

Olweus Bullying Prevention in High Schools

Presented by

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Objectives

- Describe the need for bullying prevention programming in high schools.
- Provide an overview of research on bullying prevention at the high school level.
- Describe best practices for implementing the OBPP model in high schools,
- Identify complimentary practices and curricula for use with OBPP in high schools.

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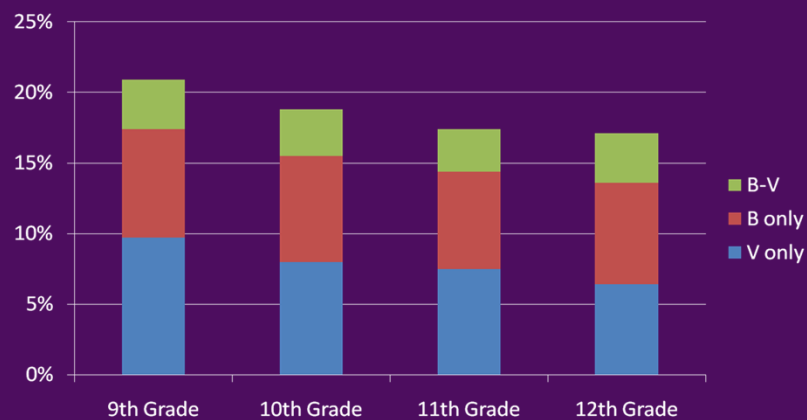
Need for BP in High Schools

- PA Legislation
- Prevalence of bullying in high schools
- Cyber-bullying among adolescents
- Implications for dating relationships

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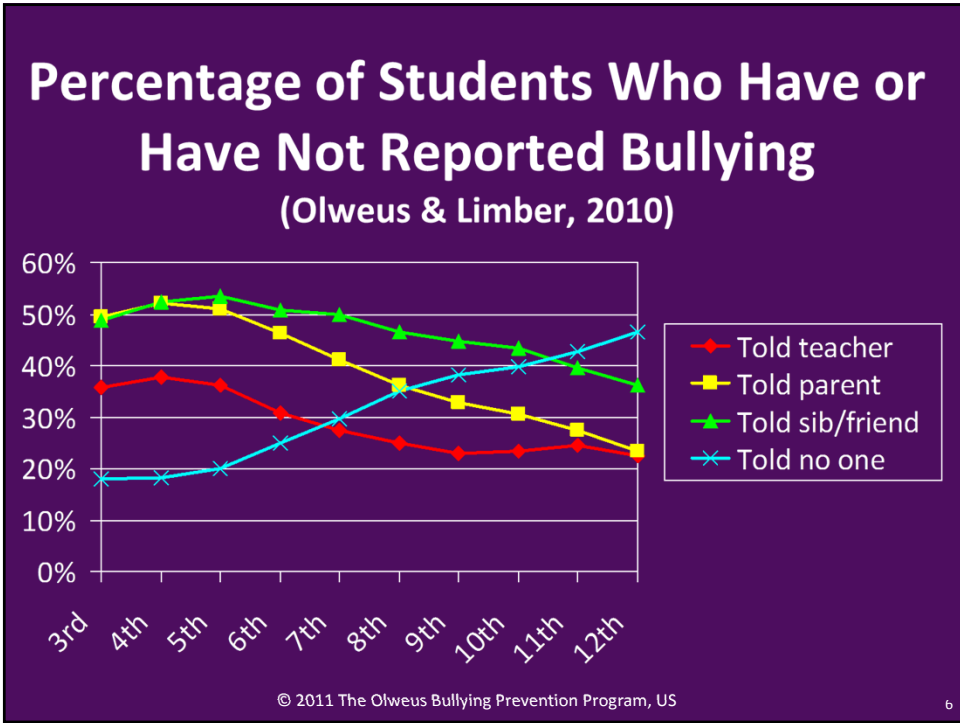
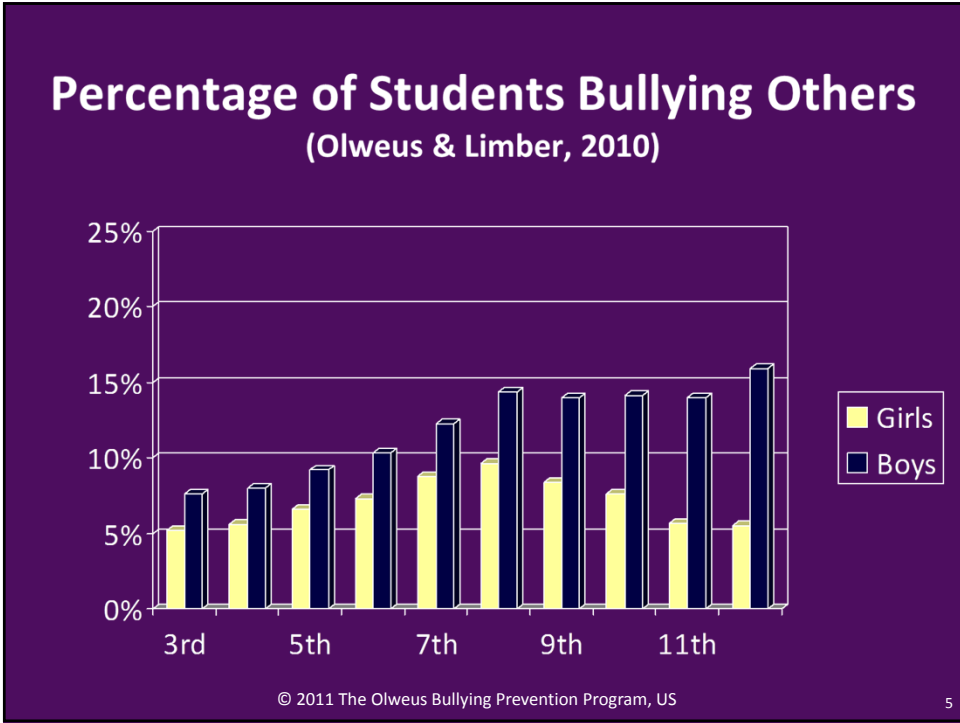
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Bullying Status Among High School Students (2-3 times/month or more)

