



**OLWEUS**  
INTERNATIONAL

**NORCE**

# Welcome to a short presentation of the Olweus Bullying Prevention Programme

Presented by:

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# Dan Olweus

1931-2020

Family man, Research Professor and founder of  
School Bullying research  
and jazz pianist



## **Ground braking book:**

*Bullying at School: What We Know and What We Can Do (1982, 1993, 25 languages)*

## **OBPP in active use:**

USA, Mexico, Lithuania, Sweden, Norway, Germany and Iceland

## **Honors and awards :**

- ✓ Outstanding aggression research, ISRA 1976  
Bringing courage to the discouraged, Crazy Horse 2000
- ✓ Achievements to promote public health in the Nordic countries, Nordic Minister Council, 2002
- ✓ Distinguished Contributions to Public Policy for Children by the Society for Research in Child Development (SRCD) 2003
- ✓ Distinguished Contributions to the International Advancement of Psychology (2011) APA
- ✓ Distinguished Contributions to Research in Public Policy (2012).APA

# Theoretical background and effects

- The Olweus program is based on an **ecological model**. (ref. Bronfenbrenner 1979)
- Central among these are **individual factors, family factors, school factors and general societal factors**.
- The basic research and development of the program is based on a number of different theoretical perspectives.
  - ✓ General theory of aggressive and antisocial behaviour.
  - ✓ General developmental psychology.
  - ✓ Criminology.
  - ✓ «Authoritative parenting / discipline».
  - ✓ Social-cognitive learning theory.
  - ✓ Theory of power.
  - ✓ Group psychology and implementation theory.



Typical reduction of being bullied; T1 – T2, Primary schools : 30-50 % (Ttofi & Farrington, 2009; Gaffney, Farrington & Ttofi, 2019).

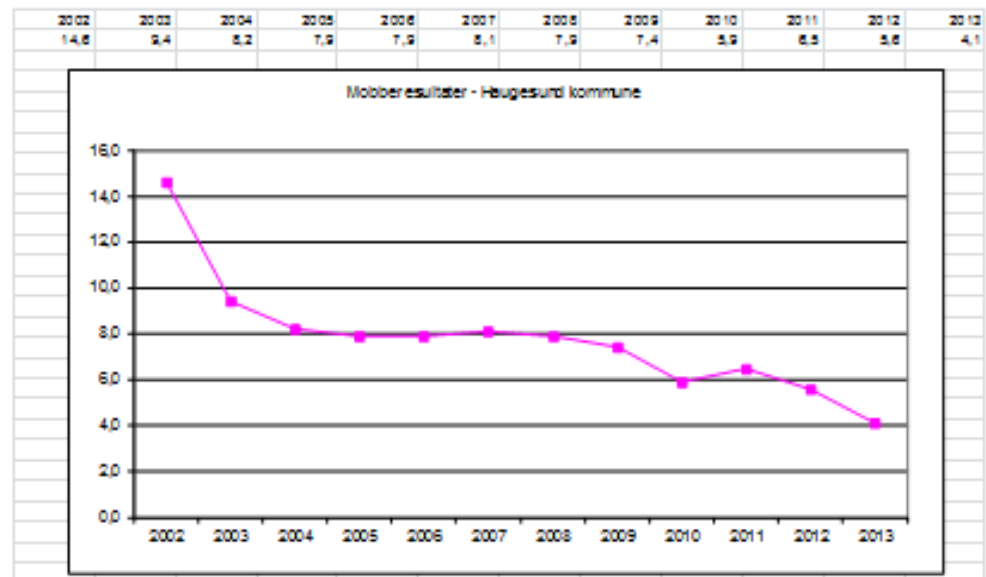
The results from several meta-analyses indicate that the Olweus program is among the programs with the greatest effect.

The effect has been particularly great in Norway, where the relative reduction in being bullied varies from approx. 30 to 50 percent one year after the introduction of the program in primary school.



