



## Olweus Bullying Prevention Program

The Olweus Bullying Prevention Program is a program adopted by the Diocese of Pittsburgh for its K-8 schools. This program is designed to reduce and prevent school bullying in elementary and middle schools. It also creates increased awareness and knowledge about bullying and the development of clear rules against bullying, providing support and protection to victims. Classroom lessons, or meetings, include defining and enforcing rules against bullying, and discussions and activities to reinforce anti-bullying values and norms.

As a part of Bullying Prevention Program, classroom teachers hold class meetings with students. The class meetings focus on eight different themes including:

- **Building a Positive Classroom Climate**  
*Examples-* K-2: *We Are All Welcome Here*  
3-5: *Cooperative Relay*  
6-8: *Bullying Behaviors in Me and You*
- **Identifying Feelings**  
*Examples-* K-2: *Being Brave Everyday*  
3-5: *Keeping Our Cool*  
6-8: *Empathy for Strangers and Friends*
- **Communication**  
*Examples-* K-2: *That's Not Funny!*  
3-5: *Do Something!*  
6-8: *To Report or Not to Report*
- **Hot Spots**  
*Examples-* K-2: *Come Play with Us*  
3-5: *Why Do Kids Bully Here*  
6-8: *Not Just Locker Room Talk*

- **Peer Relationships**

*Examples-* K-2: *Make New Friends*  
3-5: *Make Space for Me*  
6-8: *Respect-Who Gets It?*

- **Respecting Differences and Promoting Acceptance**

*Examples-* K-2: *Do You See What I See?*  
3-5: *Don't Judge a Book by Its Cover*  
6-8: *Common Ground*

- **Serving the Community/Reaching Outward**

*Examples-* K-2: *We Can Help Others*  
3-5: *Be Aware*  
6-8: *Spreading the Word*

- **Using Current Events**

*Examples-* K-2: *News Flash: Is It True?*  
3-5: *In the News Scavenger Hunt*  
6-8: *Bullying in the News*