



**OLWEUS BULLYING
PREVENTION PROGRAM**

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Jesus came to bring integral salvation, one which embraces the whole person and all mankind, and opens up the wondrous prospect of divine filiation.

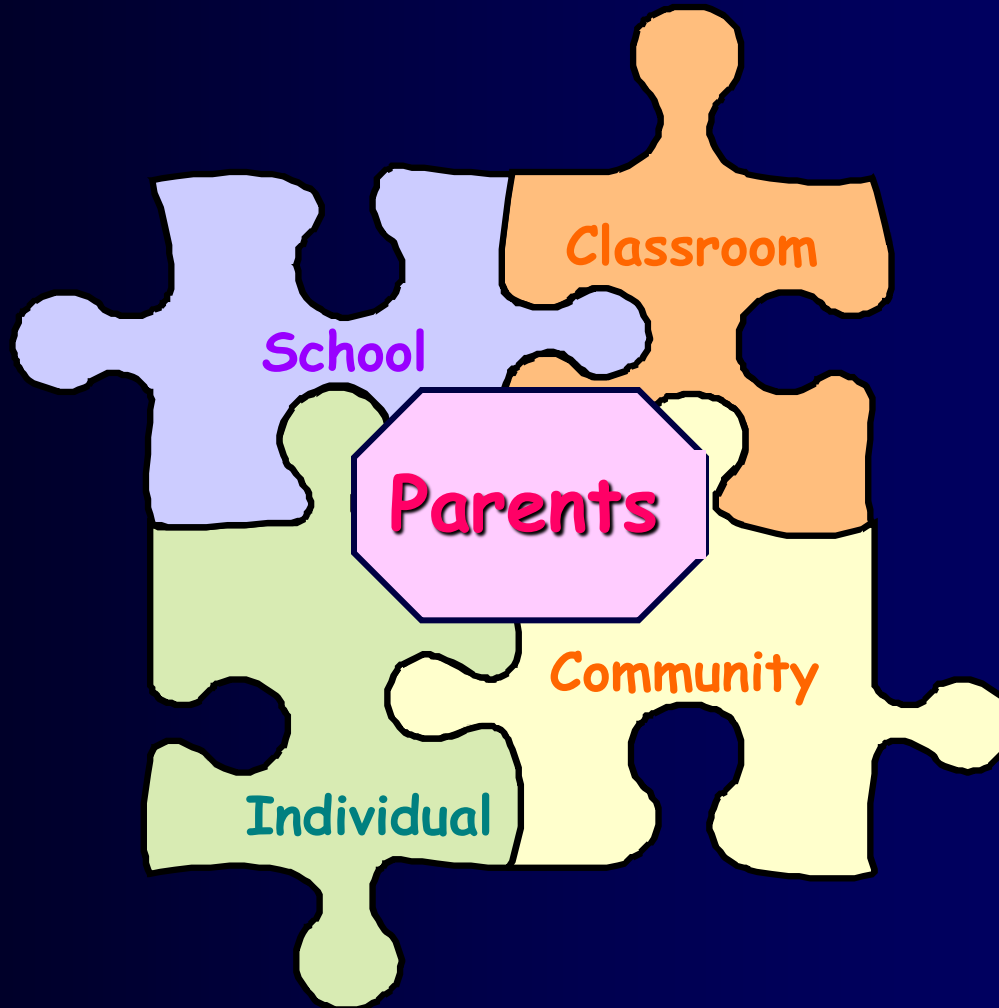
John Paul II, Encyclical Letter *Redemptoris Missio*, 11: AAS 83 (1991), 260

Recognition of the Olweus Bullying Prevention Program



- Blueprint Model Program (Center for the Study & Prevention of Violence)
- Model Program (SAMHSA)
- Effective Program (OJJDP)
- Level 2 Program (US Dept. of Education)

Program Components



In everyday language...

