased interest and/or respect for students who become easily left out?

Olweus Program Resources

Program Resources

Bullying at School: What We Know and What We Can Do by Dan Olweus. ISBN No: 0631192417. Available from Blackwell Publishers, phone: 1-800-216-2522. List price: \$22.95. One book should be purchased for each staff member.

U.S. video, *Bullying* and accompanying *Teacher Guidebook* (1996). Available From South Carolina Educational Television, Marketing Department, P.O. Box 1100, Columbia, SC 29211, phone: 1-800-553-7752. List price: \$69.95. One video should be purchased for every six classes, on average.

Olweus Core Program Against Bullying and Antisocial Behavior: A Teacher Handbook by Dan Olweus. The handbook is available from Professor Dan Olweus at the University of Bergen in Bergen, Norway. An order form (with price information) may be obtained from Darlene Sentell at 864-656-7906; sentell@clemsun.edu. One handbook should be purchased for each staff member.

The Olweus Bully/Victim Questionnaire and a computer program (to be used with Windows 95 or Windows 98) for evaluating the Questionnaire results. Available from Professor Dan Olweus at the University of Bergen in Bergen, Norway. An order form (with price information) may be obtained from Darlene Sentell at 864-656-7906; sentell@clemsun.edu

Supplemental Lesson Plans for the Bullying Prevention Program (targeted at middle school children). May be obtained at a cost of \$10 by contacting Darlene Sentell, Institute on Neighborhood and Family Life, 158 Poole Ag. Center Clemson, SC 29634; phone: 864-656-7906; fax: 864-656-6281.

Blueprints for Violence Prevention: Bullying Prevention Program (1999) by Dan Olweus and Susan Limber. May be obtained for \$15 from the Center for the Study and Prevention of Violence, University of Colorado at Boulder, Campus Box 442, Boulder, CO 80309; phone: 303-492-1032.

Bullying Prevention Files from Center for Safe Schools

Developed for the 2009 Safe School Conference

Click on the file link for the pdf file

[Best Practices in Bullying Prevention and Intervention](#)

Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. In many respects, research on bullying prevention is still in its infancy. However, a review of existing bullying prevention programs and feedback from educators in the field led us to suggest ten strategies that represent “best practices” in bullying prevention and intervention.

[Build Trust, End Bullying, Improve Learning](#)

This Resource includes a discussion of comprehensive, integrated approaches for addressing barriers to learning. This presentation is followed by a set of surveys covering six program areas and the leadership and coordination systems every school must evolve to enable learning effectively. Areas covered are (1) classroom-focused enabling, (2) crisis assistance and prevention, (3) support for transitions, (4) home involvement in schooling, (5) student and family assistance programs and services, and (6) community outreach for involvement and support (including volunteers).

[Bullying Among Children and Youth with Disabilities and Special Needs](#)

There is a small but growing amount of research literature on bullying among children with disabilities and special needs. This research indicates that these children may be at particular risk of being bullied by their peers.

[Bullying Prevention in Positive Behavior Support for Middle Schools](#)

Giving students the tools to reduce bullying behavior through the blending of school-wide positive behavior support, explicit instruction, and a redefinition of the bullying construct.

[Cyberbullying Offending and Victimization](#)

This study, by Hinduja and Patchin, analyzed the responses of 1,378 adolescents under the age of 18 about cyberbullying victimization and offending. (There were 680 male respondents and 698 female respondents.)

[Developing an Anti-Bullying Program: Increasing Safety, Reducing Violence](#)

Members of law enforcement, educators and psychologists are giving bullying a second look, recognizing its detrimental impact on the lives of bullies and their victims.

[Documenting Bullying at Your School: Tips for School Administrators](#)

Documenting bullying at your school is an important element of any bullying prevention effort. Effective documentation should include (1) assessing the nature and prevalence of bullying at school, and (2) tracking suspected and confirmed incidents of bullying among school children.

[How to Intervene to Stop Bullying: Tips for On-the-Spot Intervention at School](#)

As adults, we may feel uncertain about how to handle bullying when we see or hear it happening. If the situation is not handled appropriately, we could end up inadvertently promoting, rather than reducing, bullying. Here are some tips to help respond more effectively on the spot and make the best use of the “teachable moment” with all students at school.

[Involvement of Law Enforcement Officers in Bullying Prevention](#)

With solid relationships forged in the school resource officer (SRO) and Drug Abuse Resistance Education (D.A.R.E.) programs, law enforcement officers are in a unique position to help identify and eliminate bullying behavior in schools — behavior that is seriously interfering with students’ ability to receive a sound education.

[Providing Support to Children Who Are Bullied: Tips for School Personnel And Other Adults](#)

Although we want children to be strong and assertive so that they can stand up to kids who bully, adults must realize that many children aren’t ready to do this. Adults play critical roles in helping students who are bullied and in creating a healthy, safe climate in your school and community.

[Research-Based Articles and Books on Bullying and Peer Victimization](#)

This PDF provides a list of research-based articles and books on Bullying and Peer Victimization.

[Roles for Health and Safety Professionals in Bullying Prevention and Intervention](#)

Health and safety professionals and volunteers are disturbed about the physical and psychosocial harm experienced by many youth as a result of bullying by their peers.

Bullying Prevention Files from Center for Safe Schools

Developed for the 2009 Safe School Conference

Click on the file link for the pdf file

[Steps to Address Bullying at Your School: Tips for School Administrators](#)

Following are suggested initial steps that school administrators can take to develop an effective bullying prevention program in their schools.

