



# OLWEUS™

## BULLYING PREVENTION PROGRAM



Dear Parent/Guardians,

Your child's school will be using the *Olweus Bullying Prevention Program*. This research-based program reduces bullying in schools. It also helps to make school a safer, more positive place where students can learn.

Although this program takes place at school, we need your help too. You can talk about bullying and our school's anti-bullying rules at home with your child. We want to work with you to prevent and stop bullying from happening in our school.

*Portions of this pamphlet have been adapted from a publication originally created for "Take a Stand. Lend a Hand. Stop Bullying Now!" a campaign of the Health Resources and Services Administration, the Maternal and Child Health Bureau, and the U.S. Department of Health and Human Services.*

[www.](http://www.StopBullyingNow.hrsa.gov)

[StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)

### What Is the *Olweus Bullying Prevention Program?*

The *Olweus Bullying Prevention Program (OBPP)* prevents or reduces bullying in elementary, middle, and junior high schools (with students ages five to fifteen). *OBPP* is not a curriculum, but a program that deals with bullying at the schoolwide, classroom, individual, and community levels. Here is what happens at each level:

#### ***Schoolwide***

- Teachers and staff will be trained to use the program and deal with bullying problems.
- A schoolwide committee will oversee the program.
- Students will complete a questionnaire to give us information about the amount and type of bullying at our school.
- All students will follow these four anti-bullying rules:
  1. We will not bully others.
  2. We will try to help students who are bullied.
  3. We will try to include students who are left out.
  4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home.
- Staff will make sure that all areas of our school where bullying is likely to occur are being watched.
- There may be schoolwide parent meetings and parent and student events.

#### ***In the Classroom***

- The four anti-bullying rules will be taught in all classrooms.
- Class meetings will be held where students talk about what bullying is. Students will learn why bullying should not

happen. They will also learn to ask an adult for help if they see or experience bullying.

- Teachers will use positive and negative consequences for following and not following the four anti-bullying rules.
- Teachers will work to make the classroom a positive place for students.

#### ***For Individuals Who Bully or Who Are Bullied***

- Teachers and other staff will be trained to deal with bullying situations and the students involved.
- Students who bully others will be given consequences as soon as possible.
- Students who are bullied will be supported by staff. They will be told what action will be taken to end the bullying.
- Teachers and other staff will meet with the parents of students who bully and students who are bullied.

#### ***In the Community***

- Our school will be looking for ways to develop partnerships with community members and carry the anti-bullying message community-wide.

### **How Much Bullying Happens in the United States?**

In a U.S. study of bullying, with more than 15,000 students in grades 6 through 10, researchers found that 17 percent of students said they had been bullied “sometimes” or more often during the school term. Eight percent had been bullied at least once a week. Nineteen percent had bullied others “sometimes” or more often during the term. Nine percent had bullied other students at least once a week.\*

\* T. Nansel and others, “Bullying Behaviors Among U.S. Youth,” *Journal of the American Medical Association* 285, no. 16 (2001): 2094-2100.

## **What Is Bullying?**

Bullying is when someone repeatedly and on purpose says or does mean or harmful things to another person who has a hard time defending himself or herself.

Bullying can take many forms, such as hitting, verbal harassment, spreading false rumors, not letting someone be part of the group, and sending nasty messages on a cell phone or over the Internet.



## How Much and What Kind of Bullying Is Going on at Our School?

You will be able to find the answer to this question at our schoolwide or class-level parent meetings. Students will be filling out an anonymous Olweus Bullying Questionnaire. This questionnaire will give our school information about how much bullying and what kind of bullying is going on. It will also tell us where it usually happens and how students are handling it. The questionnaire will be given again at the same time next year. That way we can see what has changed now that our bullying prevention program is in place.

## What Are the Consequences of Bullying?

Students who are bullied may become depressed and have low self-esteem. Many of them may have health problems such as stomachaches and headaches. Their schoolwork is likely to suffer too. Some bullied students may have suicidal thoughts and may even end their own lives. The effects on students who are bullied can last far into the future, long after they are out of school. It is an obvious human right for every student to feel safe in school and to be spared the experience of being bullied.

