

Bully Prevention with School-wide PBIS

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Agenda

The Need for Bully Prevention Curriculum Importance of Bully Prevention Curriculum within PBIS

Bully Prevention Curriculum — Elementary/ Middle & High School

Process for School-wide Implementation

Lesson Planning

Questions/Discussion

Welcome & Introductions

Definition of Bullying

- 1. Specific Type of Aggression
 - Verbal
 - Physical
 - Psychological
- 2. Behavior is Intended to Harm or Disturb
- 3. Carried Out Repeatedly and Over Time
- 4. Imbalance of Power
 - Physical
 - Psychological

Types of Bullying

Direct bullying (aggression, threats)

Indirect (rumors, exclusion)

Relational (damage reputation & relationships)

Cyberbullying (IM, Facebook, etc)

Small Group Discussion

Do you have a problem with bullying behavior at your school or district?

What types of bullying behavior do you see the most?

What strategies have you used to prevent bullying behavior?

What are the outcomes?

Impact of Bullying...



Why Bully Prevention?

Its way past time...

'Ginger Day' ATTACKS: Boys Arrested For Bullying Redheads

First Posted: 11-30-09 02:04 PM | Updated: 03-18-10 05:12 AM



Why invest in Bully Prevention?

84.6% of LGBT students reported being verbally harassed, 40.1% reported being physically harassed and 18.8% reported being physically assaulted at school in the past year because of their sexual orientation (GLSEN, 2009).

Students on the autism spectrum are more likely to be victimized than their non-disabled peers (Little, 2002).

40-60% of students with intellectual disabilities report being bullied. But not at a level of intensity or chronicity that differs from typically developing adolescent (Christensen, Fraynt, Neece & Baker, 2012).

Why invest in Bully Prevention?

- ► The National School Safety Center (NSSC) called bullying the most enduring and underrated problem in U.S. schools. (Beale, 2001)
- Nearly 30 percent of students have reported being involved in bullying as either a perpetrator or a victim. (Cook, Williams, Guerra, & Kim, 2010; Nansel, et al., 2001; Swearer & Espelage, 2004).
- Victims and perpetrators of bullying are more likely to skip and/or drop out of school. (Berthold & Hoover, 2000; Neary & Joseph, 1994)
- Victims and perpetrators of bullying are more likely to suffer from underachievement and sub-potential performance in employment settings.

(Carney & Merrell, 2001; NSSC, 1995).

iSAFE Survey

iSAFE America conducted a national survey of more than 1500 students — ranging from fourth to eight grade.

- 58% of kids admit someone has said mean or hurtful things to them online
- 53% of kids admit having said something mean or hurtful to another online
- 42% of kids have been bullied while online
- 34% were threatened

Youth who Bully/Bullied

Alcohol & drug abuse

Get into fights, vandalize

Engage in early sexual activity

Increased criminal activities

Abusive

Tend to drop out of school

Impact of Bullying

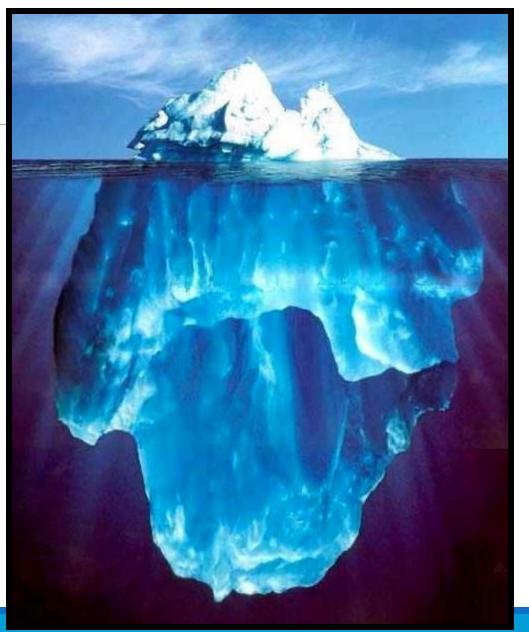
Health Consequences

School Climate

Suicide-Research, links experiences of bullying with higher levels of suicide thoughts and attempts

Morally and legally obligated to provide a safe education environment for ALL students

Adults only see the tip of the iceberg.



No means no. The rule is: If someone asks you to stop, you stop.



Connecting Bully Prevention to PBIS

PBIS Framework

Universal Prevention All Students

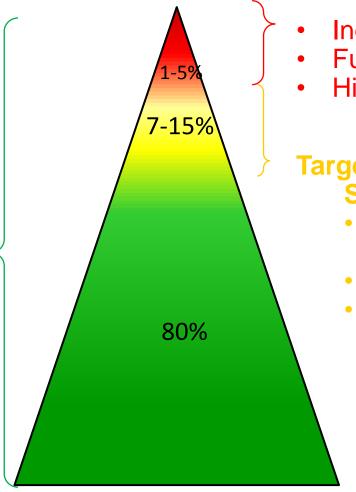
- Core Instruction
- Preventive
- Proactive
- Common Rules and Expectations
- Common Referral System
- Strength Based Behavior System



- Individualized
- Function-based
- High intensity

Targeted Intervention Some Students

- Supplemental (to reduce risk)
- High Efficiency
- Rapid Response



All students in school

Best Practices

Bully prevention that is efficient, and "fits" with existing behavior support efforts

Always conduct pre-implementation surveys and pre-implementation focus groups.

