



2012-2013 third thursday series

BULLYING PREVENTION

# Bullying Prevention in the Afterschool Setting

January 17, 2013



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## Moderator



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Center for Safe Schools





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This online session is hosted by the  
**Center for Safe Schools**  
with funding provided by the  
**Highmark Foundation**



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## **Center for Safe Schools**

The mission of the Center for Safe Schools is to provide schools with resources, training and technical assistance to create and maintain safe, productive learning environments.





## Housekeeping Notes

- Q&A
- Evaluation
- Recording/slides
- Computer sharing
  - full name and email



## Online Learning Platforms

### What other platforms have you used?

- A. GoToMeeting / GoToTraining / GoToWebinar
- B. WebEx
- C. Adobe Connect for Webinars
- D. Google+ Hangouts On Air
- E. Other (please name)

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## Presenter



### **Kathleen (Kacy) Conley**

Director

Pennsylvania Statewide  
Afterschool/Youth Development  
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HIGHMARK.  
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## Presenter



### **Jane Riese**

Director of Training

Clemson University

HIGHMARK.  
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## **Olweus Definition of Bullying**

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.



## **3 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



## Effects of Being Bullied

- Lower self-esteem
- Depression and anxiety
- Absenteeism and lowered school achievement
- Thoughts of suicide
- Illness

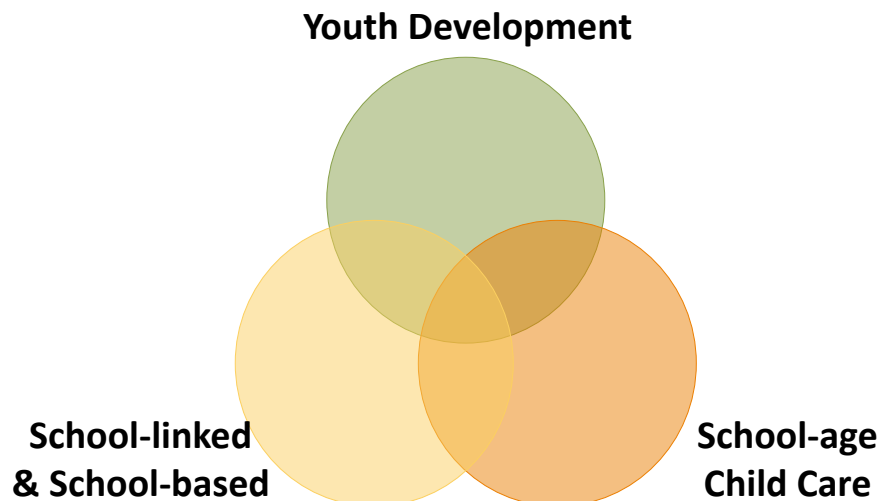
# Afterschool/ Out-of-School Time

## Afterschool/Out-of-School Time (OST)

- OST programs are defined as activities for students outside of regular school hours — before and/or after school, on weekends or during the summer.
- OST programs may be offered and/or funded by schools or by non-school providers. Collectively, these programs also are sometimes called extended-day learning opportunities.
- OST/extended-day models vary greatly, from simple day-care centers for school age children to sophisticated school-community partnerships and highly focused academic enrichment programs.



## The Afterschool Field



## Why OST Matters According to Research

- Keep kids and neighborhoods safe
- Accelerates student learning – prepares future workforce and leaders
- Supports working families



## Why OST Keeps Kids Safe

- Provide a safe environment where kids can engage in fun and constructive activities.
- 3x less likely to use drugs, become teen parents, or become victims or perpetrators of crime: U.S. Department of Juvenile Justice
- Meaningful relationships with peers, caring adults, schools, communities

## School and Student Safety

Out-of-School Time can provide:

- Alternative to gangs and violence
- Counteract bullying and harassment
- Supervision can support injury prevention



## Pennsylvania After 3PM Report

- **87%** of Pennsylvania adults surveyed believe there should be some type of organized activity for young people out-of-school time.
- **84%** of parents are satisfied with the program their children attend.
- **32%** of Pennsylvania parents whose children are not in out-of-school time say they would enroll their children if a program were available.
- **83%** of Pennsylvania adults surveyed support public funding for out-of-school time.



