

# Bullying Prevention Best Practices

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Facts, Programs, and Resources



**COLORADO**  
Department of Education



# Objectives

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1. Participants will be able to describe facts and figures about the topic including which sub-populations experience high rates;
2. Participants will be able to list evidence-based practices across all three MTSS tiers for each topic; and
3. Participants will become familiar with available resources and additional learning opportunities.

# Basics of Bullying

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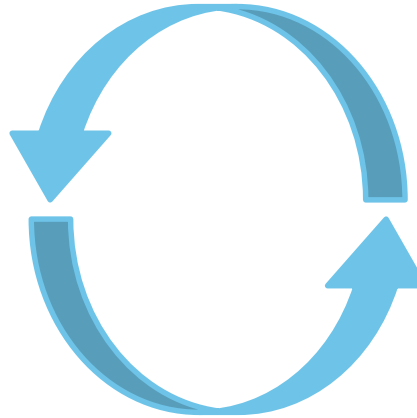
# What is Bullying?

## Three **Components** that Define Bullying

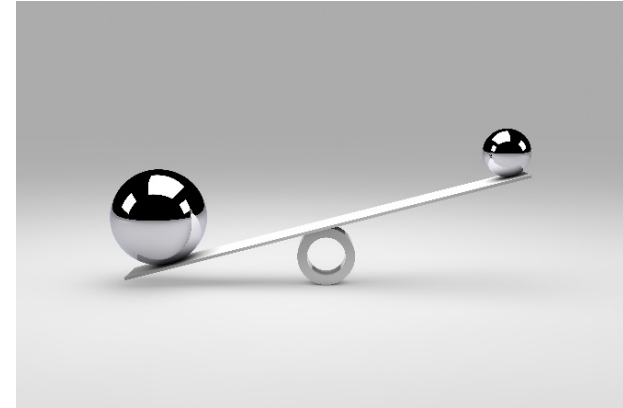
Intent



Repeated



Imbalance of  
Power



(See Gladden et al., 2014)

# What is Bullying?

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## Three **Types** of Bullying

Physical



Verbal



Relational



(See Gladden et al., 2014)

# What about Cyberbullying?

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- NOT a type of bullying
- Spans across the other types of bullying
- CDC considers cyberbullying a context or location



# What is Bullying?

## Four Roles in Bullying

Perpetrator

Target

Target

Bystander



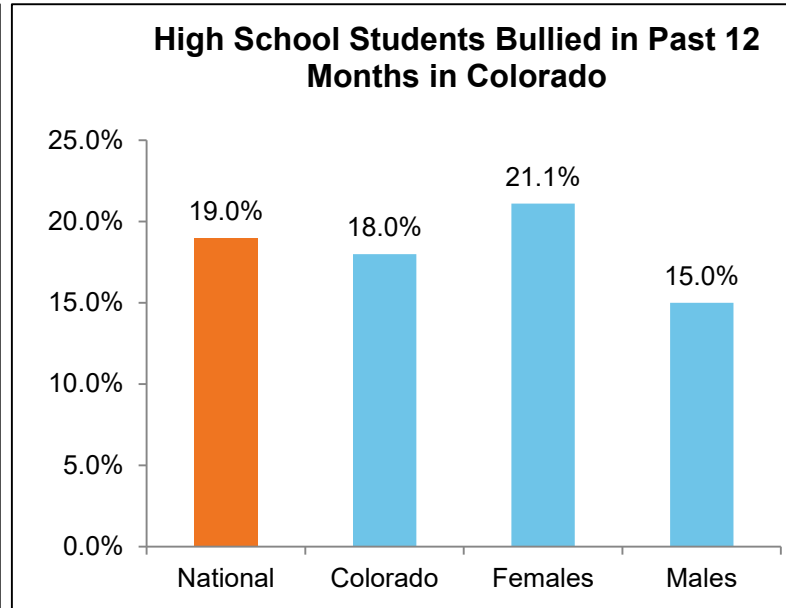
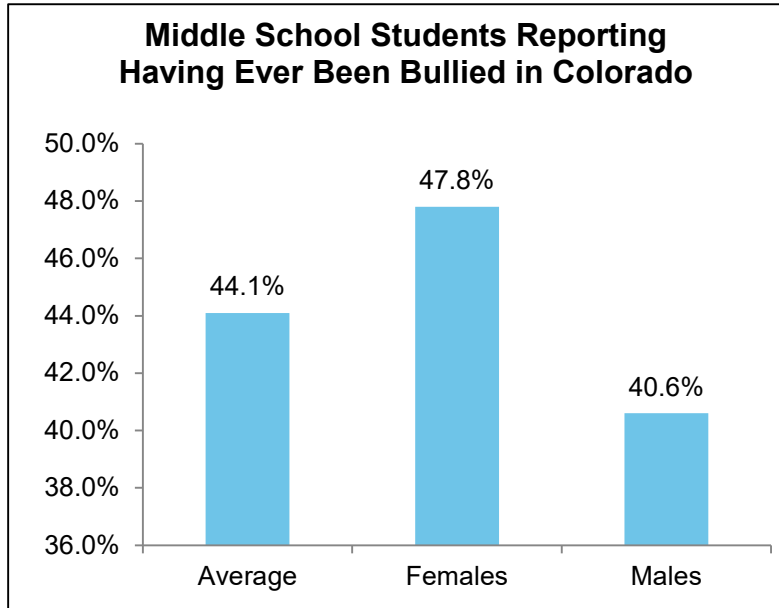
Bystander