“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

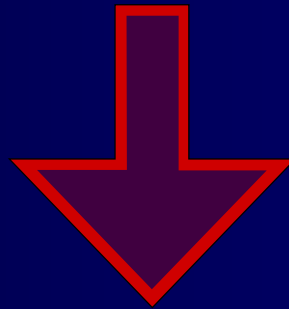
1. Involves an **aggressive behavior**
2. Typically involves a pattern of behavior repeated over time
3. Imbalance of power or strength

HURT

REVENGE

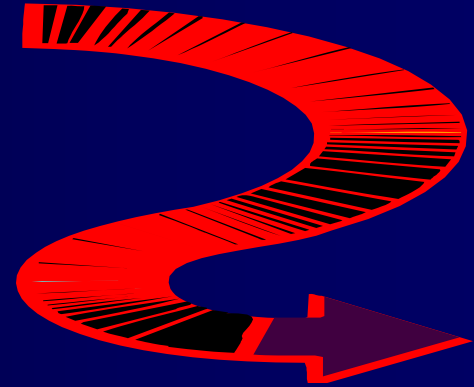
RAGE

Direct Bullying



- Hitting, kicking, shoving, spitting...
- Taunting, name-calling, degrading comments
- Threatening, obscene gestures

Indirect Bullying



- Getting another person to bully someone
- Spreading rumors
- Social isolation
- Cyber-bullying

Relational Bullying

- Damaging reputations or social standing with peers and/or
- Using threats or loss of relationships to manipulate



Concerns About Children Who Bully

- Children who bully are more likely to:
 - Get into frequent fights
 - Be injured in a fight
 - Steal, vandalize property
 - Drink alcohol, smoke
 - Be truant, drop out of school
 - Report poorer academic achievement
 - Perceive a negative climate at school
 - Carry a weapon

Children Who Bully

- Bullying may be part of a conduct-disordered behavior pattern
- This pattern may continue into young adulthood
- Olweus study: Bullies were 4 times as likely to have 3 or more convictions by age 24



Ultimately...

*It's a question of rights.
In Catholic teaching, it is
a social justice and a
pro-life issue.*



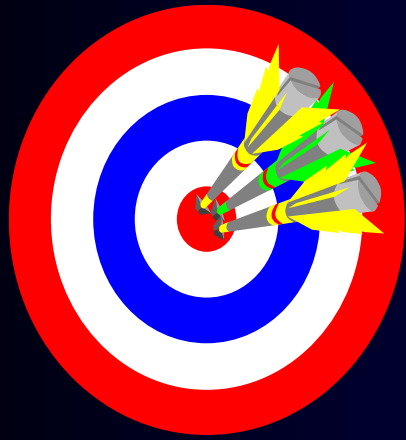
Common Myths About Children who Bully

- “Children who bully are loners.”
- “Children who bully have low self-esteem.”

A Word About

Adults Who Bully

Just as we know the subtle ways we see children being cruel and excluding others, can we do some soul searching about our own adult behavior?



Goals of the Olweus Bullying Prevention Program

- Reduce existing bullying problems among students
- Prevent the development of new bullying problems
- Achieve better peer relations at school

Program Principles

1. Warmth, positive interest, and involvement are needed on the part of adults in school.
2. Set firm limits to unacceptable behavior.
3. Consistently use nonphysical, nonhostile negative consequences when rules are broken.
4. Adults in the school should act as authorities and positive role models.

Implications of Key Principles

1. Adults are responsible
2. Clear and consistent message
3. Short and long-term focus
4. Follow model with fidelity
5. OBPP should become part of everyday life at school



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.