Haugesund kommune

## Olweusundersøkelsen 2002 - 2013



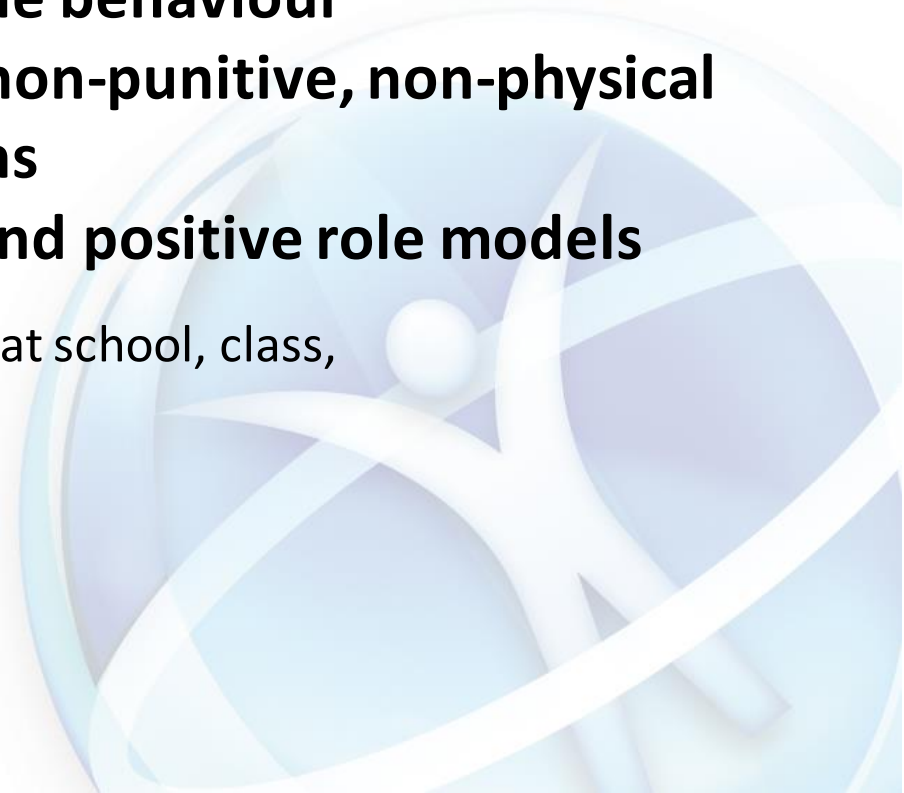
# The Olweus program

## "Restructuring of the existing social environment"

Based on a limited set of principles, creating a social environment characterized by:

- **Warmth and positive involvement from adults**
- **Firm limits on unacceptable behaviour**
- **Consistent application of non-punitive, non-physical sanctions on rule violations**
- **Adults act as authorities and positive role models**

Measures based on these principles applied at school, class, and individual levels and ideally, at home.



# The core program

## Measures at the school level

- Study- and Supervision Groups
- Bullying Prevention Coordinating Committee
- Effective adult supervision during recess and lunch time
- Student survey about bullying
- School conference day and other cultural activities

## Measures at the class level

- Class meetings with students
- Class rules against bullying
- Meetings with parents of the class

## Measures at individual level

- Competent staff observing and willing to intervene when unacceptable behavior occurs
- Use of school approved sanction ladder when repeated bullying
- Serious talks with bullies and exposed students
- Serious talks with parents of involved students
- Effective follow-up until bullying stops