Bully-Victim

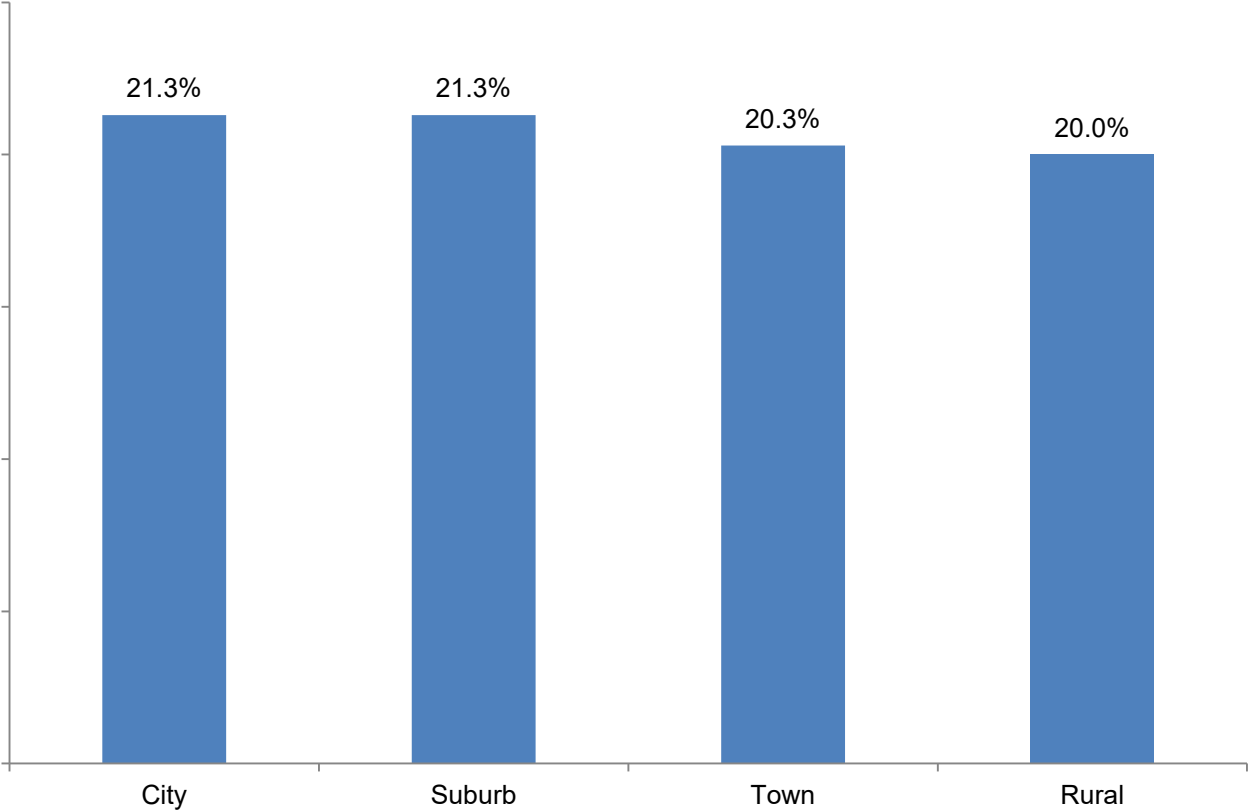
# Prevalence of Bullying

- Bullying affects thousands of students each year. About 15% - 30% of students report being a part of bullying as either a target or perpetrator  
(see Rivara & Le Menestrel, 2016)
- In Colorado (Healthy Kids Colorado Survey, 2017; YRBS, 2017)



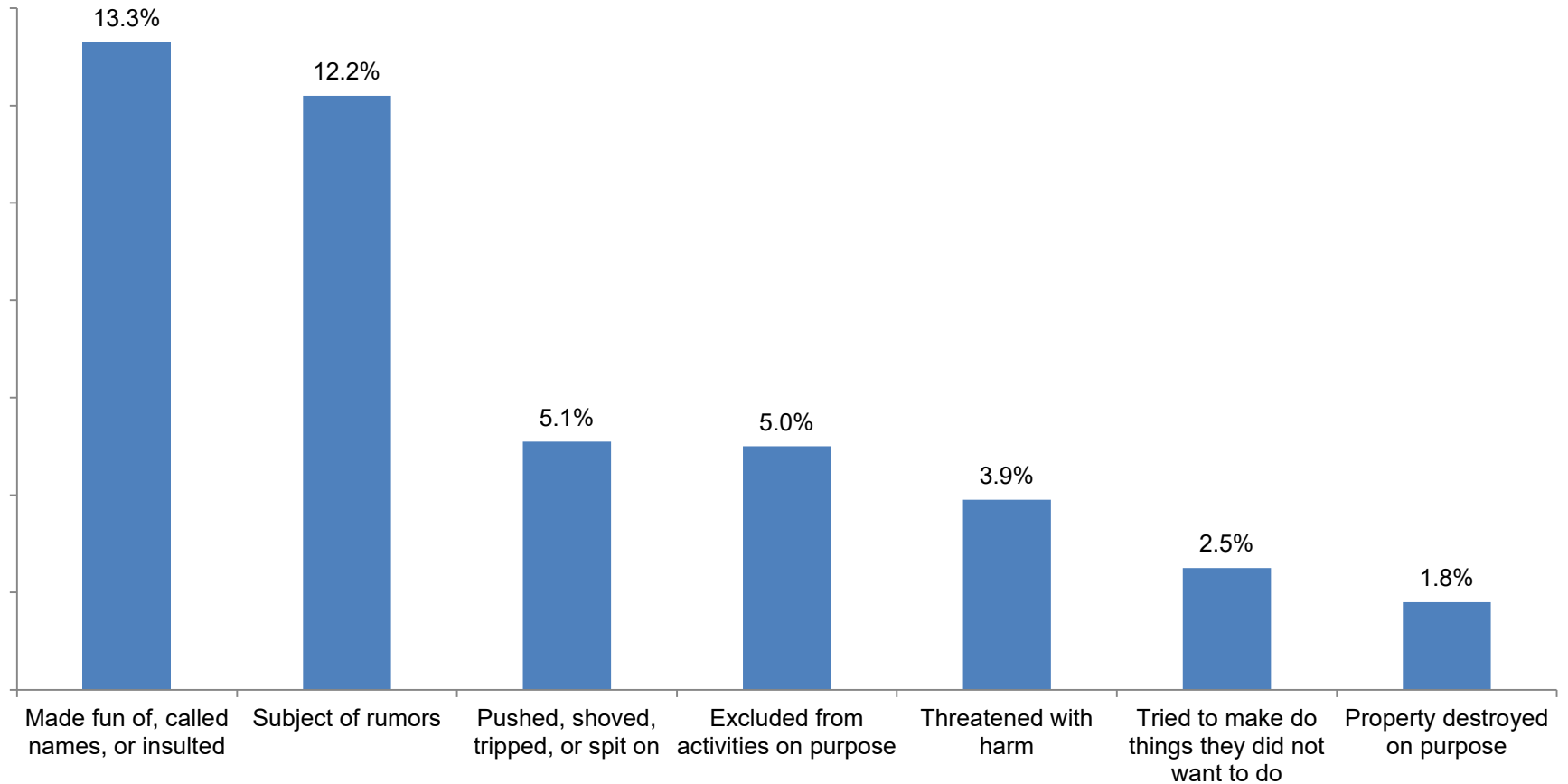


# National Bullying Rates by Locale



(National Crime Victimization Survey)

