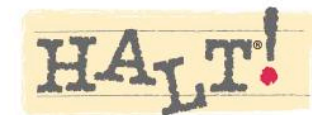


# ***Successful Statewide School- Based Bullying Prevention:***

## **A Model Program for U.S. Schools & Communities**



***Prevention That Works***



A bullying prevention program



# Disclosure

This research is funded through the Highmark Healthy High 5 initiative, founded and supported by, the Highmark Foundation.



# Jennifer Saylor, BS, CHES

**Bullying Prevention Initiatives**  
**Center for Health Promotion & Disease Prevention**  
**Windber Research Institute**  
**Windber, PA**



# Objective

- Reduction of the social and health consequences of school based peer abuse (bullying) in Pennsylvania



**HALT!**  
A bullying prevention program

Made possible through  
funding provided by  
**HIGHMARK.**  
healthy high 5   
An initiative of the Highmark Foundation

***“... most common form of violence  
in our society ...”***

***(National Association of School Psychologists, 2002)***



**HALT!**

A bullying prevention program

Made possible through  
funding provided by  
**HIGHMARK.**  
healthy high 5   
An initiative of the Highmark Foundation

# Violence in America

- U.S Attorney General Holder
  - “60% of U.S. children exposed to violence”
  - “Toxic” levels
  - “Adults would not tolerate such violence in their daily lives”



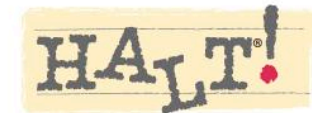
- 20%-30% of children are bullied **every** day
- **Every** day, 160,000 children miss school because of bullying
- **Every** seven minutes a child is bullied at school

(Hamilton Fish Institute, 2004)



# Bullying is a factor in ...

- Absenteeism
- Higher drop-out rates
- Low academic achievement
- Diminished learning capacity
- Childhood depression
- Teen drug & alcohol use
- Teen suicide



A bullying prevention program



# Middle School Bullies

3 times more likely to have at least one  
criminal conviction by the age of 24  
(Olweus)



# Terminal Event

*75% of the attackers in school shootings indicated they were bullied or otherwise hurt by their peers prior to the shootings (Crawford, 2002)*



In a July 2009 Policy Statement, the American Academy of Pediatrics comments on the success of the OBPP and recommends that pediatricians serve as advocates for schools to adopt evidenced-based prevention programs.  
(NY Times, June 9, 2009)



# PA – The Catalyst

In 2006, the **Highmark Foundation** launched the Highmark Healthy High 5 HP initiative

- Unprecedented, 5-year, \$100 million children’s health promotion initiative
- Programming in PA counties served by Highmark, Inc.
- Address nutrition, physical activity, grieving, self-esteem and bullying



# Partners

- Highmark Foundation
- PA DOE/Center for Safe Schools
- Center For Health Promotion & Disease Prevention, Windber Research Institute
- Clemson University
- University of Norway



# Methods - The Olweus Bullying Prevention Program

- Implementation & recognized internationally
- Evidence based (35 years of research)
- Involves School, Classroom, Community & Individual Interventions
- Schoolwide approach, rather than a curriculum, focusing on changing behaviors to reduce antisocial behavior



# Methods – a comprehensive monitoring and evaluation process

- Students
- Teachers
- Parents
- Trainers
- Educational events



# Impact

- School buildings – 230
- Teachers – 11,788
- Children – 200,000
- Parents – 180,000