Conduct discussions with families, faculty and staff.

- Agreement on need for bully prevention effort.
- Strategy for teaching students core skills
- Strategy for follow-up and consistency in responding
- Clear data collection and data use process
- Advanced support options

Tier I: Universal System

Building a culture of social competence

- A) School-wide behavioral expectations
- B) School-wide agreement about how to respond to bullying behavior.
- C) Define what happens when someone recruits help.

Tier II: Targeted Group (About 10-15 %)

Function based Interventions

Counseling: Anger Management, Conflict Resolution, Social Skills Group

Check In Check Out

Involving Parents

Increase parents knowledge of bullying behaviors

Mentoring

Continued Monitoring

Tier III: Intensive Individual Interventions (5%)

Individual and/or family Mental Health Counseling

Practical Functional Behavior Assessments and Behavior Support Plans

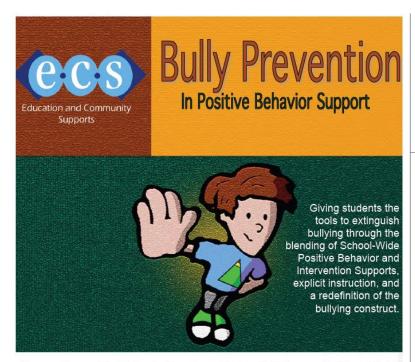
Family Wraparound Services

Involve law enforcement

Alternative placements

Eight Keys to End Bullying

- ☐ Know bullying when you see it
- ☐ Establish connections with kids
- ☐Stop bullying whenever you see it
- ☐ Deal directly with cyberbullying
- ☐ Build social and emotional skills
- ☐ Turn bystanders into buddies
- Reach out to kids who bully
- ☐ Keep the conversation going



Scott Ross, Ph.D, Rob Horner, Ph.D, & Brianna Stiller, Ph.D

Bullying and Harassment Prevention in Positive Behavior Support: Expect Respect

Brianna C. Stiller, Rhonda N.T. Nese, Anne K. Tomlanovich, Robert H. Horner, Scott W. Ross



BULLY PREVENTION WITHIN SCHOOL-WIDE PBIS

Acknowledgements:

University of Oregon:

 Dr. Bruce Stiller, Dr. Rhonda Nese, Ann Tomlanovich, Dr. Rob Horner

University of Utah:

Dr. Scott Ross

Eugene & Bethel School Districts, Oregon

Assumptions

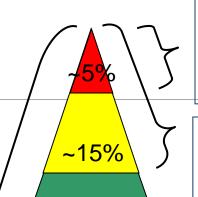
Many schools are already focusing on reducing bullying & harassment

Most schools are already implementing Tier I PBIS.

- Do not stop doing things that are working.
- Add the smallest additions that will make the biggest impact on student behavior.
- Never add something new without identifying what you will stop doing to free up the needed resources.

SCHOOL-WIDE POSITIVE BEHAVIOR SUPPORT

Primary Prevention: School-/Classroom-Wide Systems for All Students, Staff, & Settings



Tertiary Prevention:
Specialized
Individualized
Systems for Students
with High-Risk Behavior

Secondary Prevention: Specialized Group Systems for Students with At-Risk Behavior

Main Ideas:

- 1. Invest in prevention first
- 2. Multiple tiers of support intensity
- 3. Early/rapid access to support

Goal/Objectives

Goal:

 Define a plan for implementing Bully Prevention within schools already using School-wide PBIS

Objectives:

- 1. Define the need for investing in bully prevention
- 2. Define the core elements for "student orientation"
 - What to teach, How to teach it.
- 3. Define the core elements for "faculty orientation"
 - What to teach, How to teach it.
- 4. Define how to collect and use data
 - For both fidelity and impact
- 5. Define the expectations for advanced support
- 6. Steps to Implementation of BP within PBIS

Bully Prevention



Core Elements of an Effective Bully Prevention Effort

- Bully prevention that is efficient, and "fits" with existing behavior support efforts
- Bully PREVENTION, not just remediation: Focus on Respect
- Bully prevention with the systems that make the program sustainable

Ineffective Programs:

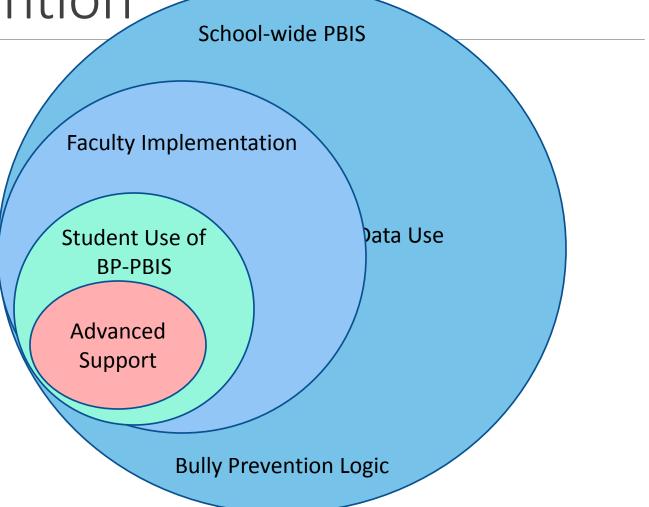
Many Bully Prevention programs focus on the bully