Students who bully others also have problems, but different ones. Many bullying students are involved in other “antisocial” behaviors, such as breaking rules, shoplifting, and harming property. They may also drink alcohol and smoke at a young age and carry a weapon. There are also

## How Do I Know If My Child Is Being Bullied?

There are some warning signs that you can look for if you think your child is being bullied. Be concerned if your child

- comes home with torn, damaged, or missing pieces of clothing, books, or other belongings
- has unexplained cuts, bruises, and scratches
- has few, if any, friends with whom he or she spends time
- seems afraid of going to school or walking to and from school
- seems afraid to ride the school bus or take part in activities with peers (such as clubs)
- takes a long, “illogical” route when walking to or from school or the bus stop
- has lost interest in schoolwork or suddenly begins to do poorly in school
- appears sad, moody, teary, or depressed when he or she comes home
- talks frequently about headaches, stomachaches, or other physical problems
- has trouble sleeping or has frequent bad dreams
- has a loss of appetite
- appears anxious and/or suffers from low self-esteem

If your child shows any of these signs, it does not necessarily mean that he or she is being bullied, but it is worth checking out. (These could also be signs of other problems, such as depression, lack of friendships, or lack of interest in school.)



clear signs that students who bully, in particular boys, are at a greater risk of being involved in crime when they are older. These facts make it clear that preventing bullying is important also for the sake of students who bully others.

Bystanders who witness bullying are affected as well. They often feel afraid at school. They may also feel powerless to change the situation, or perhaps guilty for not taking action. Or they may be drawn into the bullying themselves and feel bad about it afterward.

### **What Can I Do If I Think My Child Is Being Bullied?**

*If you think your child is being bullied:*

- a. Share your concerns with your child's teacher. He or she has been trained in how to deal with bullying situations so the bullying will stop. He or she will take your concerns seriously.
- b. Talk with your child. Tell him or her that you are concerned and ask some questions, such as
  - Are students teasing you at school?
  - Is anybody picking on you at school?
  - Are there students who are leaving you out of activities at school on purpose?
- c. Try to find out more about your child's school life in general. If your child is being bullied, he or she may be afraid or embarrassed to tell you. Here are some questions you could ask:
  - Do you have any special friends at school this year? Who are they?
  - Who do you sit with at lunch or on the bus?
  - Are there any students at school you really don't like? Why don't you like them?
  - Do they ever pick on you or leave you out of things?

### **What Can I Do If I Think My Child Is Being Bullied?**

- Share your concerns with your child's teacher.
- Talk with your child.
- Try to find out more about your child's school life.

### **What Else Can I Do If My Child Is Being Bullied?**

- Focus on your child.
- Talk to your child's teacher or principal.
- Encourage your child to spend time with friendly students in his or her class.
- Help your child meet new friends outside of school.
- Teach your child safety strategies, such as how to seek help from an adult.
- Make sure your home is a safe and loving place for your child.

If you and your child need additional help, talk with a school counselor and/or mental health professional.



### **What Else Can I Do If My Child Is Being Bullied?**

As part of the *Olweus Bullying Prevention Program*, students will be taught to tell an adult if they are being bullied or know of a bullying problem. It is important that any adult (at home or at school) take action right away if a child reports bullying. Here are some more things you can do if your child tells you he or she is being bullied:

a. Focus on your child.

Support your child and find out more about the bullying. Do not ignore the bullying or tell your child to ignore it. This sends the message that bullying is okay.

Don't blame your child for the bullying. No matter what your child does, he or she does not deserve to be bullied.

Listen carefully to what your child tells you about the bullying. Ask him or her to describe what happened. Ask who was involved, where it happened, and if there were any witnesses.

Tell him or her that bullying is wrong and not his or her fault. Say that you are glad he or she had the courage to speak up. Tell him or her that you will do something about it and explain what you are going to do.

If you disagree with how your child handled the bullying, don't criticize him or her.

Do not tell your child to fight back. This is not likely to end the problem and could make it worse by getting your child in trouble at school.

Control your own emotions. Step back and think carefully about what you will do next.

If your child begs you not to talk to anyone at school about the bullying, you might say, "What happened is wrong. It is against the school's rules and has to stop. Parents have agreed to be a part of keeping all students safe at your school. We need to let school staff know about this. We promise to do all that we can to make things better for you, not worse." Never promise your child that you will not tell school staff if you plan to do so.

b. Talk to your child's teacher or principal.

Explain the facts that you know. Tell him or her that you want to work with your child's school to solve the problem. Do not talk to the parents of the child who bullied your child. Let school staff do this.

Expect the bullying to stop. Talk often with your child and his or her teacher to make sure this happens.

"Class meetings have really helped with outside recess. Kids are really following the rules and treating each other with more respect."

— AN ELEMENTARY STUDENT



“I really think our recess is more fun and better now because I used to get glares and dirty looks—and all that has stopped.”