# National Bullying Rates by Type



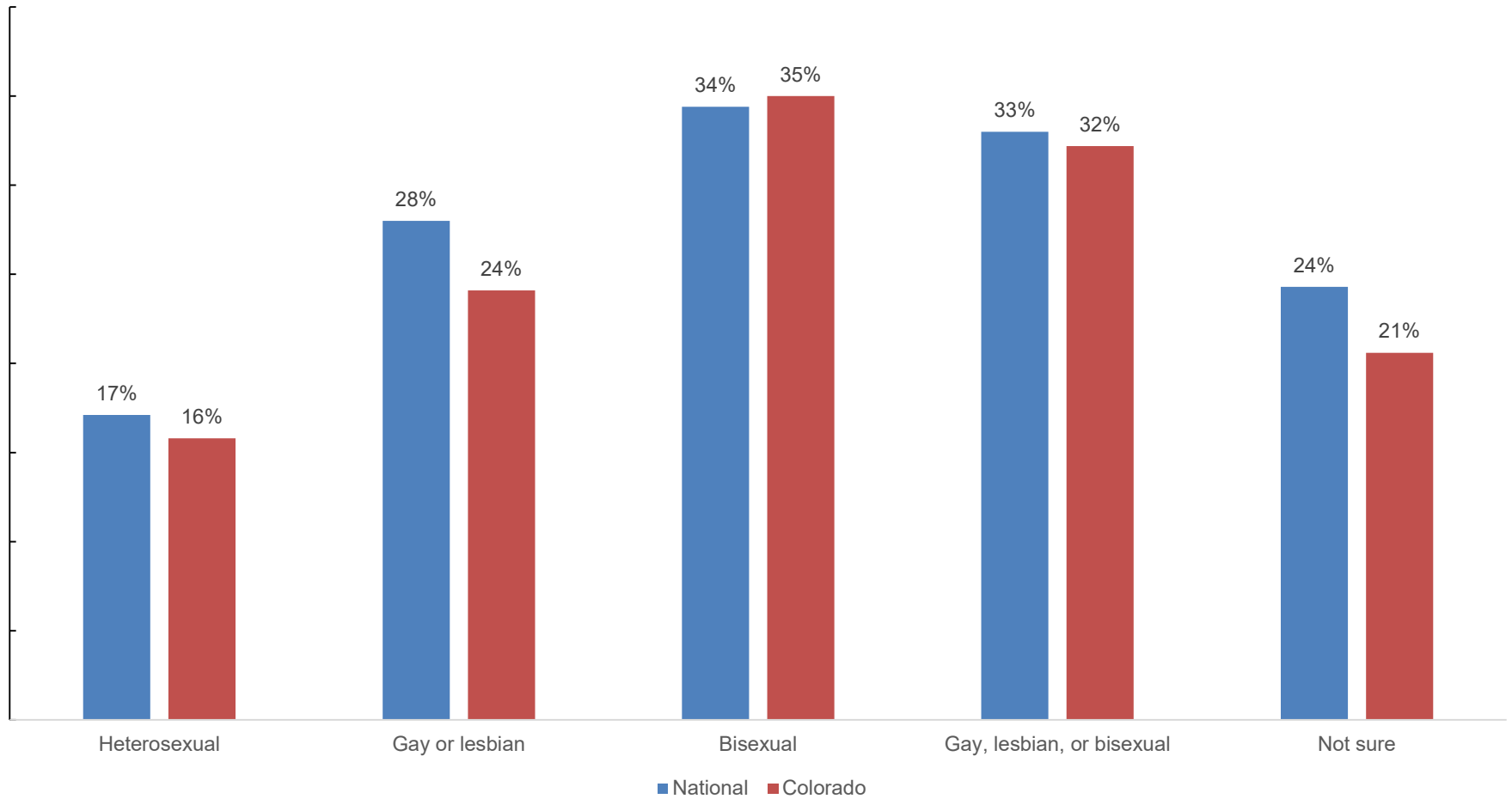
# At Risk Populations

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- LGBTQ
  - Many studies have found LGBTQ youth to be more likely to experience bullying than cisgender youth (see Rivara & Le Menestrel, 2016)
  - Prevalence rates of bullying for LGB youth range between 25.6% - 43.6%
- Disabilities
  - Students with disabilities are up to 1.5 times more likely to be bullied (Blake et al., 2012)
  - This is true from preschool through adolescence (Rose, 2015; Son et al., 2012)

Bullying doesn't discriminate!