*Awareness and involvement on the part of the adults in the school*

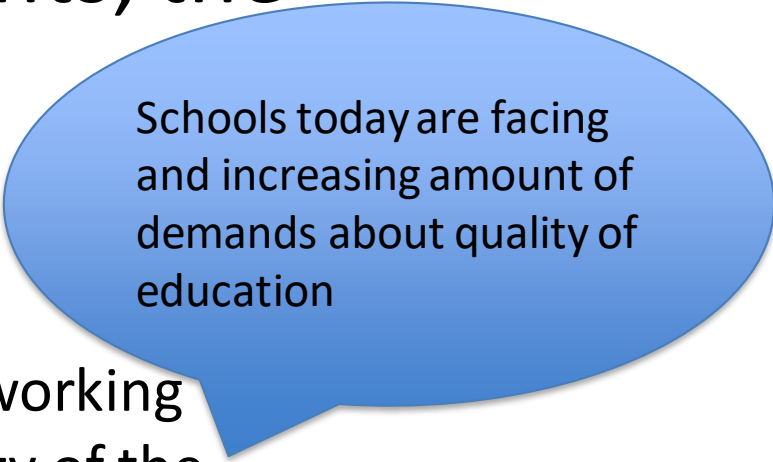


# Changes you can expect when the program succeeds in your school

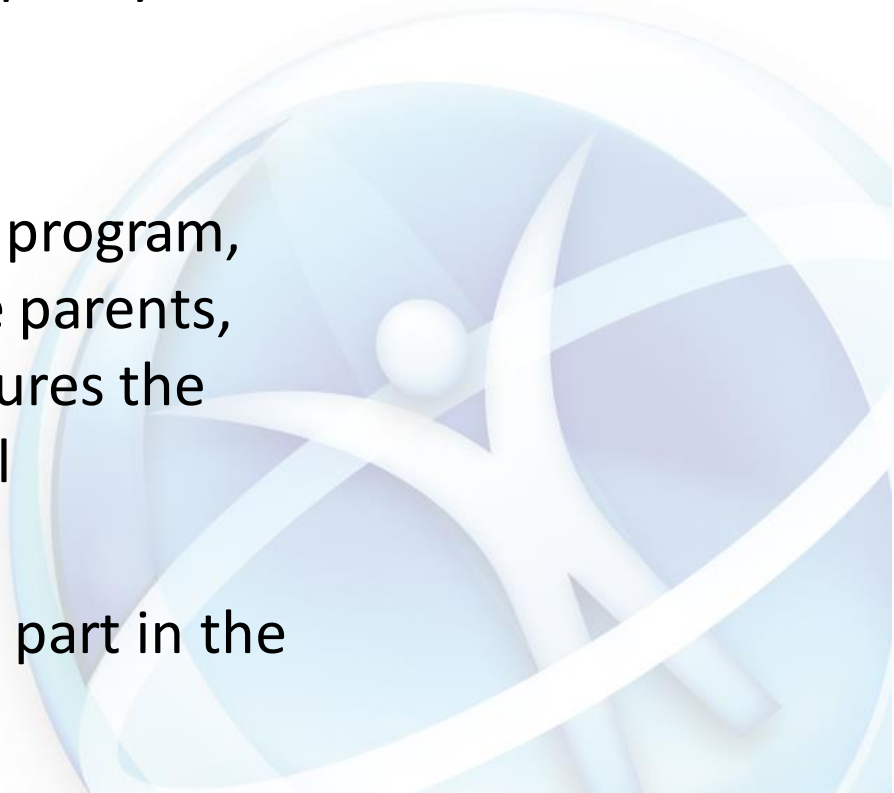
*The staff gets more energy back than they put into the implementation work*

- Less bullying and unacceptable behaviour
- Reducing antisocial behaviour
- Safer, calmer students with more mental energy for positive activities and learning
- More calm and focused classes with less disturbances and less need for teachers to handle problem behaviour
- Improving social climate in classrooms
- Teachers regarded as authorities based on open, understandable, humanistic principles

# The relationship with parents, the authorities and the media



Schools today are facing and increasing amount of demands about quality of education

- The Olweus program is a high quality working model to improve safety and the quality of the school experience for all students
  - Presenting information about the program, activities and survey results to the parents, the authorities and the media secures the reputation as a high quality school
  - The school can be proud of taking part in the Olweus program
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Maintaining the good qualities in the years to come:

# Olweus Quality Assurance System

- Simple, focused monitoring techniques to maintain the high level of competence after implementation
- Practical, understandable "Olweus Standard" for the school to follow
- Certification following audit process every 2 years



# New developments

Norway, Sweden, Lithuania: The Quality Assurance System

Norway and USA: Training module for community youth organisations

Norway: The team model: Implementation model which is lead by a group consisting of members from the school, a school psychiatrist and a representative from the local health service.



# Dan Olweus contributes to the UN's fight against bullying



- 1.) Adults must learn and teach empathy.
- 2.) Parents, caregivers, and teachers must recognize warning signs and how to respond
- 3.) Children need to be at the heart of these issues.
- 4.) Whole school, whole community efforts must be in place.
- 5.) Develop a sound framework of policy and legislation
- 6.) Invest in research

# Contact

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