- Problem #1: Inadvertent "teaching of bullying"
- Problem #2: Blame the bully
- Problem #3: Ignore role of "bystanders"
- Problem #4: Initial effects without sustained impact
- Problem #5: Expensive effort
- Problem # 6: Lack of understanding of "bully-victim"

Core Elements of an Effective Bully Prevention Effort

- Focus on Teaching Respectful Behavior
- What to do when you see or experience Disrespectful Behavior

Elements of Effective Bully Prevention



Core Features of an Effective Bully Prevention Effort.

FIVE STUDENT SKILLS

FOR FACULTY/STAFF

School-wide behavioral expectations (respect others)

Stop routine when faced with disrespectful behavior

Bystander stop routine when observing disrespectful behavior

Stopping routine if someone tells you to "stop"

A recruit help routine to recruit adult help if you feel unsafe.

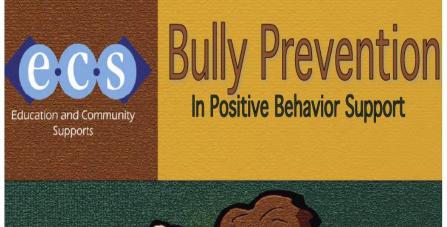
Agreement on need for bully prevention effort

Strategy for teaching students core skills

Strategy for follow-up and consistency in responding

Clear data collection and data use process

Advanced support options





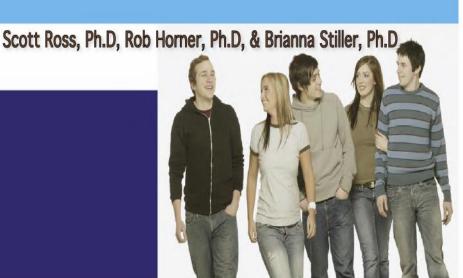
Scott Ross, Ph.D, Rob Horner, Ph.D, & Brianna Stiller, Ph.D





Giving students the tools to reduce bullying behavior by blending school-wide positive behavior support, a simple response to problem behavior, and a functional approach to the bullying construct.

Bully Prevention In Positive Behavior Support



Bullying and Harassment Prevention in Positive Behavior Support: Expect Respect

Brianna C. Stiller, Rhonda N.T. Nese, Anne K. Tomlanovich, Robert H. Horner, Scott W. Ross

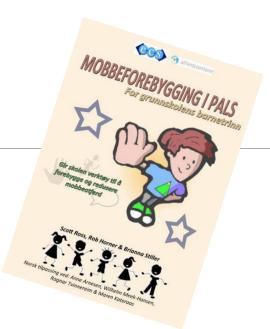


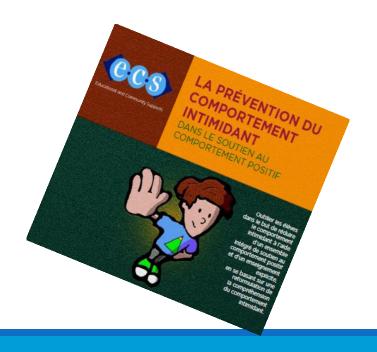
Available at www.pbis.org













Staff Training

- ☐ Identify the need
- ☐ Share Data about Disrespectful behavior
- ☐ Distribute the Curriculum for Review
- ☐ Teach the Strategies the Students will be using
- ☐ Teach the Strategies the Staff will be using
- ☐ Finalize Timeline for Implementation

Curriculum

ELEMENTARY
MIDDLE/HIGH

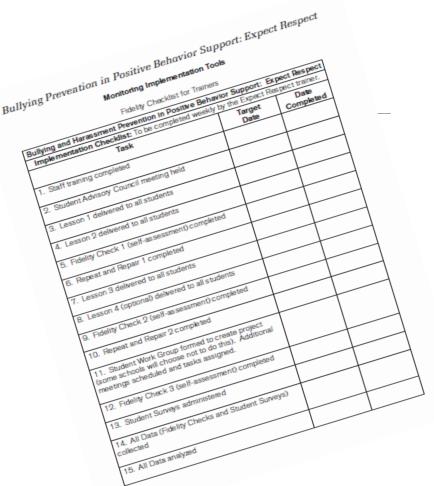
Implementing Bullying Prevention within PBIS

Checklist for Implementation

Before Implementing: Do Staff & Students Perceive Bullying as a Problem?