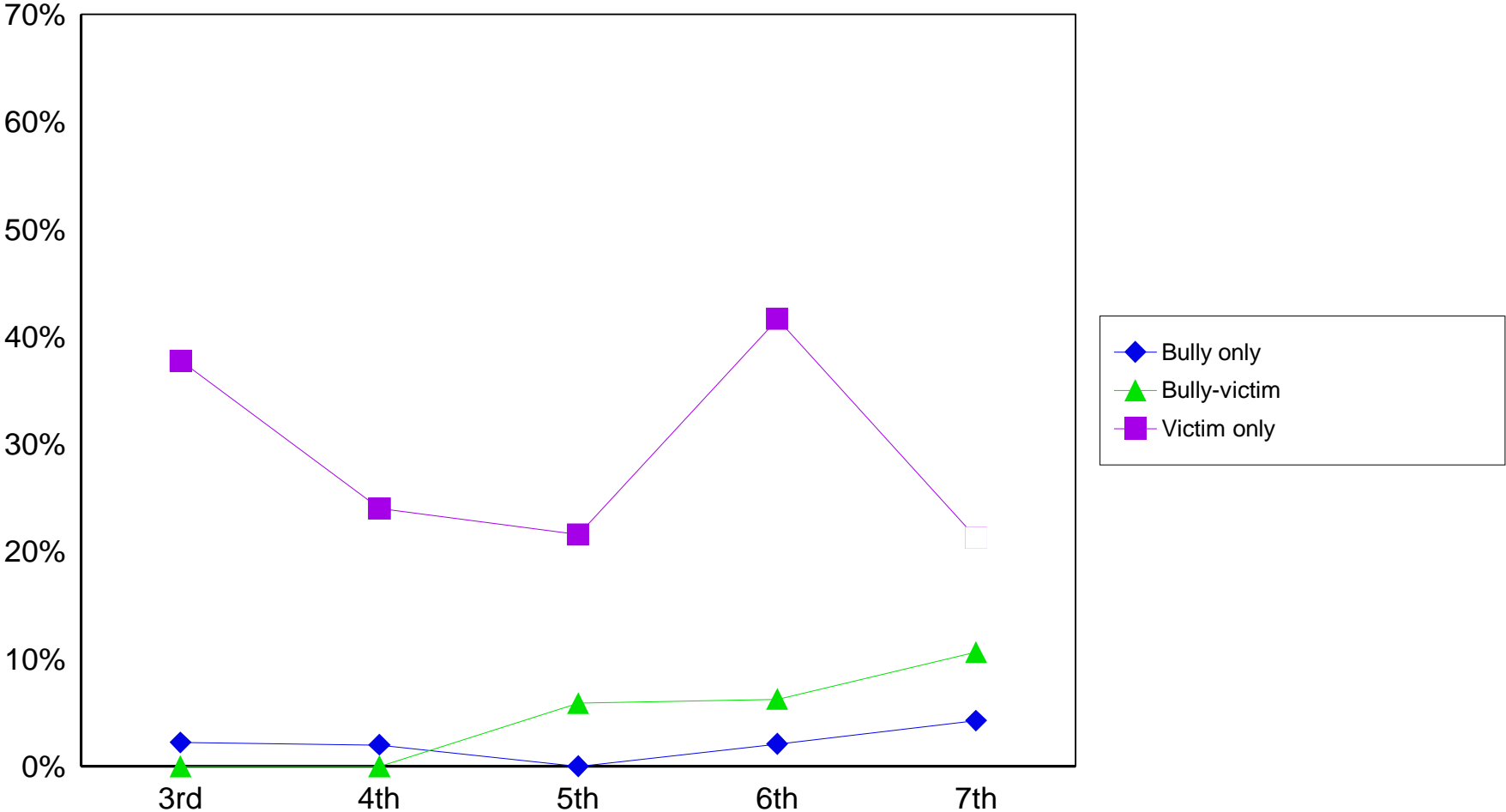
Partner with Parents

- The importance of parent involvement in the OBPP
- Strategies to involve parents in OBPP
 - Serve on the BPC
 - Attend schoolwide parent meetings
 - Attend/help organize classroom parent meetings
 - Talk with their children about bullying

