



Program Information

The Olweus Bullying Prevention Program (OBPP) - (pronounced ol-vay-us) is the most researched and best-known bullying prevention program available today. The program as developed by Dr. Dan Olweus of Norway who has over thirty-five years of research behind it and has been implemented throughout the world, in countries such as the United States, Canada, England, Mexico, Iceland, Germany, Sweden, and Croatia, in addition to Norway.

The Olweus Bullying Prevention Program is recognized by the Center for the Study and Prevention of Violence as one of only eleven (at the time of publication) Blueprints Model Programs and by the Substance Abuse and Mental and Mental Health Services Administration (SAMHSA) as a Model Program - two of the highest honors a prevention program can attain. It also has received numerous awards from other organizations dedicated to addressing the issue of bullying and violence among students.

OBPP is used at the school, classroom, and individual levels and includes methods to reach out to parents and the community for involvement and support. School administrators, teachers, and other staff are primarily responsible for introducing and implementing the program.

These efforts are designed to improve peer relations and make the school a safer and more positive place for students to learn and develop.

What are the goals of the Program?

- To reduce existing bullying problems among students
- To prevent the development of new bullying problems
- To achieve better peer relations at school

For whom is OBPP designed?

OBPP is designed for students in elementary, middle, and junior high schools (students age five to fifteen years old). All students participate in most aspects of the program, while students identified as bullying others, or as targets of bullying, receive additional individualized interventions.

With adaptation the program can also be used in high schools. Because OBPP is not a curriculum, its core principles, rules, and supportive materials could be adapted for use by any program that children and youth attend on a regular basis. OBPP is a whole-school, systems-change program at four different levels. The four levels include: school, classroom, individual, and community level.

What is Bullying?

The definition of bullying has three major components: First, it is aggressive behavior that involves unwanted, negative actions. Second, bullying typically involves a pattern of behavior repeated over time. Finally, it involves an imbalance of power or strength.

Bullying can take many forms, such as physical hitting, verbal taunts, spreading false rumors, intentional social exclusion, and sending nasty messages on a cell phone or over the Internet.

What are the effects of the Olweus Bullying Prevention Program?

OBPP has been more thoroughly evaluated than any other bullying prevention/reduction program so far. Six large-scale evaluations, involving more than 40,000 students, have documented results as the following:

- Average reductions by 20 to 70 percent in student reports of being bullied and bullying others. Peer and teacher ratings of bullying problems have yielded roughly similar results.
- Marked reductions in student reports of general antisocial behavior, such as vandalism, fighting, theft, and truancy.
- Clear improvements in the classroom social climate, as reflected in students' reports of improved order and discipline, more positive social relationships, and more positive attitudes toward schoolwork and school.