Bullying Prevention in PBIS: Monitoring Implementation Tools Fidelity Checklist for Implementation Implementation	
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Fidelity Ch. Fidelity Ch.	Bullying Preven
Fidelity Checklist for Implementation Implementation Checklist for Implementation Implementation Checklist Prevent	
ask Checklist Prevention	Bullying and H
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Implementation Tools Implementation Tools Implementation Addressment Prevention in PBIS: Elementary Istaff agreement on need Target Date 2. Staff orientation/training Date Completed Who? J. Staff Surface Completed Who?	1. Shaff tra
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students 7. Less	A. Les
8 Sulfivered	5. F
8. Fidelity Check with staff students Students Students Students Students	6.
9. Lesson 4: Delivered to all 10. Lesson 5: Delivered to all	T
students Students	7
12 Staff Follow	
11. Staff Follow Up Survey 13. Analyze Data	
Tre Data Survey	

C_{Onference} Website



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Bully Prevention & Expect Respect Curriculum

Critical Features:

- Facilitate student participation
- Reduce interactions that reinforce bullying
 - Target Recipient Behavior; Perpetrator Behavior; and Bystander Behavior
- Teach students how to respectfully interrupt socially aggressive behavior
 - Establish a School-Wide Stop Phrase
 - Teach Student Strategies
- Deliver the intervention with sufficient intensity to maintain positive effects

Skills taught:

- Stop Strategy
- Stopping Strategy
- Seeking Support Strategy
- Adult Coaching Strategy

Elementary: Page 1-1 to 1-5 Mid/High: Pages 18-23

Stop, Walk and Talk OR Stop Strategy (Recipient Response)

Step One: If someone treats you in a way that feels disrespectful, use the School wide "Stop Phrase"

Step Two: If the person Stops, say "cool" or "OK" and move on with your day

Step Three: If the person does not Stop, decide whether to ignore the person or seek support

Step Four: If you decide to ignore, don't look at or talk to the person. If you decide to Seek Support, select a school adult to approach and ask for support.

Stopping Strategy (Perpetrator Response)

If someone uses the School wide Stop Phrase toward you:

- Step One: Stop what you are doing, even if you don't
 think you are doing anything wrong
- Step Two: Remind yourself "No big deal if I stop now and don't do it again"
- Step Three: Say "OK" to the person who asked you to Stop and move on with your day

Seeking Support Strategy (Recipient Response)

If you use the School wide <u>Stop Signal</u> and the person does not Stop:

- Step One: Decide whether to ignore it or seek support
- Step Two: If you seek support, select a school adult to report to
- Step Three: Approach the adult, and say "I'm having a problem with ______. I asked her to Stop and she continued" OR, "I'm not feeling safe because ______"
- **Step Four:** If the adult doesn't have time to help solve the problem right then, ask the adult when they would have time and make an appointment.

Bystander Strategy

If you observe someone using the Stop Strategy, and the perpetrator doesn't stop, do one of 3 things:

- Use the Stop Strategy toward the perpetrator
- Ask the recipient to go with you, and leave the area.
- Comfort the recipient later by saying something like "I'm sorry that happened. It wasn't fair".

Lesson Planning

The lessons are scripted, and there are many tips for how to respond to "what ifs"

Determine:

- Who will teach the lessons?
- How far apart the lessons will be taught?

Skilled Facilitation is important

 Make the role plays realistic. If the scenarios and responses are trivial or not congruent with how students interact with one another when no adults are present, the students will think the program is silly. Be provocative; the students must be actively engaged

Curriculum Activity

Curriculum Overview Activity

ELEMENTARY

- 1. 8.1-8.9 (Overview)
- 2. Lessons 1-5
- 2. Staff/Supervisors 6.1-7.3
- 4. Online Tools (www.pbis.org)

MIDDLE/HIGH

- 1. Overview p. 3-8
- 2. Teacher/Staff/Student Coaching p. 9-23
- 3. Lessons p. 24-52
- 4. Monitoring Tools p. 55-61

Bully Prevention Lessons – Elementary Level

Lesson 1: 50 minutes: Introduction

Lesson 2: 30 minutes (Day after Lesson 1):

Stop/Walk/Talk

Lesson 3: 20 minutes: Gossip

Lesson 4: 20 minutes: Inappropriate

Remarks

Lesson 5: 20 minutes: Cyberbullying

Expect Respect Lessons – Middle/High School

YEAR ONE

YEAR TWO

Lessons	Topic
Lesson 1	Orientation & Introduction
Lesson 2	Simulation (Getting on the Bus)
Lesson 3	You Tube Videos & Safety Plan
Repeat & Repair	Reteach & Focus on real situations

Lessons	Topic
Lesson 1	Orientation & Introduction
Lesson 2	Interrupting Bullying & Harassment in the Classroom
Lesson 3	It Gets Better & Seeking Support
Repeat & Repair	Reteach & Focus on real situations

Videos: Examples

Resource for PBIS videos:

https://vimeo.com/groups/pbisvideos

Mid/High Curriculum: Pages 28-31

Videos

Video Clips and Discussion:

https://vimeo.com/groups/pbisvideos/videos/78173708

(Cyberbullying - Elem)

Bullying (High School/Middle School)

You Tube Video

Sexual Harassment

https://www.youtube.com/watch?v=dpIViY2Giao

Elementary Timeline Example

September-November

- Faculty Orientation
- Student Advisory Meeting
- Lessons 1 5
- Regular check-ins with staff

December- May

Review & Reteach

June

School-wide event to celebrate Respect

Elementary Timeline Example 2

February - April

- Faculty Orientation
- Student Advisory Meeting
- Lessons 1 5
- Regular check-ins with staff

May-June

Review & Reteach

June

School-wide event to celebrate Respect

Expect Respect: Timeline Example Middle/High

September –November

- Faculty Orientation
- Student Advisory Meeting
- Lessons 1 3
- Regular check-ins with staff

December - May

- Fidelity Checks
- Repeat and Repair
- Student Project?