## Funding Sources

Largest sources of funding:

- Parent Fees
- 21st Century Community Learning Centers
- Child Care Works
- Workforce Investment Boards



## PSAYDN Mission

PSAYDN promotes sustainable, high-quality out-of-school time youth development programs through advocacy and capacity building to enhance the welfare of Pennsylvania's children, youth and families.





## PSAYDN Vision

PSAYDN's mission is that all children and youth deserve access to high-quality out-of-school time programs that promote positive youth development and support the successful transition to adulthood.

## Goals

**Connecting People** – Create a sustainable structure of statewide, regional and local partnerships, particularly school-community partnerships, focused on supporting policy development at all levels.

**Creating Opportunity** – Support the development and growth of statewide policies that will secure the resources that are needed to sustain new and existing afterschool programs.

**Changing Lives** – Support statewide systems to ensure programs are of high quality.



## Key Factors

Research and evaluation point to three primary, interrelated factors that are critical for OST programs to create positive outcomes for children and youth:

- Access to and sustained participation in the program
- Quality programming, particularly
  - Appropriate supervision and structure
  - A well-prepared staff
  - Intentional programming
- Partnerships with families, other community organizations and schools.



## Characteristics of Quality

- Low staff to student ratio 1/10 – 1/15
- Academic Staff are generally highly qualified and experienced:
  - Bachelor and Master Degrees
  - 3-5 years of experience
- Enrichment Staff –Content Expertise/Youth Development Competency
- Strong Leadership:
  - Empower staff members
  - Share sense of mission
  - Maintain low staff turnover



## Characteristics of Quality *cont.*

- Clear goals and program and content aligned to meet goals
- Established relationship with day school and linkage to standards **but** is different from the regular day
- Maintain some form of evaluative structures
- Staff keep students motivated, engaged and maintain high expectations

Source: National Partnership for Quality Out-of-School Time Learning



## Role OST Programs in Bullying Prevention

What role do you see OST programs playing in bullying prevention in your school?

- Barriers
- Opportunities
- Successes



## Pennsylvania Resources

### **Pennsylvania Statewide Afterschool/Youth Development Network**

[www.PSAYDN.org](http://www.PSAYDN.org)

### **Out of School Resource Center**

[www.sp2.upenn.edu/ostrc/about/index.html](http://www.sp2.upenn.edu/ostrc/about/index.html)

### **21st Century Community Learning Centers**

[www.21stCCLC.org](http://www.21stCCLC.org)

### **Workforce Investment Boards**

[www.PAworkforce.state.pa.us](http://www.PAworkforce.state.pa.us)



## National Resources

### **Afterschool Alliance**

[www.afterschoolalliance.org](http://www.afterschoolalliance.org)

### **OST Harvard Family Research Project**

[www.hfrp.org/out-of-school-time](http://www.hfrp.org/out-of-school-time)

### **National Center for Summer Learning**

[www.summerlearning.org](http://www.summerlearning.org)

### **National League of Cities**

[www.nlc.org/IYEF/index.aspxct.org](http://www.nlc.org/IYEF/index.aspxct.org)



## Join the PSAYDN Network

If you are not a member of PSAYDN, JOIN the Network today!

[www.PSAYDN.org](http://www.PSAYDN.org)



## Benefits PSAYDN Membership

- PSAYDN website
- Bi-monthly TakeTen e-newsletter
- Weekly e-blast
- Annual Quality Forum
- Annual Meeting and Reception
- Annual Afterschool State Advocacy Day
  
- Support in planning and executing quality *Lights On* events
- Opportunity to network and serve on statewide committees
- Statement of Quality and Guiding Questions





