

# Bullying Prevention That Really Works!

When parents and educators hear shocking stories about bullying, we wag our heads in disbelief. How can we stop the pain of this chronic problem? Over the past 12 years in this field, the BJC School Outreach and Youth Development department has helped children develop empathy and learn strategies for addressing bullying behavior. Because incidents typically last less than a minute, the damage is done before adults are able to help. Learning to be a courageous witness is the most powerful way to change school climate of peer abuse. This process takes time, and the most effective way to train students is to effectively train adults. Here are the steps outlined by the Olweus Bullying Prevention Program:



- Form a coalition that consists of administrators, teachers, parents, board/community members, even students when possible
- Receive the Olweus 2-day committee training and begin meeting regularly to plan for implementing changes in policies/procedures and gaining momentum from all adults
- Survey students – this gives the true picture of bullying in your school
- Analyze results and use the information for planning
- Train all school personnel to be understanding, knowledgeable and vigilant as part of the change
- Have student and parent kickoffs to share the survey findings
- Hold class meetings to discuss topics related to bullying and friendship
- Continue working together and celebrate successes – then begin again the next school year with surveys, etc.

With certified Olweus trainers on staff, BJC School Outreach and Youth Development can help schools implement the program. In addition to helping meet the Olweus requirements, we also assist with:

- Administering surveys
- Kickoffs
- Staff in-services
- Parent meetings
- Class meetings
- Grade specific one-time and long-term programs

*Adapted from Olweus Bullying Prevention Program, [www.olweus.org](http://www.olweus.org)*