

Effectiveness of the Olweus Bullying Prevention Program

Research from Norway

Olweus, D. (1991). Bully/victim problems among schoolchildren: Basic facts and effects of a school based intervention program. In D. J. Pepler & K. H. Rubin (Eds.), *The development and treatment of childhood aggression*. Hillsdale, NJ: Erlbaum.

Olweus, D. (1997). Bully/victim problems in school: Facts and intervention. *European Journal of Psychology of Education*, 12, 495-510.

Olweus, D. (2005). A useful evaluation design, and effects of the Olweus Bullying Prevention Program. *Psychology, Crime & Law*, 11, 389-402

Olweus, D. (2005b). New positive results with the Olweus Bullying Prevention Program in 37 Oslo schools. Report. Bergen, Norway: Research Center for Health Promotion, University of Bergen.

- These articles describe several different large-scale studies involving students in grades 4-10 in Norway.
- They consistently show significant decreases in self-reports of being bullied and bullying others as a result of the OBPP.
- Several (Olweus 1991, 1997) report significant and positive program effects for self-reported vandalism, fighting, theft, alcohol abuse, and truancy.
- Several (Olweus 1991, 1997) report increases in students' satisfaction with school life, improved order and discipline, more positive social relationships, and more positive attitudes toward school work and school in general.

Meta-Analysis

Ttofi, M. M., Farrington, D. P. & Baldry, A. C. (2008). Effectiveness of programmes to reduce school bullying. Swedish National Council for Crime Prevention.

- Meta-analysis of 59 studies of the effectiveness of bullying prevention programs.
- "School-based anti-bullying programmes are often effective" (p. 72)
- "Programmes inspired by the work of Dan Olweus worked best" (p. 72)

Research in the United States

Black, S. & Washington, E. (2007). Evaluation of the Olweus Bullying Prevention Program: How the program can work for inner city youth. *Proceedings of Persistently Safe Schools: The 2007 National Conference on Safe Schools*, October 29-31, 2007, Washington, DC.
<http://gwired.gwu.edu/hamfish/AnnualConference/2007>

Black, S. A., & Jackson, E. (2007). Using bullying incident density to evaluate the Olweus Bullying Prevention Programme. *School Psychology International*, 28, 623-638.

- Involved 6 public elementary and middle schools in an urban setting.
- Bullying incident density (incidents per 100 student hours) as observed during lunch (elementary and middle schools) and recess (elementary schools) decreased by 45% over 4 years of program implementation.

Melton, G. B., Limber, S. P., Cunningham, P., Osgood, D. W., Chambers, J, Flerx, V., Henggeler, S., & Nation, M. (1998). *Violence among rural youth*. Final report to the Office of Juvenile Justice and Delinquency Prevention

- Students in grades 4-7
- Involved 6 rural school districts (11 intervention and 28 comparison schools)
- 16% reduction in students' self-reports of bullying others among intervention schools; 12% increase in self-reports of bullying others among control schools. No significant differences in self-reports of victimization.
- Significant differences between control schools and comparison schools with regards to students' self-reports of involvement in delinquency, theft, vandalism, school misbehavior, and having received sanctions for school misbehavior.

Limber, S. P. (2004). Implementation of the Olweus Bullying Prevention Program: Lessons Learned from the Field. In D. Espelage & S. Swearer (Eds.) Bullying in American Schools: A Social-Ecological Perspective on Prevention and Intervention (pp. 351-363). Mahwah, NJ: Lawrence Erlbaum.

Bauer, N., Lozano, P., & Rivara, F. P. (2007). The effectiveness of the Olweus Bullying Prevention Program in Public Middle Schools: A controlled trial. *Journal of Adolescent Health*, 40, 266-274.

- Students from 10 public middle schools (7 intervention and 3 control schools)
- Relational victimization decreased by 28% and physical victimization decreased by 37% among white students but there were no program effects for minority students.
- Students in intervention schools were more likely to perceive that other students actively intervened in bullying.



Pagliocca, P. M., Limber, S. P., & Hashima, P. (2007). Evaluation report for the Chula Vista Olweus Bullying Prevention Program. Unpublished report prepared for the Chula Vista (CA) Police Department.

- Small-scale study involving 3 elementary schools.
- Decreases in reports of being bullied by 21% after 1 year and 14% after 2 years.
- Decreases in reports of bullying others by 8% after 1 year and 17% after 2 years.
- After 1 year, students were significantly more likely to perceive that adults at school tried to stop bullying.
- After 1 year, parents were significantly more likely to perceive that administrators had acted to stop bullying.