## Adaptations of the Olweus Bullying Prevention Program in Out-of-School Time Settings

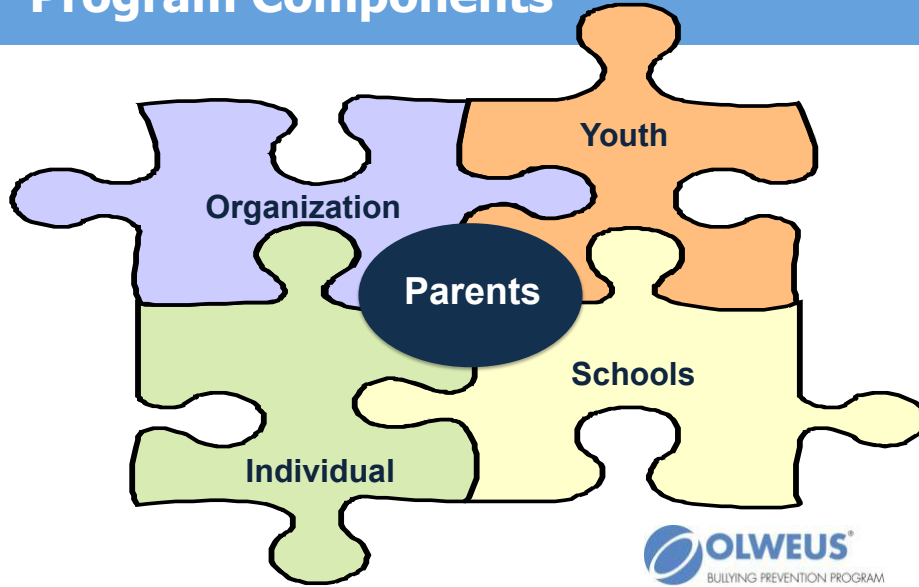


### Olweus in Non-School Settings Where is there interest?

- American Taekwondo Association
- YMCA, YWCA
- Big Brothers Big Sisters
- Boys & Girls Clubs
- Children's Homes
- Before/After School Programs
- Juvenile Detention Residential Facilities
- Police Athletic Leagues
- Parks & Recreation



## One Suggested Adaptation of Program Components



## 10 Strategies for Implementing the OBPP in OST Settings

**OLWEUS<sup>®</sup>**  
BULLYING PREVENTION PROGRAM

## Strategy #1



Focus on the social environment of the entire organization



## Strategy #2



Assess bullying among participating youth, if possible



## Strategy #3



Gather staff and parent support



## Strategy #4



Form a group to coordinate bullying prevention and intervention activities



[www.YMCABwv.org](http://www.YMCABwv.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CAMP TRAINING AND IMPLEMENTATION DETAILS:**

- **Overall, camp staff will receive Olweus overview and prevention training, components to include:**
  - Definition of Bullying
  - How much do you know about bullying True/False Quiz
  - Children involved in bullying: characteristics and risk factors (the who, what and when and where)
  - The Bullying Circle role play
  - The 4 anti-bullying rules
  - DVD Intervention Overview: On the Spot Intervention Steps and follow up with students and parents
  - Camp staff will receive a laminated On the Spot Intervention tool kit card in their camp pack

[www.YMCABwv.org](http://www.YMCABwv.org) *Cont.*



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- **Program Awareness for Parents**
  - Parents will receive a letter prior to the first day of camp introducing the Olweus program and our goals and commitment to a bully free environment
  - All camps will have a camp friendly “no bullying” banner where campers and parents can see (banner to be designed)
  - Weekly camp newsletters will include a new bullying prevention message or tip each week
  - General info will be made highly visible at monthly family nights
  - The 4 anti-bullying rules will be appropriately displayed but highly visible



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- **Program Implementation during the camp day**

- The first week of camp will be the “no bullying” awareness kick off and will include special activities and a focused end of week wrap up
- The first day of camp, all groups will engage in a fun, time and age appropriate activity (20 – 40 minutes) where the campers will learn and commit to the 4 anti-bullying rules
- Each subsequent week, each camper group will do a new and fun activity that reminds them and helps support our bully free commitment.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- **Outcome measurement and operational program consistency**

- Olweus survey tools will be used for measurement...possibly early season and end of season, however, best measurements will be week vs. week, month vs. month, year vs. year...measurable decline in incidents.
- Camp Directors will review bullying behavior and program progress weekly with Unit Leaders
- Catherine will visit camps throughout the summer for program quality and fidelity
- Camp Directors will provide an in-service training component at each monthly branch level camp staff meeting