June

 School-wide event to celebrate Expect
 Respect

Expect Respect: Timeline Example 2 Middle/High

February-April

- Faculty Orientation
- Student Advisory Meeting
- ▶ Lessons 1 3
- Regular check-ins with staff

May-June

- Fidelity Check
- Repeat and Repair
- Student Project?

June

School-wide event to celebrate Expect Respect

Data: Outcome & Fidelity

Outcome:

- Student: Pre/Post Surveys
- Student Behavioral Data
- Faculty Follow-Up Survey

Fidelity:

Staff Fidelity Survey

Student Perception Survey — Elementary (www.pbis.org)

Name _			ID#	Page 1	Na
		Student S	urvey		Int
	statements.	inswer that shows h	now much you	agree with the	6. H
1. I feel sa	ife.				
Strongly Disagree (1)	Disagree (2)	l don't agree or disagree ্য	Agree (4)	Strongly Agree	
2. Other st	tudents treat m	e respectfully.			
Strongly Disagree [1]	Disagree (2)	I don't agree or disagree	Agree	Strongly Agree	8. H
2 I treat o	ther students r	osnootfully			1
Strongly Disagree	Disagree (2)	I don't agree or disagree	Agree	Strongly Agree	9. i
					Ne (
4. Adults t	reat me respec				
Strongly Disagree [1]	Disagree (2)	I don't agree or disagree	Agree (4)	Strongly Agree	10.
5. I treat a	dults in my sch	ool respectfully.			Ne (
	Disagree	I don't agree or disagree	Agree	Strongly Agree	
Strongly Disagree [1]	(2)	(3)		1 12	Cor

Name			ID#	Page 2
In the p	ast week:			
6. How n	nany times have o	other students trea	ated you disrespect	fully?
Never (1)	1-3 times	4-6 times	7-9 times	10+ times
7. How n	nany times did yo	u see someone e	lse treated disrespe	ectfully?
Never (1)	1-3 times (z)	4-6 times	7-9 times	10+ times
+				
8. How n	nany times did yo	u ask someone e	se to "stop"?	
Never (1)	1-3 times (z)	4-6 times	7-9 times	10+ times
9. How n	nany times did so	meone ask you to	*stop*?	
Never (1)	1-3 times (z)	4-6 times	7-9 times	10+ times
10. How	many times did y	ou help someone	walk away from dis	respectful behavior?
Never (1)	1-3 times (z)	4-6 times (३)	7-9 times	10+ times
	т	hank You. Pleas	e Wait Quietly.	
Conclusio			s on the survey. Your	answers will help us

Conclusion. Thank you for answering the questions on the survey. Your answers will help us learn about what things are like for kids at this school. Do you have any questions you'd like to ask me?

Student Survey (Middle/High)

In your School:	Strongly Disagree	Disagree	Agree	Strongly Agree	
Do you feel safe?					
Do other students treat you respectfully?					Curriculum: Page 60
Do you treat other students respectfully?					J
Do you treat adults in your school respectfully?					

In the past week:	Yes	No
Has anyone treated you disrespectfully?		
Have you asked someone to "stop?"		
Has anyone asked you to "stop?"		
Do adults treat you respectfully?		
Have you seen someone else treated disrespectfully?		

Faculty Fidelity Checklist (Middle/High)

Bully Prevention in Positive Behavior Support: Expect Respect

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Fidelity of Implementation: To be completed at least quarterly by all staff (e.g. at staff meetings or online).

Item	Always	Mostly	Some of the time	Never	NA
1. To what extent have I interrupted					
bullying/harassment behaviors I have					
observed in or around the school since					
our last staff meeting?					
2. To what extent have I reflectively					
listened when students have reported					
bullying/harassment incidents to me?					
3. To what extent have I praised the					
student for reporting the					
bullying/harassment incident?					
4. To what extent have I encouraged the					
students to use an assertive word or					
phrase to interrupt the					
bullying/harassment incident and/or walk					
away?					
5. To what extent have I checked back in	_			_	
with students, following a report, to					
determine if the issue has been resolved					
from the student's point of view?					

Elementary Staff Survey

Bully Prevention

In Positive Behavior Support

Faculty Follow-up Survey

 Are students 	able to identi	fy our school-wid	le expectation:	s?
No				Yes
1	2	3	4	5
2. Do students	use the BP-PB	S "stop" signal wh	nen appropria	te?
No				Yes
1	2	3	4	5
•	se the BP-PBS '	'pre-correct" rout	ine when app	
No	_	_		Yes
	2	3	4	5
•	se the BP-PBS '	review" routine v	when appropr	
No				
140				Yes
ĩ	2	3	4	Yes 5
1	2 ent do student	3 s perceive our sc	4 hool as a safe	5
1	2 ent do student	3 s perceive our sc	4 hool as a safe	5
5. To what exte	2 ent do student 2	3 s perceive our sci	4 hool as a safe : 4	5 setting?
5. To what extends Not Safe	2	•	4	5 setting? Very Safe 5
5. To what extends Not Safe	2	3	4	5 setting? Very Safe 5