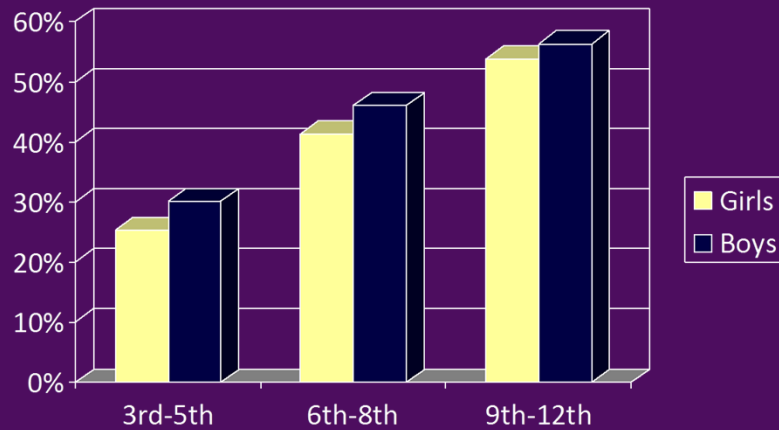


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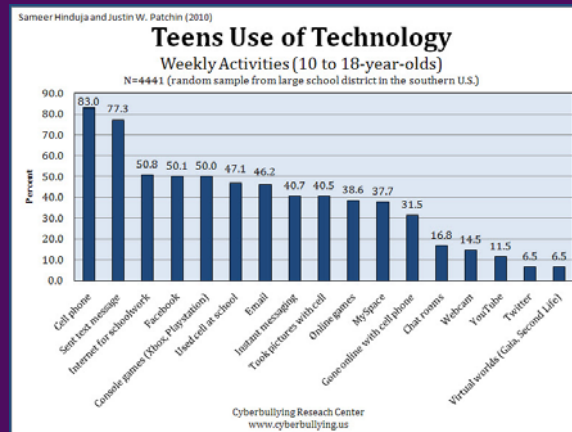
Say Teachers Have Done “Little or Nothing” or “Fairly Little” about Bullying (Olweus & Limber, 2010)