## Strategy #5



Provide training of **all** staff members and volunteers



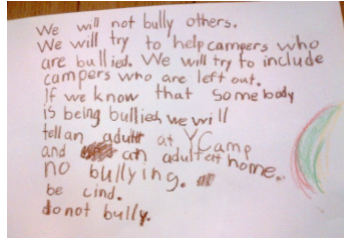
## Strategy #6



Educate the board of directors and senior leadership about bullying and OBPP



## Strategy #7



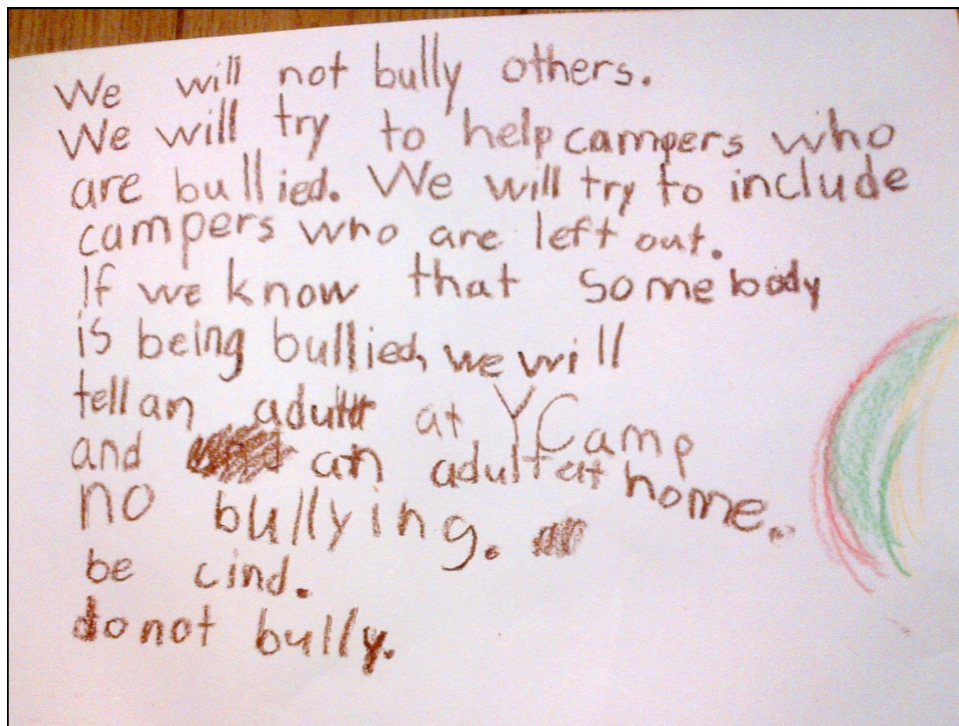
Establish and enforce anti-bullying rules, policies and consequences



## Organization's Rules Against Bullying

- We will not bully others  
Respect
- We will help students who are bullied  
Compassion
- We will include students who are left out  
Acceptance
- When we know somebody is being bullied, we will tell an adult at school and an adult at home  
Openness – Responsibility





## Strategy #8



Increase adult supervision in 'hot spots' for bullying

## Strategy #9



Intervene consistently and appropriately in bullying incidents



## Parental Involvement

- Listen to parent's concerns carefully
- Parents should be partners in prevention
  - Coordinating committee
  - Parent information meetings
  - Meetings with individual parents
  - Report to parents if problems exist



## If you suspect a child is being bullied, DO NOT:

- Blame the child
- Tell them not to be a “tattletale”
- Tell the child to ignore the bullying
- Tell the child to retaliate
- Expect the child to work it out alone
- Demand apologies from the other child
- Use mediation or conflict resolution strategies



## Strategy #10



Engage youth in discussions about bullying and related social/emotional learning topics



## YMCA of the Brandywine Valley Camp Meetings



## Camp Meeting with Older Kids



# Continue Efforts Over Time



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# Q&A



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## Contact



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