OLWEUS BULLYING PREVENTION PROGRAMME (OBPP)

A multi-level, multi-component programme to reduce bullying in elementary and middle schools by creating a safe and positive school climate, improving peer relations, and increasing awareness of and reducing the opportunities and rewards for bullying. Includes school-wide, classroom, individual, and community strategies.

1. INITIATING ORGANIZATION(S), PARTICIPATING COUNTRIES

Developed by psychologist Dan Olweus, Ph.D, University of Bergen, Norway.

2. THEORETICAL APPROACH

Bullying is best addressed through a systematic restructuring of the social environment to redirect bullying behaviour by eliminating opportunities and rewards for anti-social behaviour and encouraging and rewarding pro-social behaviour.

3. PROGRAMME DURATION

Ongoing, based on the school year.

4. COMPONENTS AND PRACTICAL INFORMATION

School level: assessing the nature and prevalence of bullying, forming a committee to coordinate the programme, developing a system ensuring adult supervision of students outside the classroom.

Classroom: defining and enforcing rules against bullying, discussions and activities to reinforce anti-bullying values and norms, parental involvement.

Individual: intervening with students directly involved in bullying and/or victimisation.

5. PROGRAMME PARTICIPANTS

Elementary, middle, junior and high schools.

6. ASSESSMENT

Many evaluation studies in Europe and the U.S.A, including 11 large-scale global implementation studies. All except the Canada study had comparison groups; main sources were self-report data based on a bully/victim questionnaire, and teacher surveys.

Impact (across studies)
- Reductions in self-reported bullying (mixed, but generally positive)
- Reductions in self-reported victimization (mixed across contexts/evaluations).
- Decreases in other forms of anti-social behaviour, e.g. theft, vandalism and truancy (found in the original Norway study and one US replication).
- Improvements in positive social relationships (found in Norway study).
REFERENCES

References

Norway (original trial)


United States Replications


Canada Replication


7. FURTHER READING AND CONTACT INFORMATION


Blueprints for Healthy Youth Development (of Center for the Study and Prevention of Violence (CSPV), University of Colorado Boulder, U.S.A.), a registry of evidence-based positive youth development programmes to promote the health and well-being of children and teens: [http://www.blueprintsprograms.com/factSheet.php?pid=17ba0791499db908433b80f37c5fbc89b870084b](http://www.blueprintsprograms.com/factSheet.php?pid=17ba0791499db908433b80f37c5fbc89b870084b)