The Olweus Bullying Prevention Program
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OBPP for US schools developed by Dan Olweus, Ph.D., Susan Limber, Ph.D., Vicki Crocker Flerx, Ph.D., Nancy Mullin, M.Ed., Jane Riese, L.S.W., and Marlene Snyder, Ph.D.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University.

Overall Goal of Olweus: The school should be a safe and positive learning environment.

Program Components
- School Level
- Classroom Level
- Individual Level
- Community Level

Component Goals:
- Reduce existing bullying problems among students
- Preventing new bullying problems
- Achieving better peer relations at school

Targets
- Decrease Risk Factors
- Increase Protective Factors

Proximal (Short-term) Outcomes
- Improved School Climate
- Improved Classroom Climate
- Improved Youth Skills/Attitudes
- Improved Community Awareness/Support

Distal (Long-term) Outcomes
- Reduced Youth Antisocial Behavior

Created September 2010
**Program Components**

There are four basic components to the Olweus Bullying Prevention Program that work together to achieve the overall goals of the program.

- **Individual**
- **Classroom**
- **School**
- **Community**

**Program Goals:**

*Reduce existing bullying problems among students*

*Preventing new bullying problems*

*Achieving better peer relations at school*

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**Program Modalities**

Specific strategies, methods, and techniques are used to accomplish the program goals.

- Establish a Bullying Prevention Coordinating Committee
- Conduct committee and staff trainings
- Administer the Olweus Bullying Questionnaire schoolwide
- Hold regular staff discussions
- Introduce the school rules against bullying
- Review and refine the school’s supervisory system
- Hold a school kickoff event
- Post and enforce school wide rules against bullying
- Hold regular class meetings
- Supervise students’ activities
- Ensure that all staff intervenes on the spot when bullying occurs
- Hold meetings with students involved in bullying
- Develop individual intervention plans for involved students
- Involve parents
- Develop partnerships with community members to support your school’s program
- Help to spread anti-bullying messages and principles of best practice in the community

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**Targeted Risk and Protective Factors**

- **Risk Factors:**
  - Low school commitment
  - Poor academic performance
  - Indifferent or accepting teacher attitudes towards bullying
  - Lack of supervision during breaks
  - Rebelliousness
  - Peers’ delinquent behavior
  - Peer rewards for antisocial behavior
  - Favorable attitudes towards antisocial behavior
  - Lack of parental supervision

- **Protective Factors:**
  - School opportunities for prosocial involvement
  - School rewards for prosocial involvement
  - Social skills
  - Interaction with prosocial peers.

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**Proximal (Short-term) Outcomes**

Targeted outcomes that the program is designed to impact immediately following program completion.

- Decreased self-reported bullying
- Reduced self-reported anti-social behavior
- Increased youth satisfaction with school life
- Improved order and discipline in school
- Increased youth positive social relationships
- Increased youth positive attitudes toward school work and school in general
- Reduced bullying density during lunch and recess (incidents per 100 student hours)

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**Research-Proven Outcomes**

- Decreased self-reported bullying
- Reduced self-reported anti-social behavior
- Increased youth satisfaction with school life
- Improved order and discipline in school
- Increased youth positive social relationships
- Increased youth positive attitudes toward school work and school in general
- Reduced bullying density during lunch and recess (incidents per 100 student hours)

**Hypothesized Outcomes**

- Less acceptance of anti-social behavior
- Improved self-esteem
- Less depression
- Increased concentration and learning
- More appropriate reaction patterns to bullying by students
- Increased community awareness of bullying issues

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**Distal (Long-term) Outcomes**

Outcomes impacted by the program years following program completion that are hypothesized but follow-up data are not yet available.

- Less aggressive & destructive behavior for those who bullied
- More likely to delay onset of problematic behaviors such as drug and alcohol use
- Less likely to become involved with deviant peer groups
- Less likely to drop out of school
- Less likely to engage in delinquency and violence