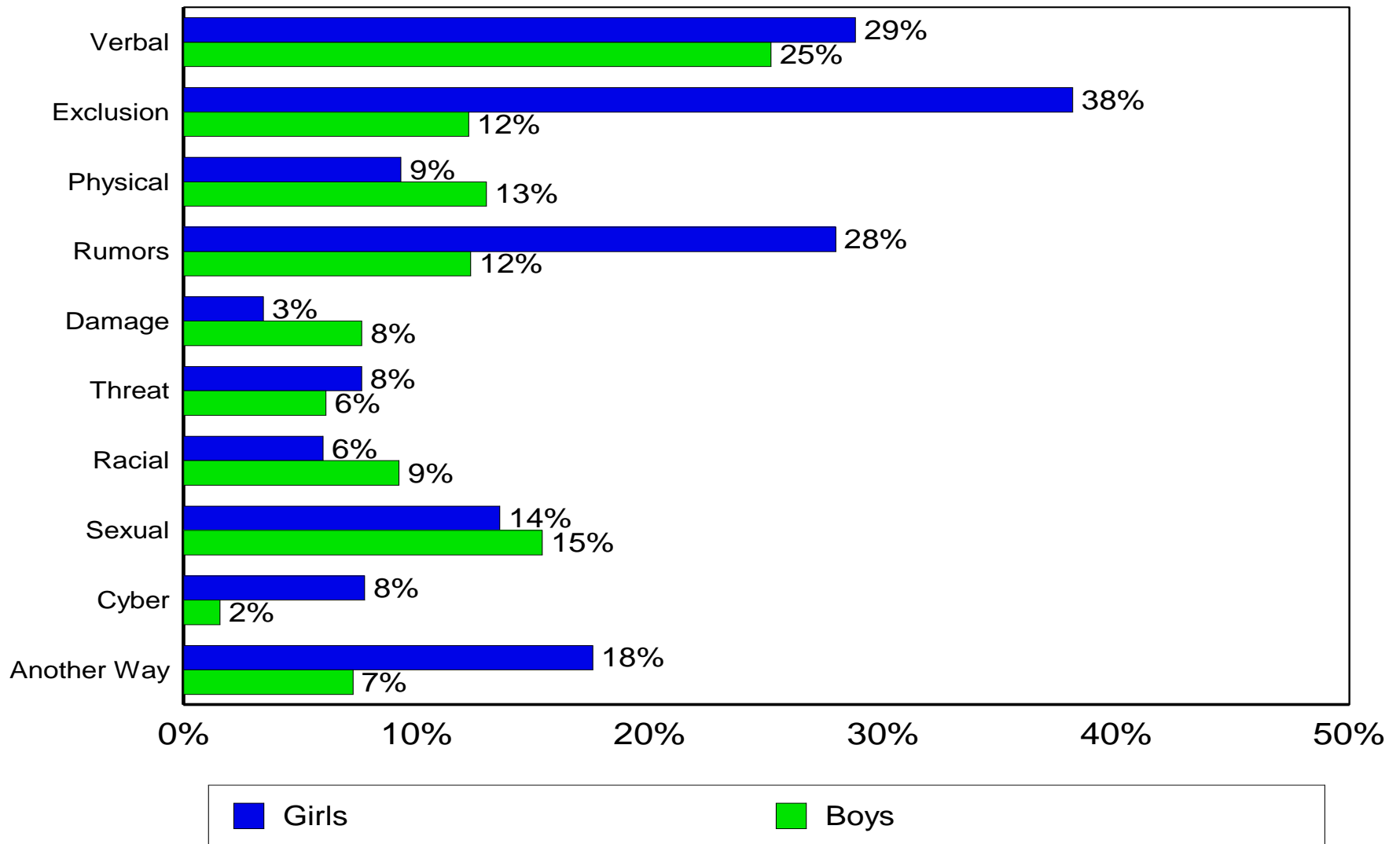
Classroom-Level PARENT Meetings

- Build connection and community
- Helps parents learn more about OBPP
- Held 2-3 times/year (recommended)