# High School Students Reporting Bullying in Past 12 Months by Sexual Identity (YRBS, 2017)

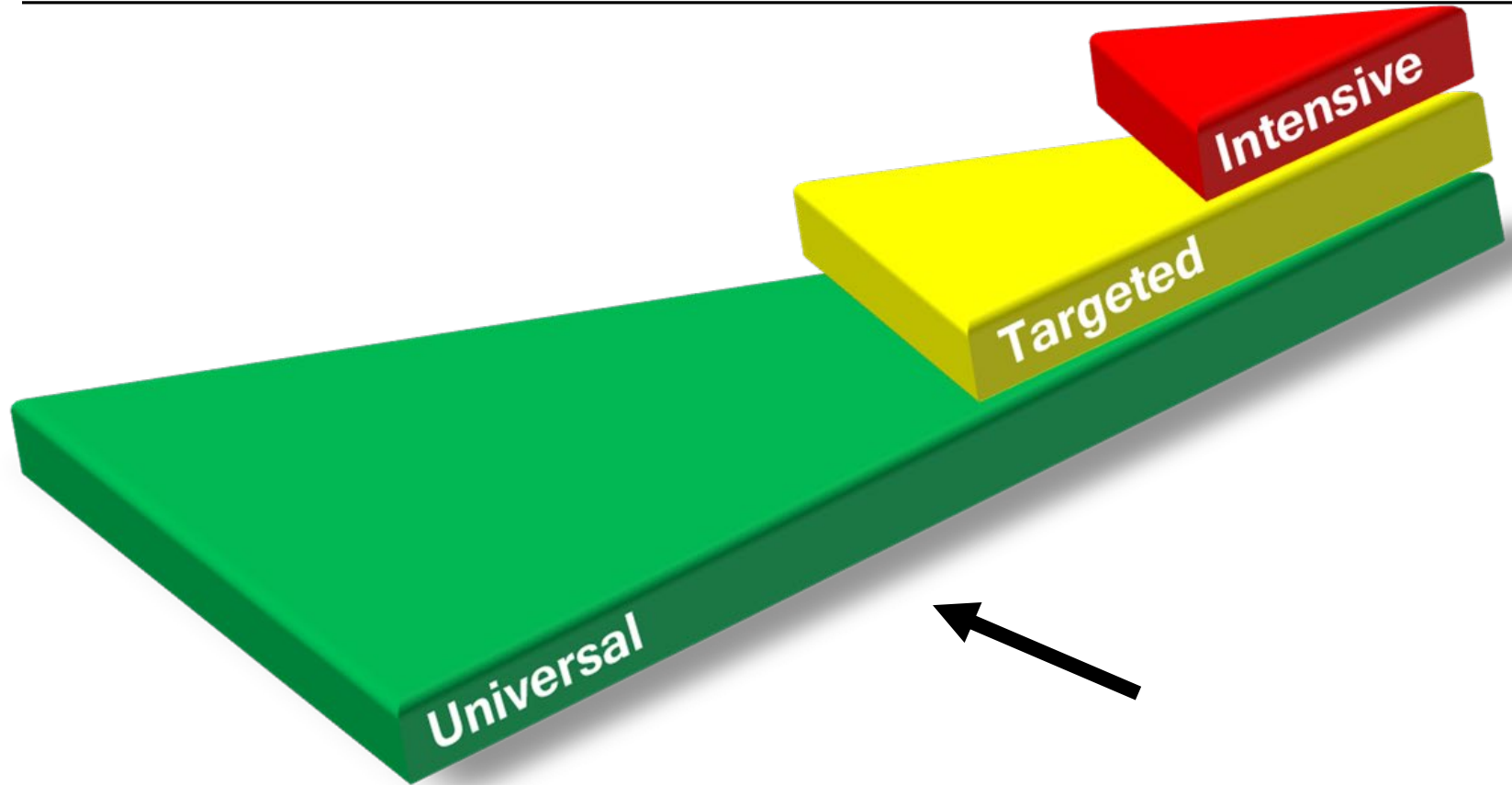


# Bullying Prevention Across the Tiers

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# Evidence-Based Best Practices

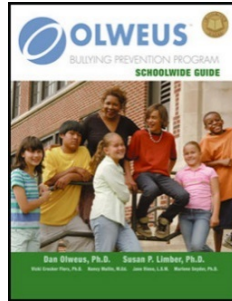
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# Universal Best Practices



Bullying Prevention PBIS



Olweus



Facing History and Ourselves



Second Step – Bullying Prevention Unit

# Bullying Prevention PBIS

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- Grade Level: K-5 (Expect Respect: 6-12)
- Cost: Free
- Aligned with PBIS
- Explicit instruction on how to:
  - Respond if you are being targeted
  - Respond if you are bullying
  - Respond as a teacher if you receive a report of bullying

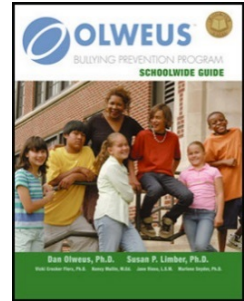


Bullying  
Prevention PBIS



# Olweus

- Grade Levels: K-12
- Cost: Ranges but up to \$7,500
  - Includes all materials
  - Training
  - One year of consultation
- Most researched bullying prevention program
- Four levels of prevention
  - Individual Level
  - Classroom Level
  - School Level
  - Community Level



Olweus

# Facing History and Ourselves

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- Grade Levels: 6-12
- Cost: Ranges depending on:
  - Individual classroom support
  - Schoolwide model
  - Districtwide model
- Integrates into school curriculum including history, literature, and human behavior
- Schoolwide model
  - Curriculum development and sequencing
  - Whole-staff PD
  - School-wide programming



Facing History and Ourselves

# Positive Action

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- Grade Levels: Pre-K-12
- Cost: Ranges depending on size of school
  - \$250 per “Bullying Prevention Kit” (1 per class)
  - \$75 per refresher kit each year
  - Training: Face-to-Face Orientation: \$3,000 per day plus travel
- Based on the philosophy that we, “feel good about ourselves when we do positive actions.”
- Kits include scripted lessons that include “posters, games, worksheets and puzzles”
- 140 lessons broken into 6 units based on grade level

# Second Step

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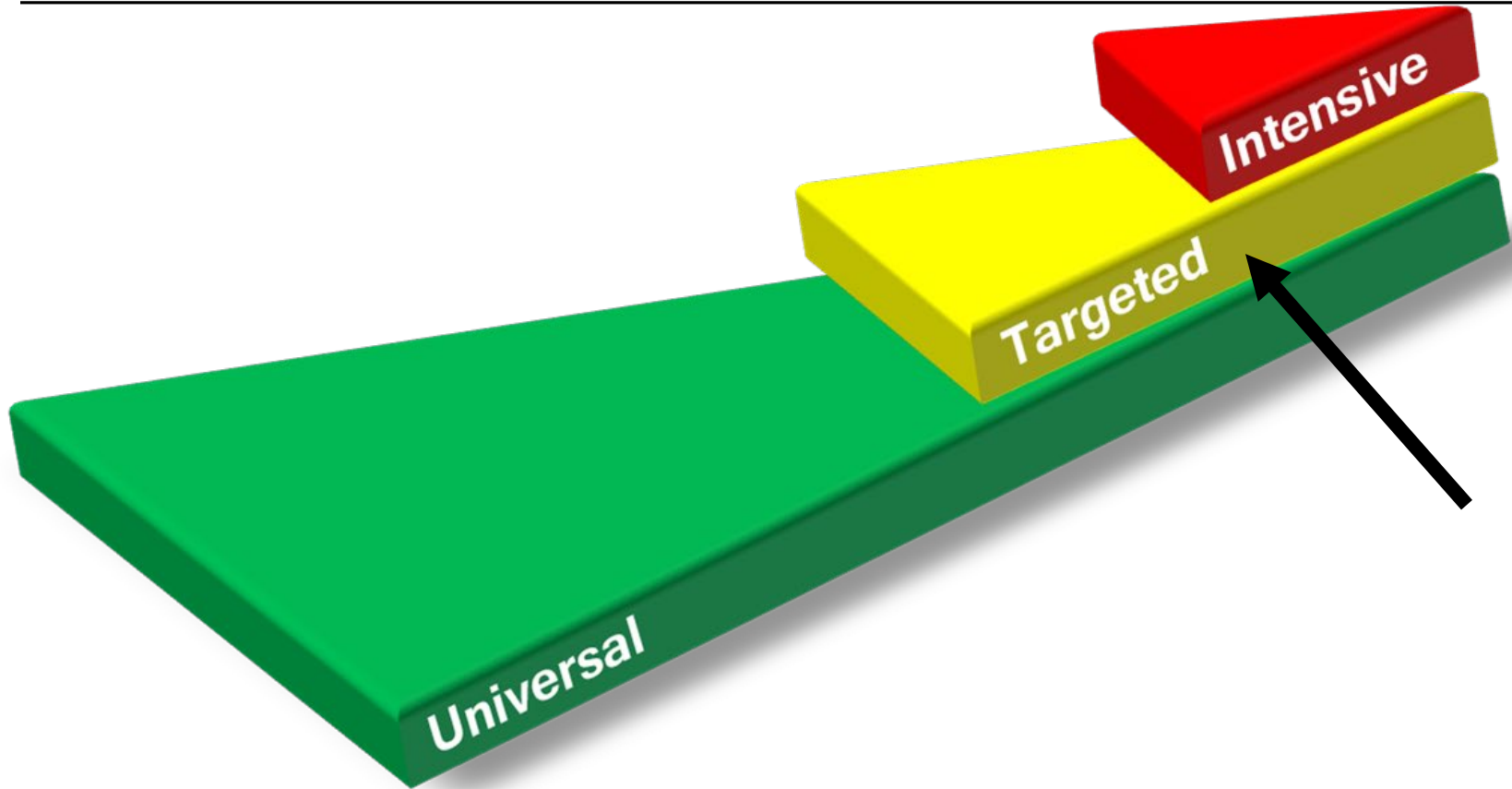
- Grade Levels: K-8
  - Bullying Prevention Unit (BPU): K-5
- Cost:
  - K-5 Second Step and BPU: \$3,299
  - 6-8: \$2,749 - \$8,799
- Whole school program
- All teacher training is online
- Scripted lessons
- Middle school online version