Page: 7-2

Lessons Learned

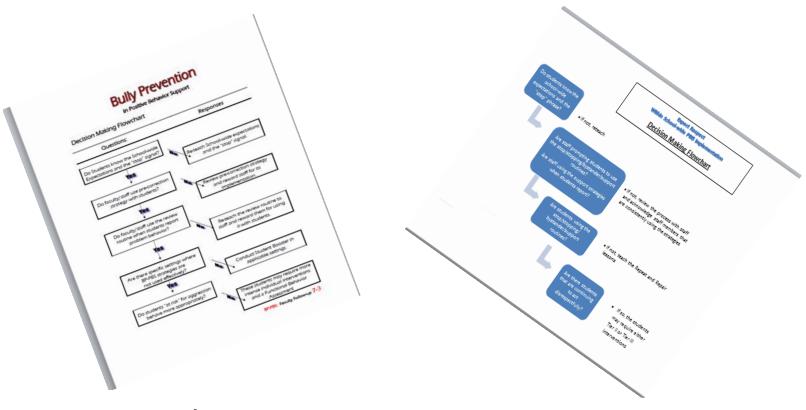
A Team (PBIS Team) is needed to monitor implementation

Keep the conversation going

Facilitate active participation from the students and keep it real!

Solicit feedback from the staff and maintain staff involvement

Flowcharts



Elem: Page 7-3

Bully Prevention Team Training

Thursday, March 5

8:30-11:30 am: Elementary School

Teams

1:00-4:00 pm:Middle School Teams

Research

BULLY PREVENTION & EXPECT RESPECT CURRICULUM

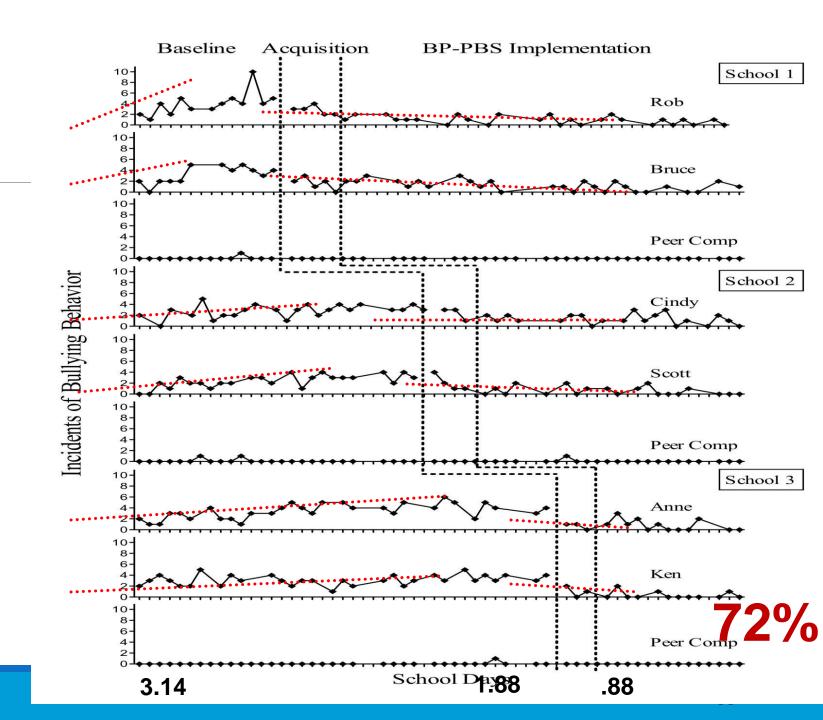
Ross, S. W., & Horner, R. H. (2009). Bully prevention in positive behavior support. *Journal of Applied Behavior Analysis*, 42(4), 747-759.

Three Schools

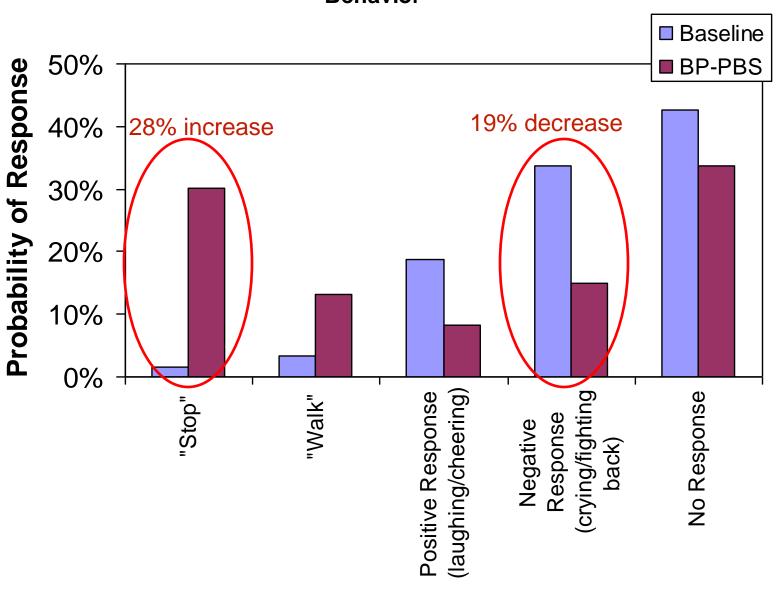
 Six students identified for high rates of verbal and physical aggression toward others.

