**Berlin Brothersvalley School District**

**Olweus Bullying Program**

The Olweus Bullying Prevention Program is one of eleven Blueprints for Violence Prevention (Center for the Study and Prevention of Violence).

The Berlin Brothersvalley School District has adopted the Olweus Bullying Prevention Program and began implementing this program during the 2003 - 2004 school year. Staff are trained and given a monthly schedule of lessons and activities are conducted in elementary and middle school classrooms.

**The goals of the Olweus Bullying Prevention Program are:**

Reduce existing bully/victim problems among school children.

Prevent the development of new bully/victim problems.

Improve peer relations.

Improve school climate.

**The definition of bullying:**

When a student is being bullied or victimized and is exposed repeatedly over time to negative actions on the part of one or more students.

Bullying implies and imbalance in power or strength. The student who is bullied has difficulty defending himself/herself.

Bullying can be direct or indirect.

Direct Bullying can be:

(1) Physical - (hitting, kicking, shoving or spitting).

(2) Verbal - (taunting, teasing, racial slurs, verbal sexual harassment).

(3) Non-Verbal - (threatening, obscene gestures).

Indirect Bullying can be:

(1) Physical - (getting another person to assault someone).

(2) Verbal - (spreading rumors).

(3) Non-Verbal - (deliberate exclusion from a group or activity).

**Six points in defining Bullying:**

1. Intent to harm - perpetrator finds pleasure in taunting and continues even when the victim's distress is obvious.

2. Intensity and duration - teasing continues over a long period of time and the degree of taunting is damaging to the victim.

3. Power of the abuser - the abuser maintains power because of age, strength, size and/or gender.

4. Vulnerability - the victim is more sensitive to teasing, cannot adequately defend self, and/or has physical or psychological qualities that make the victim more prone to vulnerability.

5. Lack of support - victim feels isolated and exposed, and often is afraid to report the abuse for fear of retaliation.

6. Consequences - the damage to self-concept is long lasting, and the impact on the victim leads to behavior marked by either withdrawal or aggression

**Components of the Olweus Bullying Prevention Program:**

Establish a bullying prevention committee.

Administer anonymous student questionnaire.

Conduct staff in-service training.

Increase level of supervision and interventions.

Teach students.

Communicate with parents.

**School Rules Against Bullying**

1. We will not bully other students.

2. We will try to help students who are bullied.

3. We will make a point to include students who are easily left out.

4. When we know somebody is being bullied, we will tell an adult at school and an adult at home.

**The Olweus Bullying Prevention Program IS:**

1. Universal ( a school-wide effort).

2. Systems-oriented AND individual-oriented.

3. Preventive AND problem solving.

4. Focused on changing norms and behavior.

5. Research-based.

6. NOT time-limited: Requires systematic efforts over time.

**What the Olweus Bullying Prevention Program IS NOT:**

1. A curriculum.

2. A conflict resolution approach.

3. A peer mediation program.

4. An anger management program.

**Bullying Alert Card** - The bullying alert card was designed to alert teachers between classes that a student may be experiencing bullying or harassment by another student. These cards are available in every teacher's classroom, guidance office, and building offices.

