

Bullying Prevention (BP) Change Package

Instructions

Select 1-3 strategies to implement and spread. For each strategy selected, collect data for the primary measure and any to all of the secondary measures to report on monthly as well to inform your improvement efforts.

Strategies	Measures
<p>1. Implement and spread the establishment and convening of School Safety Committees across the state or jurisdiction to ensure that School Safety Committees coordinate and oversee a whole-school approach to bullying prevention that utilizes evidence-based practices</p>	<p>Primary 1. Number of schools implementing a School Safety Committee</p> <p>Secondary 1a. Number of children and adolescents served by the schools implementing a School Safety Committee</p> <p>Guidance For the primary measure, identify the number of schools you aim to reach. Report on a monthly basis the number of schools implementing a School Safety Committee. For the secondary measure, report the number of children and adolescents served by the schools. You may need to estimate this number based on the most recent enrollment numbers reported (e.g., available from the National Center for Education Statistics)</p>

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<p>2. Implement and spread developmentally appropriate, evidence-based bullying prevention programs and practices in schools and organizations across the state or jurisdiction (e.g., Bully-Proofing Your School, Olweus Bullying Prevention Program, Safe & Civil Schools Positive Behavioral Interventions and Support Model)</p>	<p>Primary 2. Number of schools and organizations implementing evidence-based bullying prevention programs and practices</p> <p>Secondary 2a. Number of children and adolescents reached through the program(s)</p> <p>Guidance For the primary measure, identify the number of schools you aim to reach. Report on a monthly basis the number of schools and organizations implementing evidence-based bullying prevention programs and practices. Report the name of the program(s) you are implementing and/or spreading. For the secondary measure, report the number of children and adolescents reached through the program(s). You may need to estimate the number of children reached (e.g., number of children in the grades receiving the program or practice)</p>
<p>3. Implement and spread developmentally appropriate, evidence-based school climate initiatives and social emotional learning (SEL) programs across the state or jurisdiction (e.g., Second Step Program, Promoting Alternative Thinking Strategies, Good Behavior Game, Lions Quest Skills for Adolescents)</p>	<p>Primary 3. Number of schools and organizations implementing evidence-based school climate initiatives, positive behavioral support, and social emotional learning (SEL) programs</p> <p>Secondary 3a. Number of children and adolescents reached through the program(s)</p> <p>Guidance For the primary measure, identify the number of schools you aim to reach. Report on a monthly basis the number of schools and organizations implementing evidence-based school climate initiatives, positive behavioral support, and social emotional learning (SEL) programs. Report the name of the program(s) you are implementing and/or spreading. For the secondary measure, report the number of children and adolescents reached through the program(s). You may need to estimate the number of children reached (e.g., number of children in the grades receiving the program or practice)</p>

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<p>4. Implement and spread evidence-based parenting programs across the state or jurisdiction that provide training and support to parents/caregivers to prevent aggression and problem behaviors in children (e.g., Incredible Years, Raising Healthy Children, Coping Power, Strengthening Families)</p>	<p>Primary 4. Number of schools and organizations implementing parenting programs that provide training and support to parents/caregivers to prevent aggression and problem behaviors in children</p> <p>Secondary 4a. Number of parents/caregivers receiving the program(s)</p> <p>Guidance For the primary measure, identify the number of schools and organizations you aim to reach. Report on a monthly basis the number of schools and organizations implementing parenting programs that provide training and support to parents/caregivers to prevent aggression and problem behaviors in children. Report the name of the program(s) you are implementing and/or spreading. For the secondary measure, report the number of parents/caregivers receiving the program(s)</p>