Second Step – Bullying  
Prevention Unit

# Evidence-Based Best Practices

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# Targeted Supports

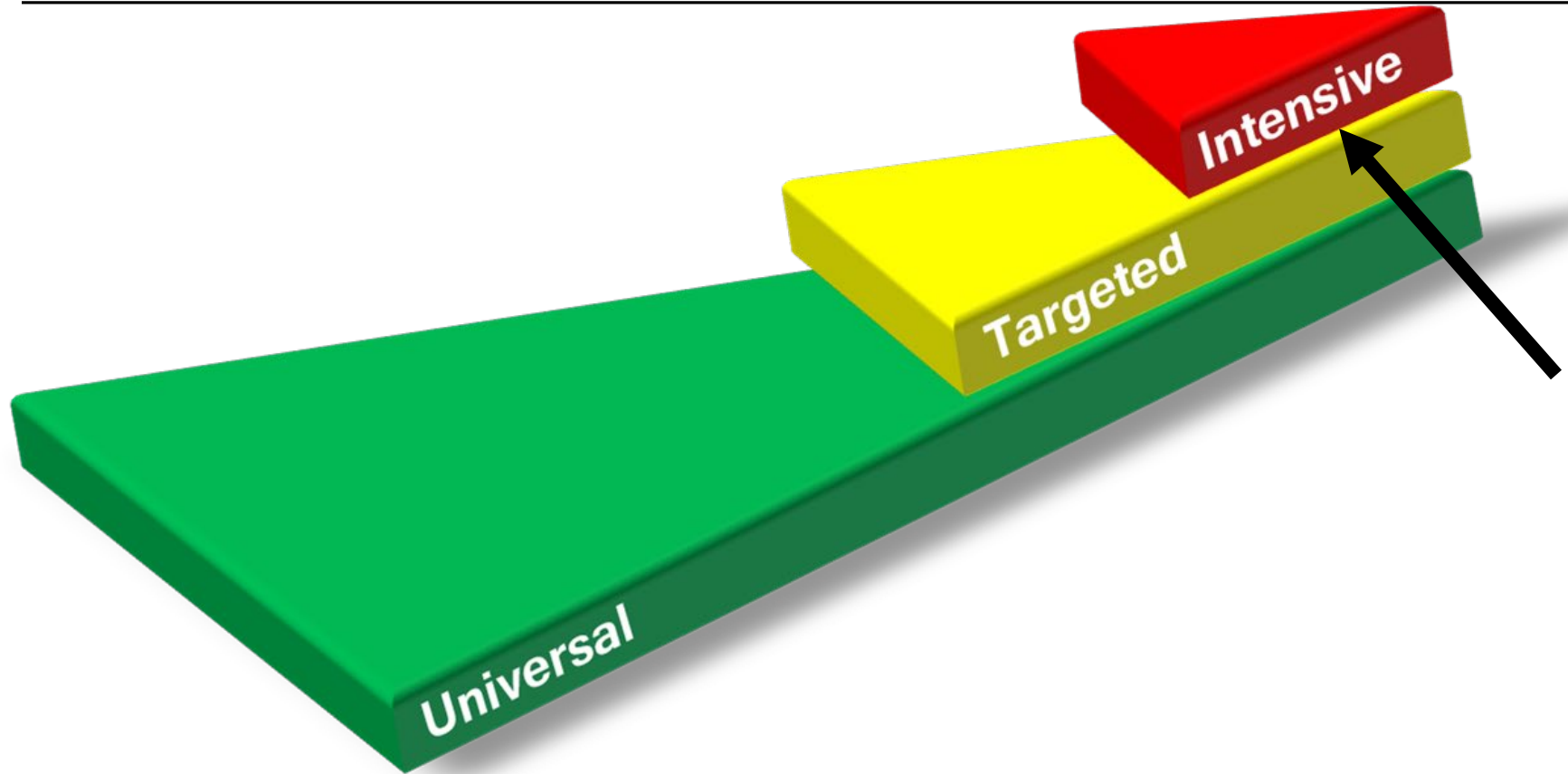
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- No “boxed” solutions
- Different approaches for students at-risk for being targets and aggressors
- Targets
  - Assertiveness training
  - Developing peer support groups
  - Reinforcing “upstander” behavior
- Aggressors
  - Mediation before bullying occurs
  - Reinforce the consequences for bullying
  - Provide opportunities for replacement behaviors



# Evidence-Based Best Practices

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# Intensive Supports

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- No “boxed” solutions
- Cognitive Behavioral Therapy
- Functional Behavior Assessment
  - What’s the function of aggressor’s behavior?
  - Interview with family, teachers, student
  - Observations
  - Behavior management plan
  - Review of data





# What Doesn't Work

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- Mediation in true bullying situations
- Zero-tolerance policies
- “Anger management” groups



# Resources on Bullying Prevention

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# Bullying Prevention and Education Grant

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Three-Year Grant Cycle

Accepting applications in fall of 2021

Schools can receive up to \$25,000 per year

Applicants can apply for multiple schools in one application

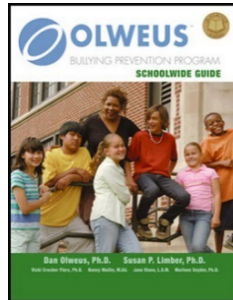


# Allowable Use of Funds

The cost of evidence-based bullying prevention best practices



Bullying Prevention PBIS



Olweus



Facing History and Ourselves



Second Step – Bullying Prevention Unit

# Allowable Use of Funds

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Including families and the community in bullying prevention efforts

Developing student leadership and voice in the creation and implementation of bullying prevention strategies