— AN ELEMENTARY STUDENT

“The power of the program lies in staff and students using common language to address bullying situations. A message is carried out to students saying bullying will not be tolerated here.”

— A JUNIOR HIGH SCHOOL COUNSELOR

- c. Although a child who is bullied is never responsible for the bullying, there are things you can do to help your child handle the situation:

Encourage your child to develop interests and hobbies that will help him or her handle difficult situations like bullying.

Encourage your child to spend time with friendly students in his or her class. Allow your child to spend time with these children outside of school, if possible.

Help your child meet new friends outside of school.

Teach your child safety strategies, such as how to seek help from an adult.

Make sure your home is a safe and loving place for your child. Take time to talk with your child often.

If you and your child need additional help, talk with a school counselor and/or mental health professional.

### **What Can I Do If My Child Is Bullying Others?**

Here are some things you can do to help your child stop bullying others:

- a. Make it clear to your child that you take bullying seriously and that bullying is not okay.
- b. Develop clear rules within your family for your child's behavior. Praise your child for following the rules and use nonphysical and logical consequences when rules are broken. A logical consequence for bullying behavior might be a loss of privileges for a while, such as using the phone to call friends, using email to talk with friends, and other activities your child enjoys.

- c. Spend lots of time with your child and carefully supervise and monitor his or her activities. Find out who your child's friends are and how and where they spend their free time.
- d. Build on your child's talents by trying to get him or her involved in positive activities (such as clubs, music lessons, and nonviolent sports). Be sure to watch his or her behavior in these places as well.
- e. Share your concerns with your child's teacher, counselor, and/or principal. Work together to send a clear message to your child that his or her bullying must stop.
- f. If you and your child need additional help, talk with a school counselor and/or mental health professional.

### **What If My Child Isn't Involved in Bullying?**

Bullying affects everyone at school, because it affects the entire school climate. Your child might not be directly involved in bullying but still might be afraid of certain students or areas of the school where bullying takes place. Your child is probably aware of bullying problems or may have seen bullying happen. In that case, he or she is involved either by supporting the bullying or by not supporting it, either by taking action to stop it or by doing nothing about it.

Children who are not directly involved have a key role to play in stopping and preventing bullying. It is for this reason that the *Olweus Bullying Prevention Program* is a schoolwide program. Your child will learn through discussions and role-plays at school how he or she can help prevent and stop bullying.

### **Here are some ways you can begin talking about bullying with your child:**

- I'm interested in your thoughts and feelings about bullying. What does the word "bullying" mean to you?
- Do you ever see students at your school being bullied by other students? How does it make you feel?
- What do you usually do when you see bullying going on?
- Have you ever tried to help someone who was being bullied? What happened? What do you think you can do if it happens again?
- Would you feel like a "tattletale" if you told an adult that someone was bullying?
- Have you ever called another person names? Do you think that is bullying? Talk more about that.
- Do you or your friends ever leave other students out of activities? (Talk more about this type of bullying.)
- Is your school doing special things to try to prevent bullying? If so, tell me about your school's rules and programs against bullying.
- What things do you think parents could/should do to help stop bullying?

You can also help your child learn how to stop and prevent bullying by talking about it at home. Encourage your child to share with you his or her thoughts and concerns about school life. Here are some ways you can begin talking about bullying with your child:

- I'm interested in your thoughts and feelings about bullying. What does the word "bullying" mean to you?
- Do you ever see students at your school being bullied by other students? How does it make you feel?
- What do you usually do when you see bullying going on?
- Have you ever tried to help someone who was being bullied? What happened? What do you think you can do if it happens again? Can I help you think through or practice some ways of responding?
- Would you feel like a "tattletale" if you told an adult that someone was bullying? (Talk about how it is not tattling but doing the right thing to help someone who is being bullied.)
- Would you be willing to tell someone if *you* had been bullied? Why? Why not? Would you feel comfortable telling me? Whom at school might you tell?
- Have you ever called another person names? Do you think that is bullying? Talk more about that.
- Do you or your friends ever leave other students out of activities? (Talk more about this type of bullying.)

- What do you think needs to happen at school to stop bullying?
- Is your school doing special things to try to prevent bullying? If so, tell me about your school's rules and programs against bullying.
- I hear that you have regular class meetings to talk about issues such as bullying. What did you talk about in your class meeting this week?
- What things do you think parents could/should do to help stop bullying?

**If you have any questions about our school's bullying prevention program, please contact your child's primary classroom teacher, homeroom teacher, or student advisor. It is very important that we work with you to prevent bullying. Thank you for your interest and support.**

"The program also forces you to look at bullying in a different light, giving it a much more serious approach rather than something that kids just do. It really works to change attitudes toward bullying."