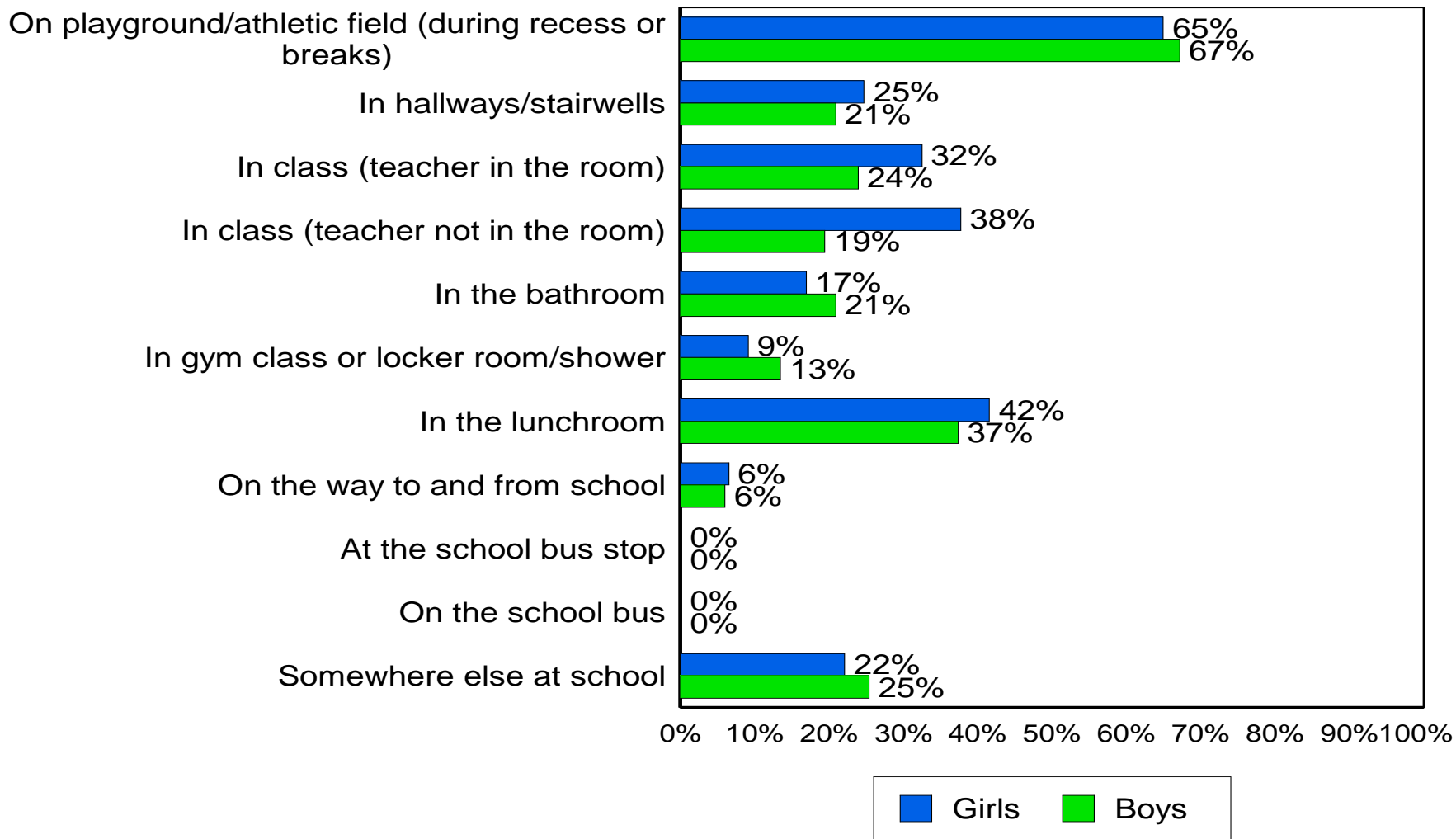
Graph 6f. Percentage of girls and boys involved in bullying