[Working with Young People Who are Bullied: Tips for Mental Health Professionals](#)

Mental health professionals are often asked to support young people who have been bullied. It is important to know what these young people need from us — and what approaches are unlikely to help.

[Working with Young People Who Bully Others: Tips for Mental Health Professionals](#)

Mental health professionals have important roles in helping to change the behavior of youth who bully others. To be effective, mental health professionals need a clear understanding of the roots of bullying behavior and a focus on those strategies that are likely to work. It is also important to understand what approaches may inadvertently make the bullying behavior worse.

Center for Safe Schools

Center for Safe Schools: Uniquely Qualified to Serve Pennsylvania Schools

For nearly two decades, the Center for Safe Schools has served as a central clearinghouse for educators, parents, law enforcement and others on school safety and youth violence prevention. The Center's primary mission is to provide schools with research, training, and technical assistance to reduce youth violence and promote safety. Through expert staff, as well as access to a network of state and national expert researchers and practitioners, the Center provides state-of-the-art professional development and technical assistance to schools throughout the Commonwealth. Priority areas include: developing and practicing emergency management and crisis response plans, creating positive school environments, implementing evidence-based programs and institutionalizing proactive safety measures in partnership with law enforcement and other community entities to address local concerns. The Center is recognized by the U.S. Department of Education, National School Safety Resource Center, U.S. Office of Juvenile Justice and Delinquency Prevention and National Crime Prevention Council as one of 21 Statewide School Safety Centers in the nation. The U.S. Department of Education, Office of Safe and Drug Free Schools convenes State Center Directors twice per year, together with the School Security Chiefs from the largest city districts across the nation, to provide updates on national efforts and issues, as well as interactions with partner agencies including Department of Homeland Security, FEMA, Department of Justice, Office of Juvenile Justice and Delinquency Prevention, FBI, CIA, Center for Disease Control and many others. This relationship directly benefits Pennsylvania's education community by assuring access to current research, funding and training opportunities. US ED is in continuous contact with state Centers, utilizing them as a fast and effective point of distribution of resources and information to local schools. The Center for Safe Schools is uniquely qualified to support schools, local agencies and parents in their efforts to prevent, prepare for, respond to, and recover from all types of emergencies and crisis situations as evidenced by the approximate 7,500 requests for technical assistance, received annually from these groups.

Helpful Links

The following list was compiled by the Center for Safe Schools as a resource on school-based strategies to assist you in preventing and responding to threats of violence. This list is not intended to be comprehensive, but rather a reference for additional research and information.

Pennsylvania Department of Education, Bureau of Community and Student Services

717-783-3755

www.pde.state.pa.us

Provides access to comprehensive overviews of many educator reform initiatives. In addition, laws governing PA's educational systems, lists of school homepages and colleges in the state.

Pennsylvania Department of Education: Promoting Student Success Through Resiliency Online Course

<http://pa.professionaleducation.org/>

This unique professional development opportunity prepares teachers, school staff and administrators to provide the "environmental protective factors" that positively affect student learning in classrooms, schools and communities. The 15-hour course is designed so that the content (divided into 10 sections) may be completed in a variety of ways.

Pennsylvania State Police Bureau of Community and Student Services

(717) 783-5599

www.psp.state.pa.us

This web site is designed to help members of the general public and other law enforcement agencies in Pennsylvania access State Police information and services.

Pennsylvania Commission on Crime and Delinquency, Office of Juvenile Justice and Delinquency Prevention

717-705-0888

800-692-7292 (Toll-free in Pennsylvania)

www.pccd.state.pa.us

Provides information, resources and links aimed at improving the juvenile justice system and advancing effective prevention and intervention programs.

Center for Safe Schools

717-763-1661

www.safeschools.info

The Center for Safe Schools seeks creative and effective solutions to problems that disrupt the educational process and affect school safety. Training, technical assistance, and a clearinghouse of video and print materials are available through the Center to help schools identify and implement effective programs and practices. The Center also maintains a database of resources available to assist school districts.

Center for Safe Schools: Bullying Prevention Program

www.center-school.org/bullyingprevention

The Bullying Prevention Program website provides links to various bullying prevention programs and resources, along with an interactive map to locate certified Olweus Bullying Prevention Program Trainers. Administrators, teachers, student support personnel and parents are provided with guidance around this important issue.

Center for Safe Schools: Emergency Response and Crisis Management

www.center-school.org/ercm

The ERCM website contains practical resources, knowledge about process and procedures for developing all-hazards safe schools plans, especially those related to the emergency response and crisis management components.

Center for Safe Schools: Mission Homefront

<http://homefront.center-school.org/index.cfm>

The Mission Homefront website is designed to educate and provide resources for Pennsylvania's school personnel and families who are struggling with the impact of deployment on Pennsylvania's children.

Center for Safe Schools: Protecting Kids Online

www.center-school.org/pko

The Protecting Kids Online website provides links, resources and other information to educate parents, caregivers, teachers and children about Internet safety.

Bullying Prevention Institute

www.bullyingpreventioninstitute.org

The Highmark Healthy High 5 Bullying Prevention Institute was founded by, and is supported by, the Highmark Foundation.

The Bullying Prevention Institute was created to afford professional development and educational opportunities to school personnel and other professionals as part of the wide-scale implementation of the Olweus Bullying Prevention Program in Pennsylvania. The Institute's ultimate goal is to support those who are committed to reducing the incidence of bullying behaviors in Pennsylvania schools.

Suicide Prevention Resource Center

www.sprc.org

The Center provides prevention support, training, and informational materials to strengthen suicide prevention networks and advance the National Strategy for Suicide Prevention.