— A PREVENTION SPECIALIST



## Tips for Parents: What to Do If Your Child Bullies Others

If your child bullies other children at school, it will need to be stopped. We are doing a number of things at school to prevent bullying and to stop bullying once it occurs. Here are some things you can do at home to help. Thank you for your help in making our school a safe and positive place to learn.

- Make it clear to your child that you take bullying seriously and that it is not okay.
- Make rules within your family for your child's behavior. Praise your child for following the rules and use nonphysical and logical consequences when rules are broken. A logical consequence for bullying could be losing rights to use the phone to call friends, using email to talk with friends, or other activities your child enjoys.
- Spend lots of time with your child and keep close track of his or her activities. Find out who your child's friends are and how and where they spend their free time.
- Build on your child's talents by encouraging him or her to get involved in positive activities (such as clubs, music lessons, or nonviolent sports).
- Share your concerns with your child's teacher, counselor, and/or principal. Work together to send a clear message to your child that his or her bullying must stop.
- If you and your child need more help, talk with a school counselor and/or mental health professional.

*This list has been adapted from a publication originally created for "Take a Stand. Lend a Hand. Stop Bullying Now!" a campaign of the Health Resources and Services Administration, the Maternal and Child Health Bureau, and the U.S. Department of Health and Human Services.*

*[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)*

## Tips for Parents: What to Do If Your Child Is Being Bullied

If your child is being bullied at school, this can be a very painful experience for your child and your family. We are doing all we can at school to put a stop to bullying. Here are some additional things you can do to support your child if he or she is being bullied:

- Never tell your child to ignore the bullying.
- Don't blame your child for the bullying. Don't assume your child did something to provoke the bullying.
- Allow your child to talk about his or her bullying experiences. Write down what is shared.
- Empathize with your child. Tell him or her that bullying is wrong, that it is not his or her fault, and that you are glad he or she had the courage to tell you about it.
- If you disagree with how your child handled the bullying situation, don't criticize him or her. It is often very difficult for children to know how best to respond.
- Do not encourage physical retaliation.
- Check your emotions. A parent's protective instincts stir strong emotions. Although it is difficult, step back and consider the next steps carefully.
- Contact a teacher, school counselor, or principal at your school immediately and share your concerns about the bullying that your child has experienced.
- Work closely with school personnel to help solve the problem.
- Encourage your child to develop interests and hobbies that will help build resiliency in difficult situations like bullying.
- Encourage your child to make contact with friendly students in his or her class, or help your child meet new friends outside of school.
- Teach your child safety strategies, such as how to seek help from an adult.
- Make sure your child has a safe and loving home environment.
- If you or your child need additional help, seek help from a school counselor and/or mental health professional.

*This list has been adapted from a publication originally created for "Take a Stand. Lend a Hand. Stop Bullying Now!" a campaign of the Health Resources and Services Administration, the Maternal and Child Health Bureau, and the U.S. Department of Health and Human Services.*

[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)

## Tips for Parents: What to Do If Your Child Witnesses Bullying

Many children are observers or “bystanders” in cases of bullying at school. It is important that even students who are bystanders in a bullying situation take action to get help, so the bullying stops. We are taking steps to teach this important information to students at school. Here are some things you can do to support these efforts at home.

If your child talks to you about the bullying that he or she witnesses at school, you are encouraged to do the following:

- Teach your child how to get help without getting hurt.
- Encourage your child to verbally intervene if it is safe to do so, by saying such things as: “Cool it! This isn’t going to solve anything.”
- Tell your child not to cheer on or even quietly watch bullying. This only encourages a child who bullies—who wants to be the center of attention.
- Encourage your child to tell a trusted adult about the bullying. Talking to an adult is not “tattling”—it is an act of courage and safety. Suggest going to an adult with a friend, if that will make it easier.
- Help your child support others who tend to be bullied.
- Teach your child to include these children in activities.
- Praise and reward “quiet acts of courage”—where your child tried to do the right thing to stop bullying, even if he or she was not successful.
- Work with your child to practice specific ways he or she can help stop bullying. For example, role-play with him or her what he or she could say or do to help someone who is being bullied.

*This list has been adapted from a publication originally created for “Take a Stand. Lend a Hand. Stop Bullying Now!” a campaign of the Health Resources and Services Administration, the Maternal and Child Health Bureau, and the U.S. Department of Health and Human Services.*

*[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)*