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Online Lives of Secondary Students

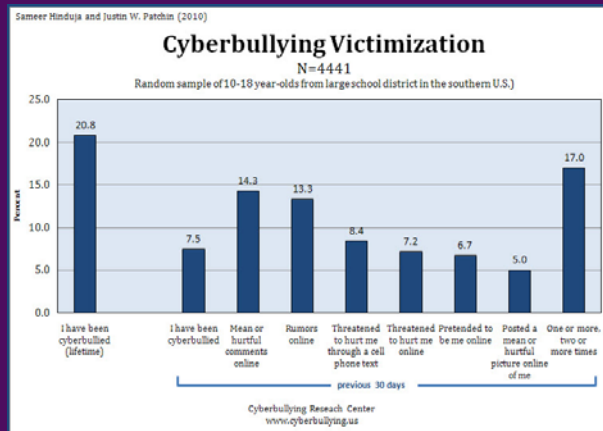


Cyberbullying Research Center
www.cyberbullying.us

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Cyberbullying Among Youth



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Teen Dating Violence and Bullying

Survey of 22 Public High Schools in Boston:

- Of the students surveyed, 20% physically abused a dating partner, 41% were violent toward a peer and 31% reported physical aggression against a sibling.
- Teens who abused their dating partner had high rates of peer violence (75% for males and 59% for females) and sibling violence (56% for male and 50% for females).
- 12% of girls and 2% of boys only committed dating abuse and no other form of physical violence.

Arch Pediatric Adolescent Medicine 2010;164(12):1118-1124.

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Consequences of Bullying

- Emotional and health effects
- Impact on student learning
- Costs to districts
- Legal implications

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Bullying, Depression and Suicide

- Children who are bullied are more likely to have:
 - Depressive symptoms
 - High levels of suicidal thoughts
 - Attempted suicide
- Klomek et al. (2008) study of HS students:
 - All types of victimization were related to depression and suicidality.
 - The more types of bullying experienced, the higher the risk.
- Hinduja & Patchin (2010) study of ms students:
 - Youth involved in bullying or cyber bullying as an offender OR victim had more suicidal thoughts and more attempts.
 - Children who had been bullied had higher rates than those who bullied others.
 - Experience with bullying explains only a small amount of the variation in suicidality

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Bullying Behavior May Be Illegal

- Physical bullying - assault; stalking
- Gender bullying - sexual harassment or assault, dating abuse
- **Intimidating for gain – extortion**
- Rumors/Lies - defamation of character
- Bullying based on race, religion, disability, sexual orientation - civil rights violation (hate crimes)
- Cyber bullying - harassment by communication; stalking
- Sexting - child pornography



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Dear Colleague Letter: Bullying and Harassment

- **Are the civil rights of a targeted student also being violated?**
 - Title VI, CRA of 1964; prohibits discrimination on basis of race, color, or national origin
 - **Title IX, Educational Amendments, 1972; prohibits discrimination on basis of sex**
 - Section 504 of RA of 1973; Title II of ADA of 1990; prohibits discrimination on basis of disability.

www2.ed.gov/about/offices/list/ocr/docs/dcl-factsheet-201010.html

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Research on Violence Prevention in High Schools

- Whole school approaches
- Alignment of policies and procedures
- Ongoing staff training and engagement
- Developmentally appropriate language and activities
- Integration
- Student engagement
- Use of data to identify needs and monitor impact
- Sufficient duration

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The Highmark Foundation's Highmark Healthy High 5 Funded the OBPP High School Advisory Group



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OBPP High School Work Group

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Why High School Implementation?



- State Anti-Bullying Laws include high schools
- **Over 80 high schools in US implementing in 2010**
- Nationally, OBPP Trainers already modifying training for high schools
- **Want evaluated “pilot” information**

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We considered.....