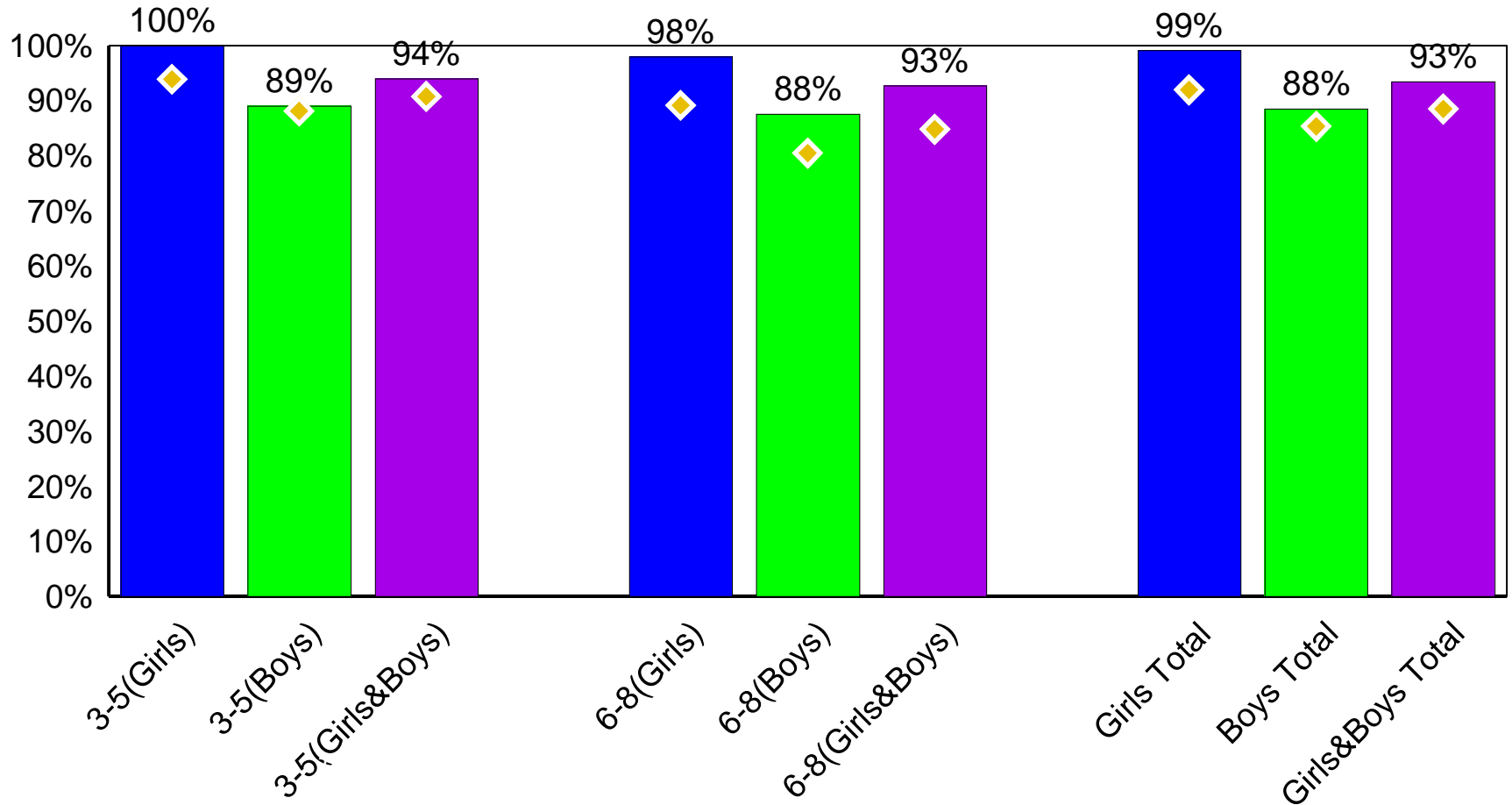
Graph 7. Ways of being bullied, for students who reported being bullied "2-3 times a month" or more (Q4)



Graph 10a. Where the bullying has occurred, for students who reported being bullied "once or twice" or more (Q4). Percentage of girls and boys who report being bullied in various places



Graph 13. Empathy with victims. Percentage of students who responded "feel a bit sorry" or "feel sorry and want to help" to Q23: When you see a student your age being bullied at school, what do you feel or think?



How does change occur?

- Law of Few
 - It only takes a handful to set it into motion
- Stickiness Factor
 - Make it real – personal and reachable
- Power of Context
 - Repair small problems so they don't become the norm

Dosage Factor

- Continued, strong message of kindness and consideration day-in and day-out
- Treat all students with dignity
- Be the thermostat, not the thermometer

*The Word of God cannot be absent in family life.
Coming together around the Word of life thus
becomes a privileged occasion when the family,
the domestic church, finds itself fully in the
Liturgy of the Christian community.*

*Third World Meeting of the Holy Father with Families
Jubilee of Families*

Vatican, October 2000

Thank you

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