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<p>5. Implement and spread trainings in evidence-based bullying prevention approaches (e.g., how to encourage positive norms in classrooms and throughout the school, know how to identify and respond to bullying incidents) for staff (e.g., teachers, administrators, counselors, nurses, resource officers) in schools across the state or jurisdiction</p>	<p>Primary 5. Number of schools training staff (e.g., teachers, administrators, counselors, nurses, resource officers) on evidence-based bullying prevention approaches</p> <p>Secondary 5a. Number of staff (e.g., teachers, administrators, counselors, nurses, resource officers) trained 5b. Number of students served by the trained staff</p> <p>Guidance For the primary measure, identify the number of schools you aim to reach. Report on a monthly basis the number of schools training staff (e.g., teachers, administrators, counselors, nurses, resource officers) on evidence-based bullying prevention approaches. Report the name/type of training you are implementing and spreading. For the secondary measure 5a, report the number of staff (e.g., teachers, administrators, counselors, nurses, resource officers) trained monthly. For secondary measure 5b, report the number of students served by the trained staff. You may need to estimate this number (e.g. number of children in the grades of the teachers receiving the training)</p>

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<p>6. Implement and spread the use of inclusive curricula and establishment of student groups for youth at increased risk of bullying victimization and/or perpetration (e.g., Gay Straight Alliances) to encourage values of respect, inclusiveness, and safety within school environments</p>	<p>Primary 6. Number of schools implementing inclusive curricula and establishing student groups for youth at increased risk of bullying victimization and/or perpetration</p> <p>Secondary 6a. Number of children and adolescents receiving the curriculum and participating in the student groups</p> <p>Guidance For the primary measure, identify the number of schools you aim to reach. Report on a monthly basis the number of schools implementing inclusive curricula and establishing student groups for youth at increased risk of bullying victimization and/or perpetration. Report the name of the curriculum and type of student group being developed. For the secondary measure, report the number of children and adolescents receiving the curriculum and participating in the student groups. You may need to estimate the number of children receiving the curriculum (e.g., number of children in the grades or school using the curriculum and implementing student groups)</p>

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References and Resources

Blueprints for Healthy Youth Development. Available at: <https://www.blueprintsprograms.org/about>

Bully-Proofing Your School. Available at: <https://www.crimesolutions.gov/ProgramDetails.aspx?ID=403>

Collaborative for Academic, Social, and Emotional Learning (CASEL). *SEL and Bullying Prevention*. Available at: https://www.casel.org/wp-content/uploads/2016/01/3_SEL_and_Bullying_Prevention_2009.pdf

Coping Power Program. Available at: <https://www.cebc4cw.org/program/coping-power-program/detailed>

Espelage, D. L., Low, S., Polanin, J. R., & Brown, E. C. (2015). Clinical trial of Second Step® middle-school program: Impact on aggression & victimization. *Journal of Applied Developmental Psychology*, 37, 52-63.

Good Behavior Game. Available at: <http://goodbehaviorgame.air.org/index.html> and <https://www.crimesolutions.gov/ProgramDetails.aspx?ID=188>

HRSA (2017). Assessing Prevention Capacity & Implementing Change: An evidence-informed and evidence-based Bullying Prevention Capacity Assessment and Change Package. Available at: https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthInitiatives/MCHB_ChangePkg_8-24-17_sxf.pdf

Incredible Years. Available at: <http://incredibleyears.com/>

Lions Quest Skills for Adolescents. Available at: <https://www.lions-quest.org/> and <https://www.crimesolutions.gov/ProgramDetails.aspx?ID=264>

Olweus Bullying Prevention Program. Available at: http://www.violencepreventionworks.org/public/olweus_bullying_prevention_program.page

Positive Behavioral Interventions and Supports (PBIS). Available at: <http://www.pbis.org/>

Promoting Alternative Thinking Strategies® Available at: <http://www.pathstraining.com/main/>

Raising Healthy Children. Available at: <https://www.blueprintsprograms.com/factsheet/raising-healthy-children>

School Safety Committees. Available at: <https://www.stopbullying.gov/prevention/at-school/engage-parents/index.html>

StopBullying.gov. Available at <https://www.stopbullying.gov>

Strengthening Families Program. Available at: <http://www.strengtheningfamiliesprogram.org/>

Triple P Positive Parenting Program. Available at: <http://www.triplep.net/glo-en/home/>