The Olweus Bullying Prevention Program

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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

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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.

Program Components:
- Individual
- Classroom
- School
- Community

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

Program Modalities:
- 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

Targeted Risk and Protective Factors
- Risk factors, which increase the likelihood of drug use, delinquency, school dropout, teen pregnancy, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal (Short-term) 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)

Research-Proven Outcomes:
- Reduced 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)

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

Reduced Youth Antisocial Behavior:
- 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

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