- Whole school implementation of SWPBIS
- Whole school addition of Stop-Walk-Talk

Direct observation of problem behavior on playground.



Conditional Probabilities of Victim Responses to Problem Behavior



Conditional Probabilities of Bystander Responses to Problem Behavior Baseline ■ BP-PBS 50% Probability of Response 22% decrease 40% 21% increase 30% 20% 10% 0% (crying/fighting back) "Walk" "Stop" Positive Response (laughing/cheering) No Response Response Negative

Expect Respect Study, 2011-12

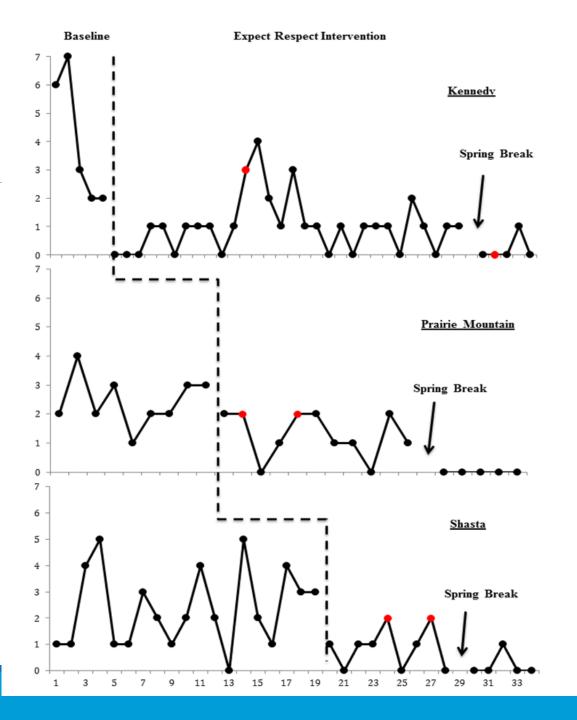
NESE, R. N. T., HORNER, R. H., ROSSETTO DICKEY, C., STILLER, B., & TOMLANOVICH, A. (IN PRESS). *DECREASING BULLYING BEHAVIORS IN MIDDLE SCHOOL: EXPECT RESPECT.* SCHOOL PSYCHOLOGY QUARTERLY.

Expect Respect Study

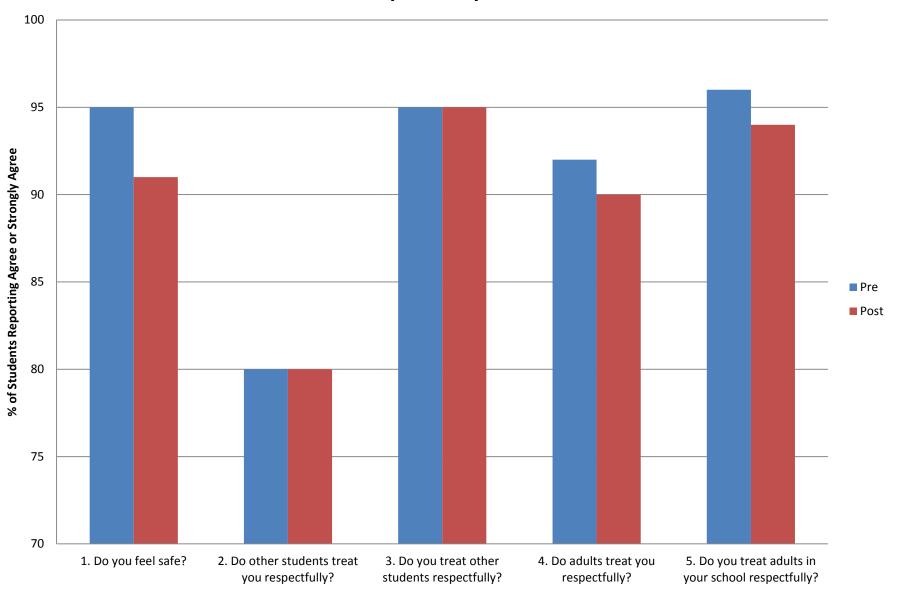
Piloted in 3 PBIS middle schools

 None of the schools had been implementing Bully Prevention in PBIS before this study

