Implementing Bullying Prevention Programs

Successful prevention programs are invaluable in strengthening and protecting the school community from the adverse effects of bullying. Studies have shown that prevention programs are generally effective in reducing bullying and victimization among children. Some characteristics of effective bullying prevention programs include; evidence-based and well-structured curricula, teach skills, comprehensive approach, and sustainability. The following website and databases provide information about effective bullying prevention and social-emotional learning programs: _sde.ok.gov, pacer.org, stopbullying.gov, les.ed.gov, rand.org, interventioncentral.org, and ibpaworld.org._

Once a school has selected a program, it is important to implement the program with fidelity and reasonable adaptability to achieve promised results. Fidelity is the degree to which a program is implemented as intended. Adaptation is the process of modifying a program to meet the needs of your school.

Below are recommended steps to successfully implementing bullying prevention programs.

Steps for implementing bullying prevention programs

1. Commit to creating and sustaining a positive school environment in your school

2. Form or identify existing team to coordinate bullying prevention efforts (e.g. Safe School Committee).

3. Assess school climate and prevention efforts (e.g. climate survey and behavioral incident data)

4. Analyze your data. Identify your school needs and develop SMART goals

5. Research and utilize evidence-based programs that meet your school's needs and align with your prevention goals. Some measures to consider are:

   - Sustainability, cost, timeline, program goals, and tools i.e. assessment & evaluation tools

6. Garner student, staff, parent, and community support and build partnerships

7. Establish or revise school policies and procedures related to best practices in bullying prevention and intervention

   - Checklist for Analyzing Discipline Policies and Procedures for Equity (CADPPE)

8. Continue to implement, update, and evaluate these efforts over time

Adapted from the U.S government's recommendations for best practices in bullying prevention and intervention

Aligning complementary prevention programs

Complementary programs are programs that address the associated effects of bullying. These programs include teen pregnancy prevention, substance abuse prevention, suicide prevention, etc. Aligning complementary prevention programs are essential to expanding the reach and deepening the impact of prevention efforts.

Additionally, aligning and integrating complementary programs is an efficient way of sustaining prevention efforts and can help schools meet their comprehensive objectives.

Please refer to the "Aligning Your Prevention Programs and Initiatives Workbook" and the "Bullying Prevention and Intervention Toolkit" for more information and guidance.

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