# Allowable Use of Funds

Confidentially surveying students on their perception of bullying

1. Have you been the target of bullying?

2. Have you witnessed bullying?



# Allowable Use of Funds

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Hiring or designating an Implementation Coach

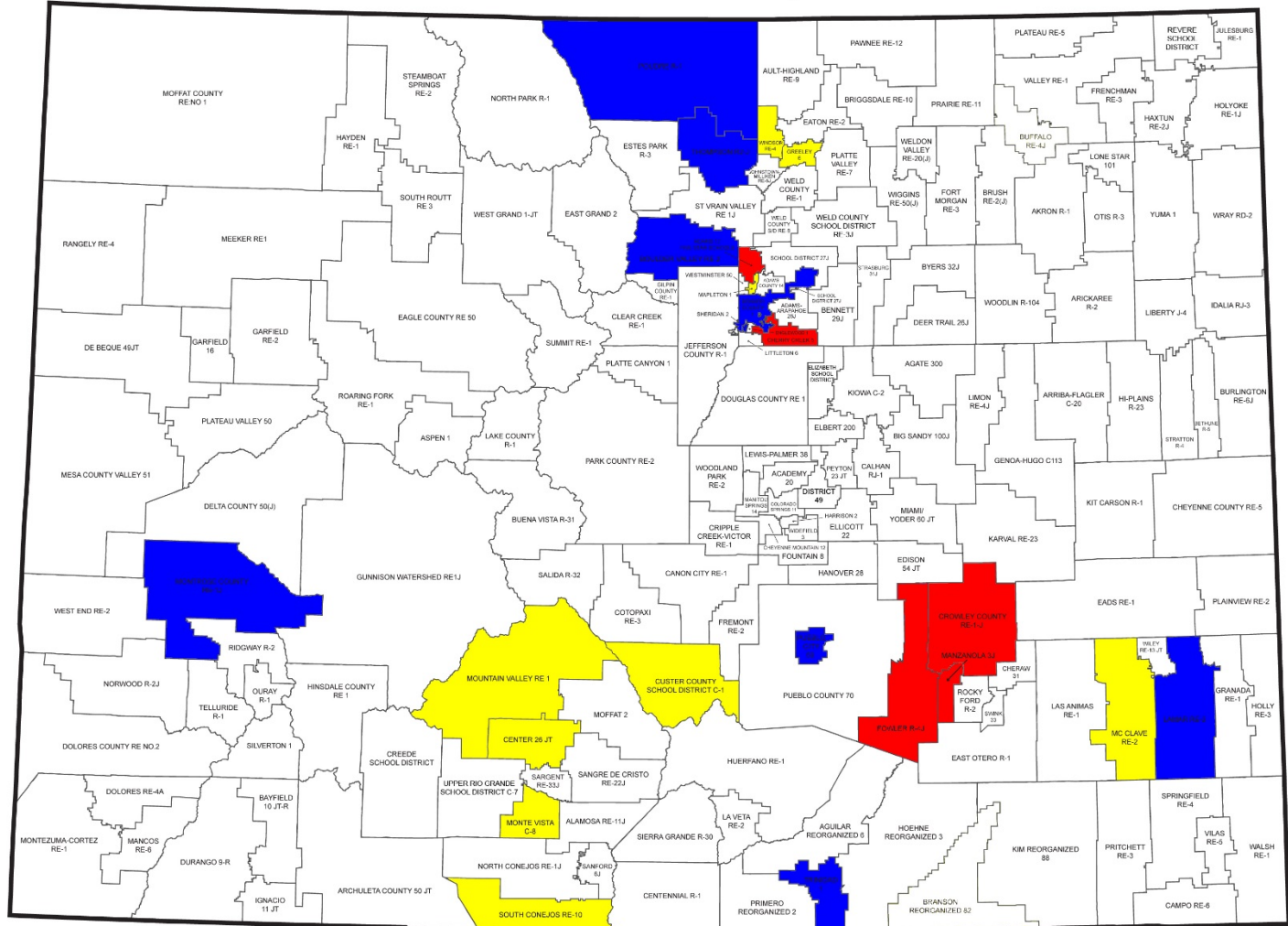


# Colorado School District Map

**Red**  
Cohort 1  
Only  
Districts

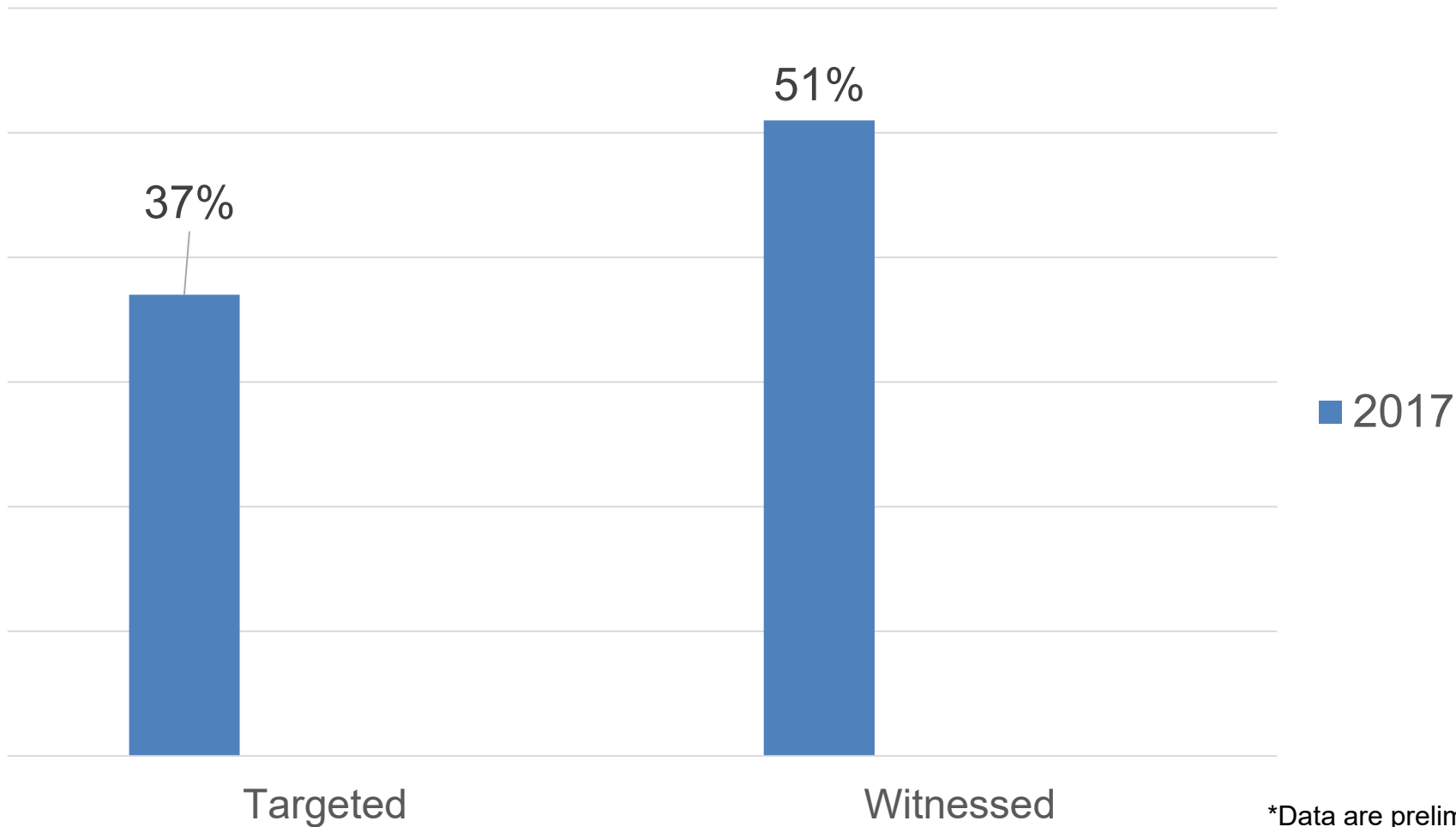
**Yellow**  
Cohort 2  
Only  
Districts