- Adolescent development & school connectedness research
- **Original OBPP research – Grades 3-10**
- National OBPP data from students 9-12
- **Preliminary data from HALT High Schools**
- Similarities & differences in implementation
- **Trainer Experience with high school implementation**

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Adolescent Development *..changes at high school age*

- Search for “identity,” role exploration
- Emotional struggles
- Cognitive and moral development



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Adolescent Moral Development

- Younger students
 - “Right” = Follow rules
 - “Be good” = avoid punishment
- (Some) Older students (and adults)
 - “Moral Reasoning”
 - Care beyond those they know
 - Social conscience—good citizen



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Pennsylvania High School Data



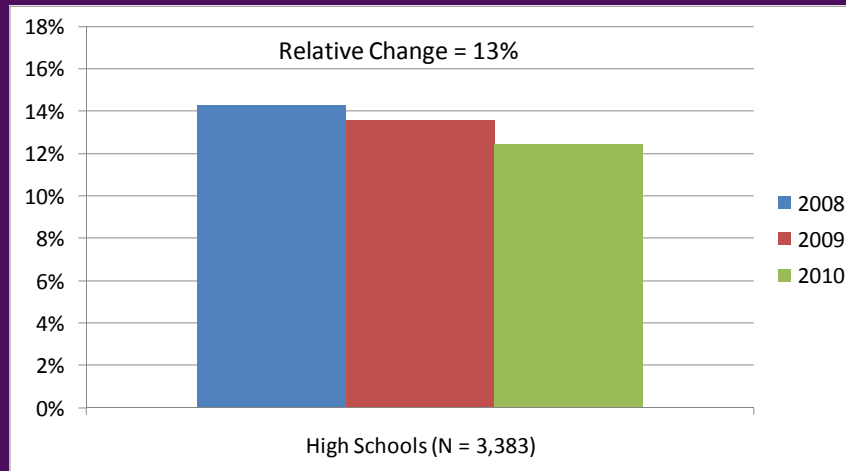
A bullying prevention program



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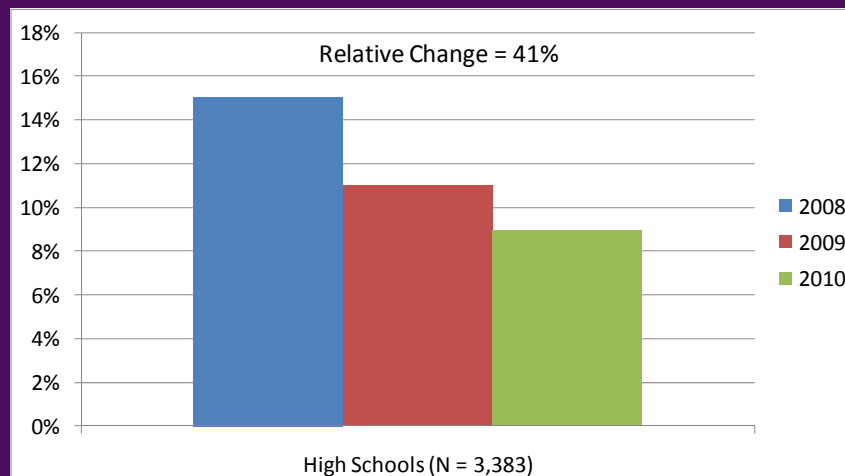
Percent of Students Being Bullied (2-3 times/mo. or more) — 2008 Cohorts



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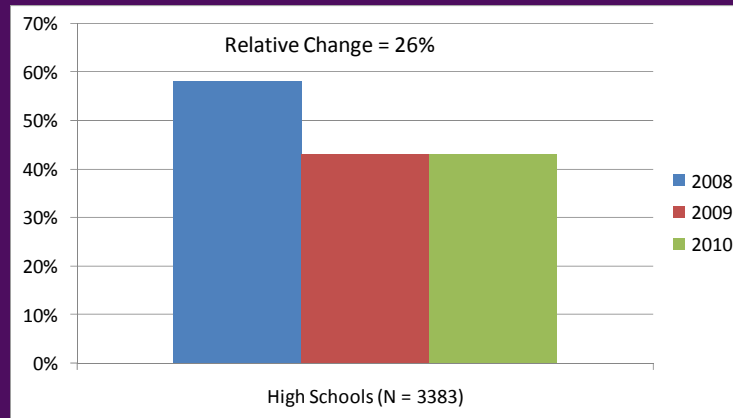
Percentage of Students Bullying Others (2-3 times/mo. or more) — 2008 Cohorts