## RESULTS:

**Decrease victimization and bullying rates in 60% of elementary schools**

**Increased student empathy – students are more willing to help other students being bullied**

**Social isolation dropped in all middle schools (100%).**

**A decrease in victimization was also shown in half (50%) of middle schools**

**All studied schools (100%) reported an increase in teachers intervening when a student was being bullied.**

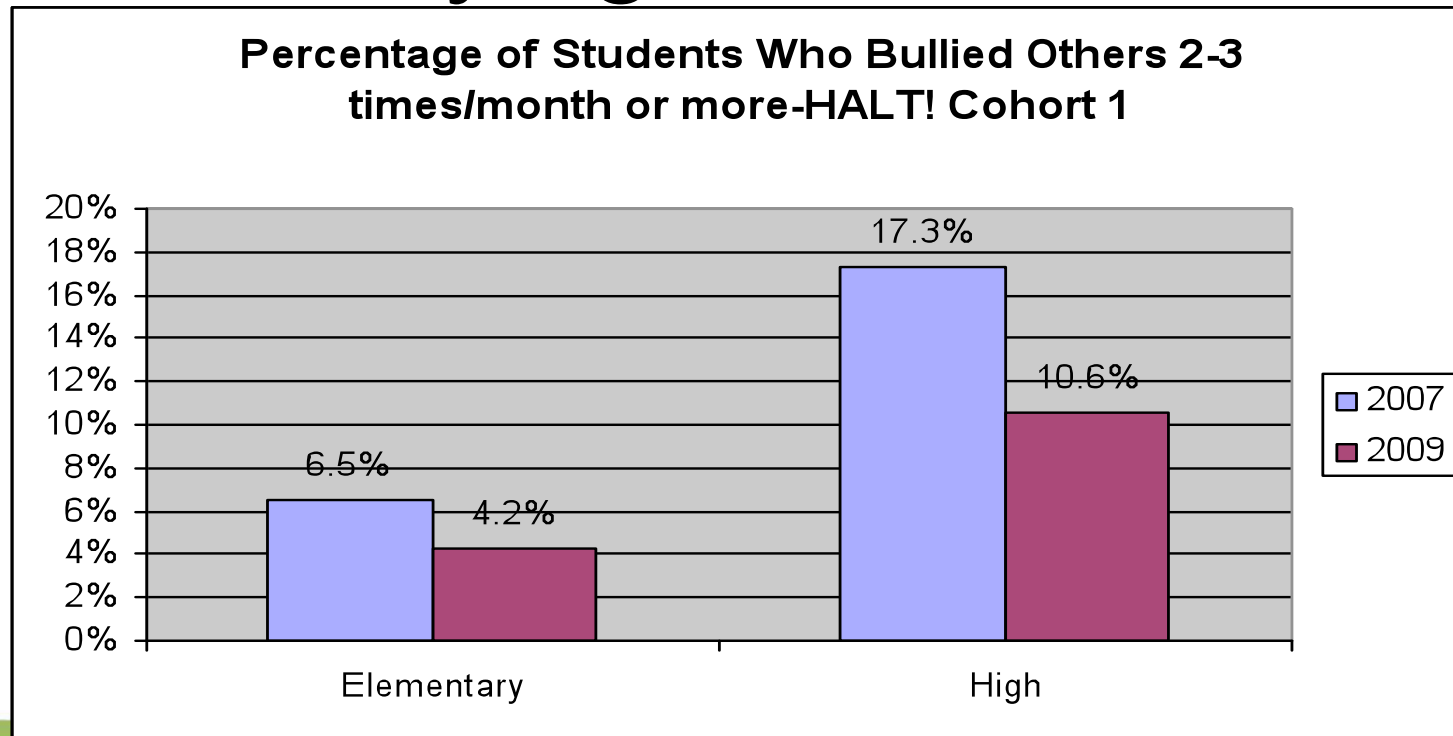


# Results

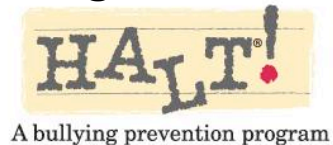
- Reduction in bullying by....
  - Social exclusion
  - Racial & sexual comments
  - cyberbullying
- Students were significantly less likely to perceive that teachers had done “little or nothing” in recent months to stop bullying.