**Blue**  
Cohort 1 &  
2 Districts



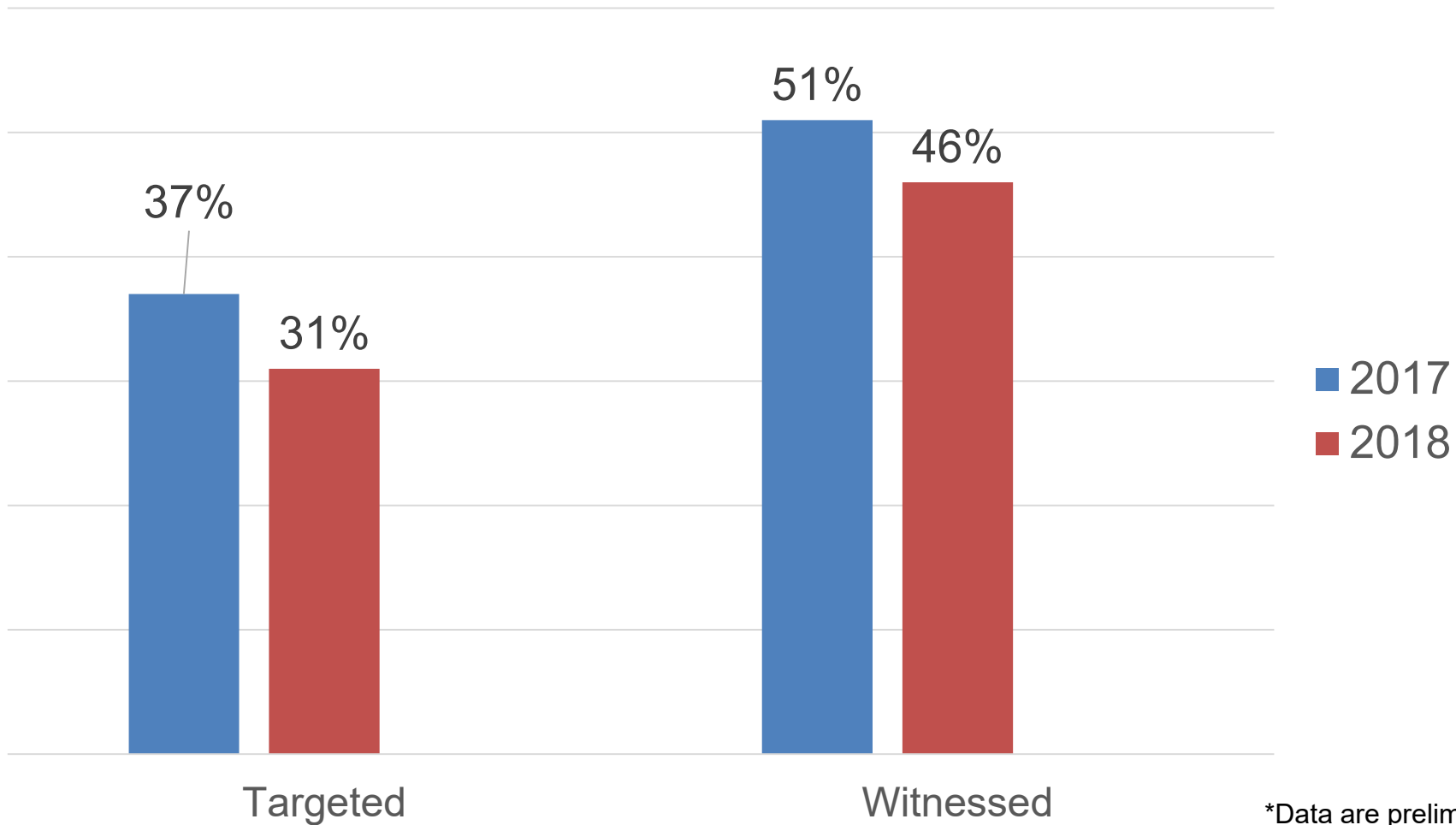


# Bullying Prevention Averages Across Grantees Over Time\*



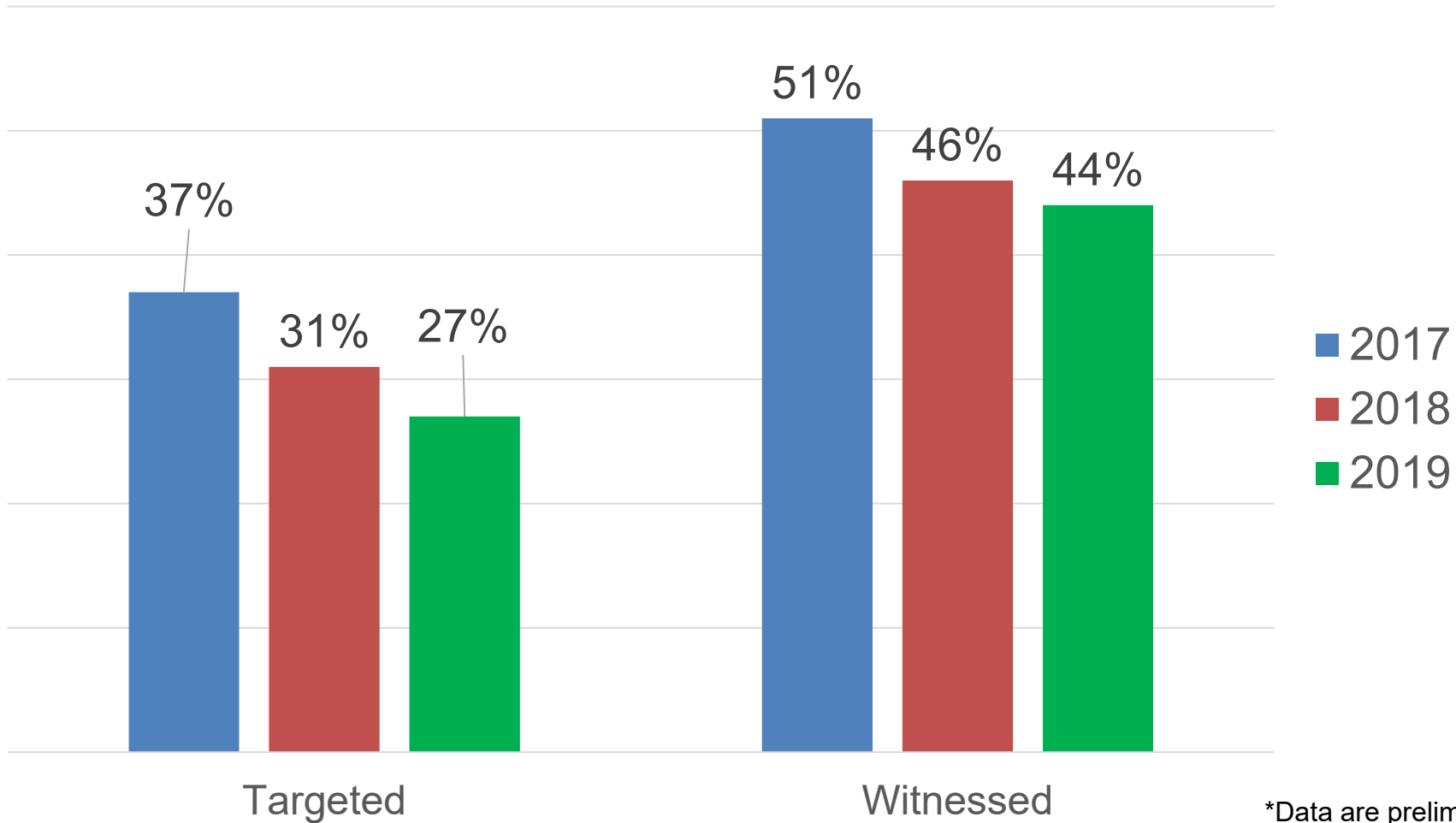
\*Data are preliminary

# Bullying Prevention Averages Across Grantees Over Time\*



\*Data are preliminary

# Bullying Prevention Averages Across Grantees Over Time\*



\*Data are preliminary

# Ashawnty's Law

- Named in honor of Ashawnty Davis
- Tasked CDE with creating a model bullying prevention policy for districts
  - Not mandated
- CDE partnering with CSSRC, CASB, CASE, Rural Alliance and others
- Posted online July 1, 2019



COLORADO BULLYING PREVENTION AND EDUCATION BEST PRACTICES AND MODEL POLICY



**COLORADO**  
Department of Education

## Colorado Bullying Prevention and Education Best Practices and Model Policy

July 2019

# CDE Bullying Prevention Website

The image displays three overlapping screenshots of the Colorado Department of Education's Bullying Prevention and Education website. The top screenshot shows the navigation menu with categories: FAMILIES, EDUCATORS, DISTRICTS, and COMMUNITIES. The middle screenshot features a 'What's New' section with the heading 'Bullying Prevention in Colorado' and a 'Results show bullying prevention is working in Colorado' section. The bottom screenshot shows a 'Bullying Prevention and Intervention Resources' section with sub-categories: Bullying Prevention Grant, Schools, Students, and Research. A video player for 'Bullying Prevention Training Series: What is Bullying?' is also visible.

**Colorado Department of Education**

**What's New**

The Colorado Bullying Prevention and Education Best Practices and Model Policy is now available. You can find more information on our [Model Policy page](#).

**Bullying Prevention in Colorado**

Colorado has been a leader in bullying prevention with the passage of legislation to help schools and districts reduce bullying incidents. In 2011, the legislature passed the [Societal Measures to Reduce the Frequency of Bullying in Schools Act](#), creating a state-funded grant program to prevent bullying in Colorado schools. In 2015, voters approved Proposition 5B, allowing for the [School Bullying Prevention and Education Grant Program \(BPEG\)](#) to be funded through the [Advance Tax Cut Act](#). Each year, the BPEG distributes nearly \$2 million to grantee schools to help reduce bullying across the state.