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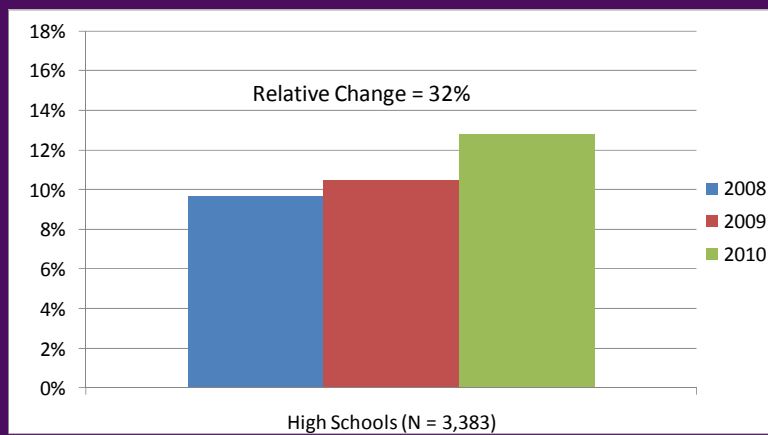
Percentage Who Think Their Teacher Has Done Little To Stop Bullying 2008 Cohorts



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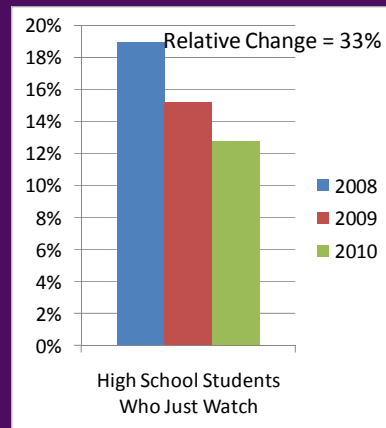
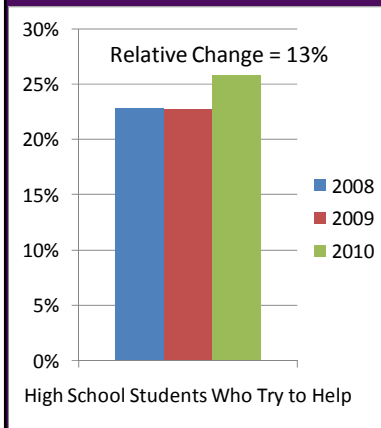
Percentage of Students Who Feel Other Students Often Try to Stop Bullying 2008 Cohorts



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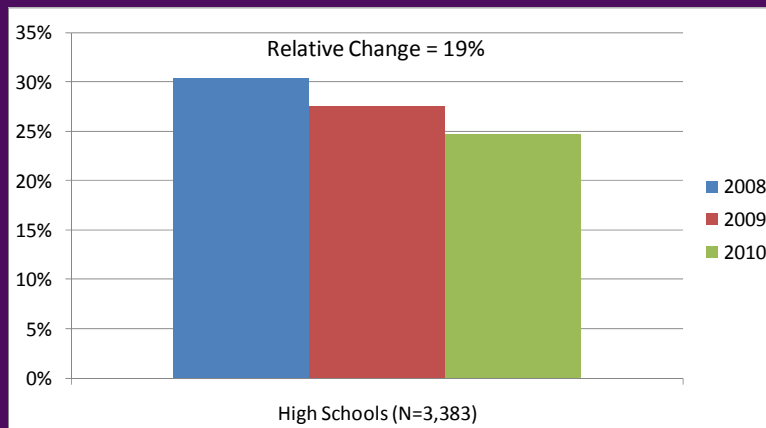
Percentage of Students Who Try To Help A Bullied Student vs. Just Watch 2008 Cohorts



