

## **Evidence Based Programs for Bullying Prevention and Intervention**

### Steps to Respect (Committee for Children, 2004)

- Specifically focused on bullying
- Research-based program and modules
- Includes school-wide implementation support
- User-friendly
- Elementary School Program: Grades 3-6
- Order from: <http://www.cfchildren.org>

### Second Step (Committee for Children, 1997)

- Research-based program and modules designed to address school violence
- Includes a module on bullying
- User-friendly
- Comprehensive: Grades K-3; 4-5; 6-7; 7-8;8-9
- U.S. Department of Education Office of Safe and Drug-Free Schools “Exemplary Program”
- Order from: <http://www.cfchildren.org>

### Bully Busters (Newman, Horne, & Bartolomucci, 2000)

- Intervention and prevention program designed specifically for the elementary and middle school years
- Focuses on teacher education and training
  - Parent resources also available
- Published data on effectiveness
- Order from: <http://www.researchpress.com>

### Bully-Proofing Your School (Garrity, Jens, Porter, Sager, & Short-Camilli, 1994)

- Provides a comprehensive line of publications for early childhood, elementary, middle, and high school
- Aims to promote a ‘caring majority’ among students by encouraging and teaching anti-bullying attitudes and behaviors
- Order from: <http://www.sopriswest.com>

### The Peaceful Schools Project (Twemlow, Fonagy, Sacco, Vernberg, & Twemlow)

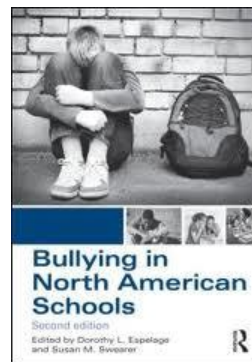
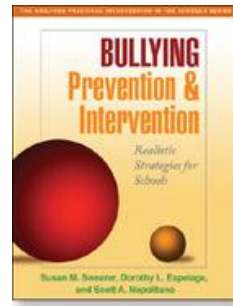
- “A philosophy, not a program”
- Essential components: discipline plan, positive climate campaign, gentle warrior, reflection time
- Includes parent workshops
- Solid outcome data
- Order from: <http://www.backoffbully.com>

### Olweus Bullying Prevention Program (Olweus & Limber, 1999)

- Published as a proven program in the *Blueprints for Violence Prevention*
- Successfully replicated internationally and in the United States
- Follows a whole-school multilevel approach that includes core components targeting several levels of the school ecology
- Implementation issues across different school ecologies are discussed
- Order from: <http://www.hazelden.org/web/public/olweus.page>

## Print Resources

- *Bullying Prevention and Intervention: Realistic Strategies for Schools*
  - Susan Swearer, Dorothy Espelage, and Scott Napolitano, 2009
  - [http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/swearer.htm&dir=edu/school&cart\\_id=906455.15517](http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/swearer.htm&dir=edu/school&cart_id=906455.15517)
- *Bullying in North American Schools, 2nd Edition*
  - Dorothy Espelage and Susan Swearer, 2010
  - <http://www.routledge.com/books/details/9780415806558/>



## Web Resources

[www.education.com](http://www.education.com)

- Special Issue – “Bullying: At School and Online”

[www.stopbullying.gov](http://www.stopbullying.gov)

- Website sponsored by the US government

[www.targetbullying.com](http://www.targetbullying.com)

- The web home of Dr. Susan Swearer’s bullying research team
- Information on The Bully Survey – an instrument to gather data on the bullying that occurs in your school