This website was created with the help of many partners. Thanks to the Colorado Department of Education's Support and Intervention Unit and Teaching and Learning Unit, the Colorado School Safety Resource Center, Colorado Education Initiative, and schools and districts across Colorado for their help in this endeavor.

**Results show bullying prevention is working in Colorado**

The first round of outcome data from recipients of the School Bullying Prevention and Education Grant Program has been analyzed, showing a dramatic reduction in the percentage of students saying they have been the target of bullying and a drop in the percentage of students who say they have witnessed a bullying incident.

On average, baseline results found that 37 percent of students at BPEG schools reported being the target of bullying and 50 percent reported having witnessed bullying during the last school year before the grant had been implemented. After just one year of implementation, those numbers dropped to 30 percent of students

**19%**  
↓  
Bullying

**Bullying Prevention and Intervention Resources**

**Bullying Prevention Grant**

**Schools**

**Students**

**Research**

**Training Videos and Tutorials**

**Bullying Prevention Training Series**

What is Bullying?

**Bullying Prevention Training Series: What is Bullying?**

from [BPEG](#) [CDE](#) [CSRC](#) **COLORADO** Department of Education

**Bullying Prevention Training Series**

What is Bullying?

This Bullying Prevention Training Series video covers the definition of bullying including the components, roles, and types of bullying.

- Bullying Prevention Training Series: What is Bullying? (PPT)

**Prevalence and Impact of Bullying**

**Prevalence and Impact of Bullying**

from [BPEG](#) [CDE](#) [CSRC](#) **COLORADO** Department of Education

**Bullying Prevention Training Series**

Prevalence and Impact of Bullying

# Summary

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- About 1 in 5 high school students in CO report having been bullied in the past year
- There are several evidence-based bullying prevention programs spanning all grade levels
- There are no “boxed” supports for targeted or intensive bullying prevention
- Colorado Department of Education has a grant and best practice resources available for districts



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THANK  
YOU



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