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Percentage of Students Who Feel They Could Join in Bullying — 2008 Cohorts



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Similarities In Implementation

- Part of Safe School Climate Plan / Consider “Fit” with other school initiatives
- **Surveys/Data – Assess problem and garner adult buy-in**
- School Policy & Rules Against Bullying
- **Clearly Communicated Expectations for Positive Behaviors**

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Similarities In Implementation

- Clearly Communicated Graduated Consequences for Negative Behavior
- **Individual Interventions/ OTS and Follow up – Students and Parents**
- Class Meetings - Relationship Building
- **Training and Materials**
- Importance of whole school buy-in

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Differences to Consider...

- Developmentally appropriate materials
- **Students may NOT know each other**
- School & Class structure/schedule
- **Students more aware of adult bullying**
- Students see many teachers: Teachers see many students
 - More opportunities for problems

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Differences to Consider...

- Legal implications for peer abuse
- **Student Leadership & Involvement**
- More of an exposure to cyber threats
- **High School teachers – focus and background training**
- Physical size of students
- **Others?**

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Readiness Issues

- Continue to use PA Cares / HALT system for readiness.
- Readiness checklist at www.olweus.org
- Building Administrator and Educator Buy-In



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Readiness Issues

- School Board Commitment
- Building Administrator Assignments
– Logic Model Visual
- State Laws Impact on District Policy and Requirements for Implementation
- Funding for program and sustainability



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We Know...

- Bullying exists among high school students.
- OBPP has been used in US high schools with minimal adaptations.
- Preliminary success with OBPP has been observed in high school data.

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“Bullying is peer abuse.”

Dan Olweus

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OBPP is for ALL Students

- Those who are bullied
- Those who bully others
- Those who are “bystanders” – witnessing purposeful aggression
- The “workplace” or school environment is impacted by unaddressed bullying behavior, making it toxic for students and adults alike.

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Students at Higher Risk of Being Bullied:

- Those with mental or physical disabilities or health problems
- Lesbian, gay, bisexual, transgender, or those questioning their identities (GLBTQ)

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Popular Students May Use Bullying Behaviors To Maintain Power

- Who are the most powerful students in your school?
- How can we help students use their power to help?



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Adults Who Bully

- Teacher to Student
- Teacher to Teacher
- Parent to Teacher
- Teacher to Parent
- Administrator to Teachers/Staff
- Teachers/Staff to Administrators
- Community Members to Administrators



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Composition of High School BPCC

- **Typical composition (8-15 members):**
 - (Select a Coordinator for the Committee)
 - Administrator of building
 - Teacher from each grade
 - School mental health professional
 - Non-teaching staff
 - One or two parents – not school employees
 - Community representative
 - School's Title IX representative
 - Athletic director or coach
 - Student advisory group sponsor

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Review Existing Policies

- Superintendent/school board/district's attorney should take the lead
- Special sub-committee to determine policy/ investigation and reporting guidelines
- Check requirements of your state law
- US Department of Education "Dear Colleagues Letters" – Oct. 2010 & April 2011

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School Rules About Bullying

- **Just for students?**
 - “Student and Staff Expectations”
- **How can rules be communicated?**
 - Support school’s core values

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Student Reporting

- “If we know that somebody is being bullied, we will tell an adult at school and an adult at home.”



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Student Involvement Activities

- **Mix-It-Up-Day**
- **No Name-Calling Week**
- **National Bullying Prevention Week**
- **Spirit week/Special events**
- **Students help with kick-off Events/class, meetings for elementary & middle Schools**
- **Athletic events/Awareness campaigns**
- **Student presentations/announcements**



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Other Student Activities

- **Assist in planning kick-off event**
- **Daily announcements about bullying**
- **Newspaper articles**
- **Student service projects**
- **Facilitate class meetings for others**
- **Integration of Projects with existing curriculum – plays, ballets, musical events, athletic events**
- **Speaker's bureau about bullying**



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Questions & Answers

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