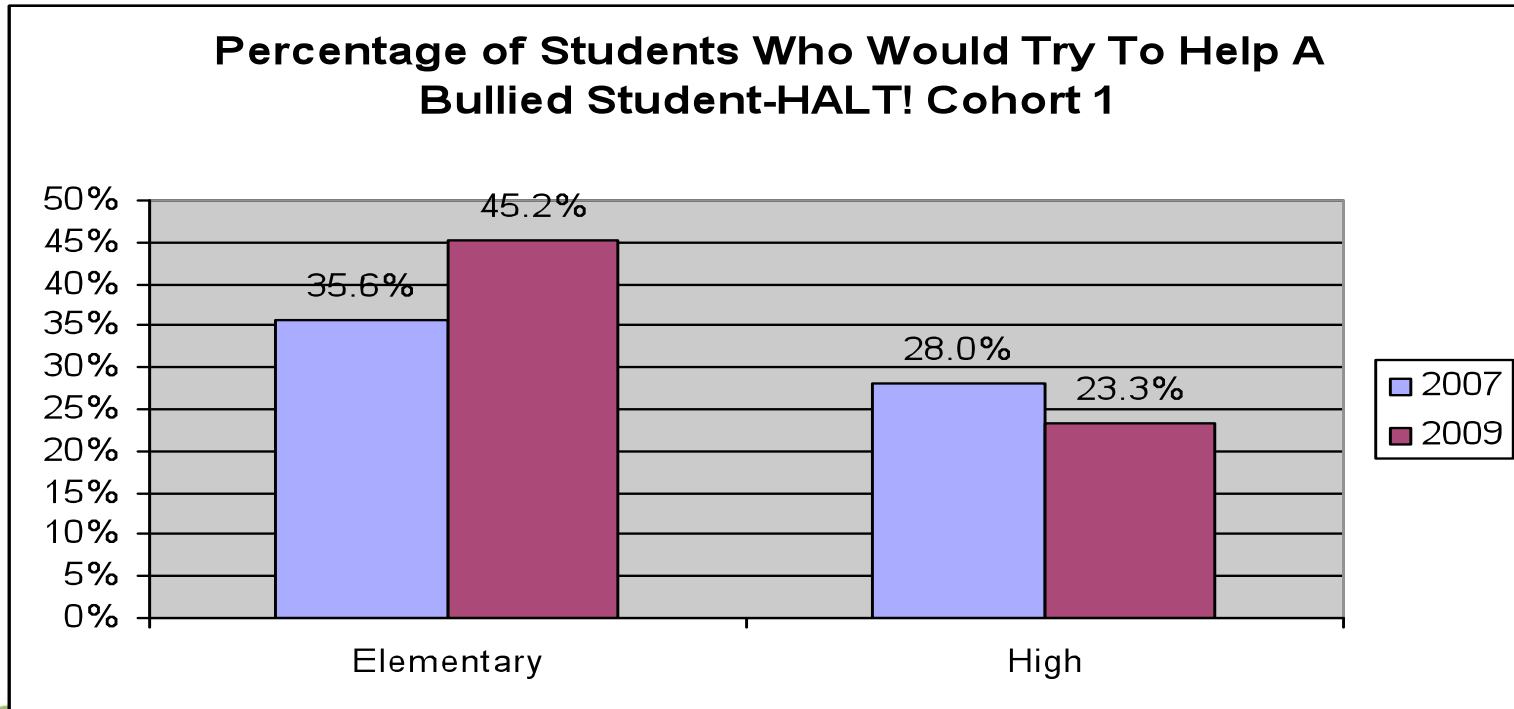
# Bullying Behaviors



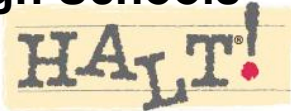
**Elementary Schools = 35.25% reduction**  
**High Schools = 39% reduction**



# Bystanders



**Elementary Schools = 27% increase**  
**High Schools = 17% decrease**



A bullying prevention program



## Results – Able to demonstrate the science of prevention

- Identify the pop. to be served
- Identify the EB program
- Identify key partners - stakeholders
- Identify sustainable & appropriate funding
- Monitor and evaluate



- Largest implementation study of the Olweus Bullying Prevention Program (OBPP) in the U.S.
- Most comprehensive effort to date, to systematically and strategically address this public health issue.
- Will impact about 200,000 students
- First documented study on High Schools



# Presentations

- **Institute on Family & Neighborhood Life Symposium, Clemson University, March 2009**
- **Natl. Association of Health Education Centers Joint Conference, Harrisburg, June 2009**
- **Pennsylvania Public Health Association Joint Conference, Pittsburgh, October 2009**



# Presentations

- **American Academy of Pediatrics-National Conference & Exhibition, October 2009**
- **American School Health Association. 83rd Annual Conference, Denver, October 2009**
- **Society for Public Health Education, 2009 Annual Meeting, Philadelphia, November 2009**



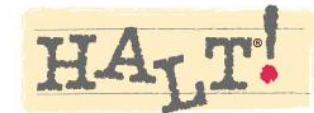
# Presentations

- **American Public Health Association, 137th Annual Mtg. & Exposition, Philadelphia, November 2009**
- **International Bullying Prevention Association Annual Conference, Pittsburgh, November 2009**
- **Blueprints for Violence Prevention Annual Conference (Olweus Day), Boulder, March 2010**



# Results

## *Improved school climate*



A bullying prevention program



# Conclusion

- Demonstrated a positive impact in behavioral change in a large population of children and adolescents.
- Demonstrated the key role of partnerships in a public health activity
- Demonstrated the science of prevention



# Youth Violence - The Challenge – Holder

- “Attacking it at all sources”
- “Treat cause, not symptoms”
- “Treat Holistically, not fragmented”
- “Use appropriately trained professionals – an epidemic”
- “Use sound science – need more information that works”



Thank you

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# International Bullying Prevention Conference

*Best Practices in School-Based Bullying Prevention*

November 16–18, 2009

Pittsburgh, Pennsylvania

Omni William Penn Hotel

[www.stopbullyingworld.org](http://www.stopbullyingworld.org)

