

Olweus Bullying Prevention Program (OBPP)

The Olweus Bullying Prevention Program (OBPP) is a comprehensive, evidence-based framework designed to reduce and prevent bullying by changing school culture and social norms. Recognized globally, OBPP emphasizes whole-school involvement, consistent interventions, and long-term commitment.

Core Principles of OBPP

Whole-school Engagement

Involves all adults in the school community — teachers, administrators, support staff, parents and students — in prevention efforts.

Data-driven Practices

Uses the Olweus Bullying Questionnaire (OBQ) annually to assess prevalence, identify “hot spots,” and guide supervision and interventions.

School Rules – Four clear rules anchor prevention efforts:

1. We will not bully others.
2. We will try to help students who are bullied.
3. We will try to include students who are left out.
4. If we know someone is being bullied, we will tell an adult.

Training and Support

Builds staff capacity through ongoing training, supervision strategies, and data-informed decision-making.

Community Connection

Engages families and community partners to reinforce consistent prevention messages and support positive change.

Key Components of Implementation

1. **Before Starting with Students** – Establish leadership, train the school's Bullying Prevention Coordinating Committee (BPCC), and assess school needs with the OBQ.
2. **Schoolwide** – Train staff, strengthen policies, and foster a consistent, schoolwide commitment to bullying prevention.
3. **Involve Students** – Engage students through kick-off events, class meetings and clear anti-bullying rules.
4. **Address Bullying Situations** – Respond promptly, follow up with students and families, and ensure lasting positive outcomes.

Role of the Olweus Coach

An Olweus Coach is central to program fidelity and sustainability:

- Trains BPCC members (up to 12 hours).
- Provides ongoing coaching and support to schools for a minimum of 18 months post-training.
- Ensures staff receive up to six hours of initial training plus follow-up discussions.
- Collaborates with Olweus Mentors and networking groups to maintain quality.

Long-term Commitment

Bullying prevention is not a one-time effort. OBPP requires ongoing support, family involvement, and integration into daily school life. With layered consultative backing from Olweus Coaches, Mentors, and Center for Schools and Communities, OBPP builds systemic change, ensuring that every child's right to a safe and supportive learning environment is protected.