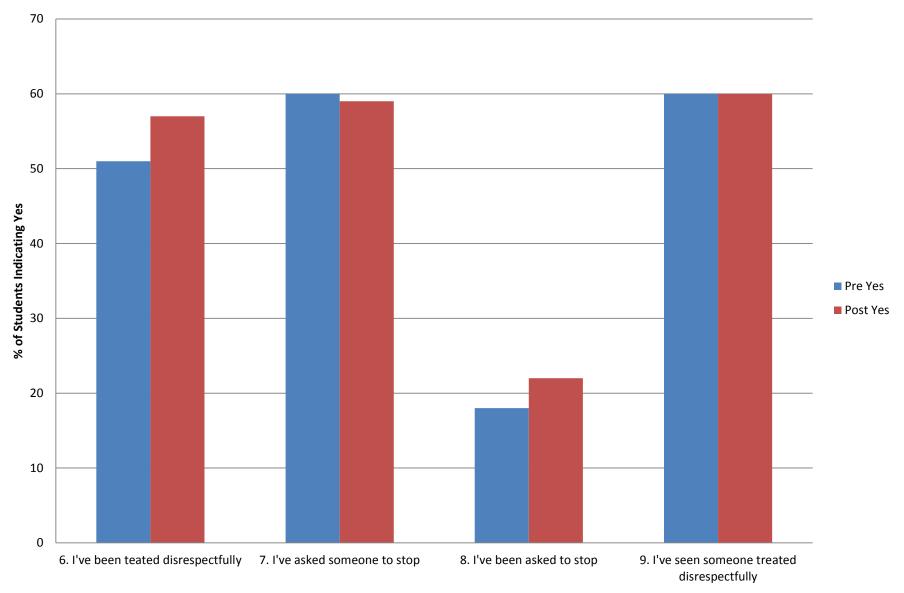
Data on bullying/harassment behavior collected during 6th-7th grade lunch for 20 minute observations



School 1 Student Survey Expect Respect

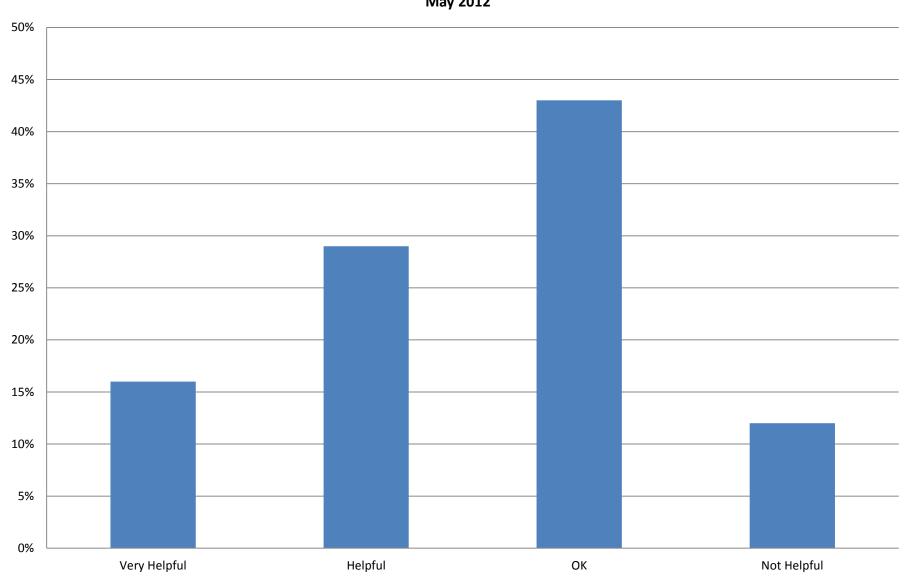


School 1 Student Survey Expect Respect Program



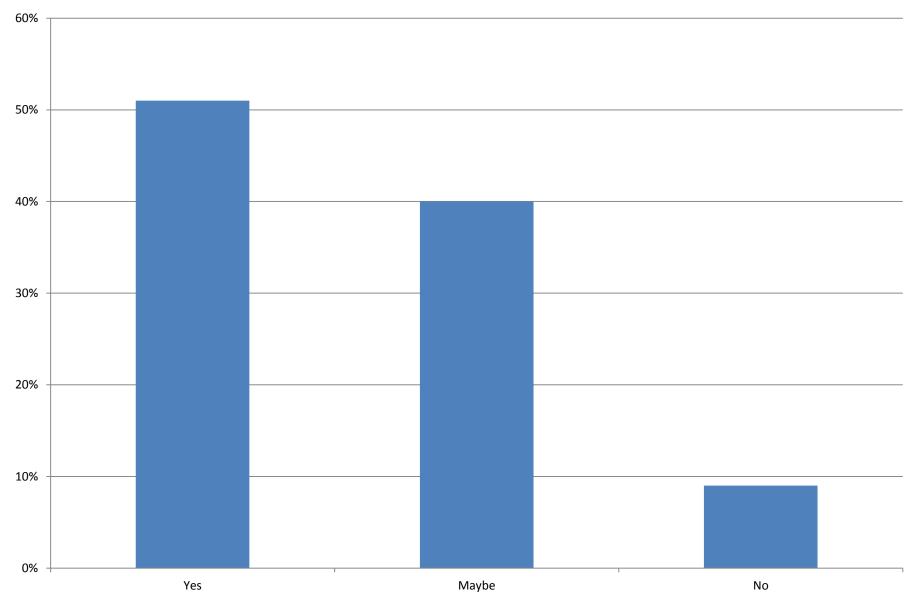
Was Expect Respect Helpful for You and Your School? **School 1 Post Student Survey**

May 2012



Should Your School Teach Expect Respect Next Year?

Student Survey May 2012



Expect Respect Outcomes

Direct Observation data shows reduction in socially aggressive incidents during and after implementation of *Expect Respect*.

Student survey data indicates students liked the program, but that it didn't change their perceptions of bullying in the school.

Behavior can change before perception does