Bullying at School

What we know and what we can do

Dan Olweus



Contents

¢

•	
Foreword	ix
Acknowledgments	xi
Introduction	1
Part I What We _c Know About Bullying	5
Stories from the Press	7
What is Meant by Bullying?	8
Some Information About the Recent Studies	10
One Student out of Seven	13
Bully/Victim Problems in Different Grades	14
Have Bully/Victim Problems Increased?	17
Bullying Among Boys and Girls	18
How Much Do the Teachers Do? How Much Do	
the Parents Know?	20
Bullying at School and on the Way to and from	
School	21
Comparison between Norway and Sweden	21
Is Bullying Primarily a Big-City Problem?	23
The Size of the School and the Class	23
Supervision during Recess and Lunch Time	25
On Analyses at Different Levels	26
Stability of Bully/Victim Problems over Time	27

12.

-

vi Contents

Is Bullying a Consequence of Competition at	
School?	28
What Role do External Deviations Play?	30
What Characterizes the Typical Victims?	31
What Characterizes the Typical Bullies?	34
Physical Weakness and Strength	36
A Concrete Picture	37
What Kind of Rearing Conditions. Create	
Aggressive Children?	39
Group Mechanisms	43
Other Factors	45
A Wider Perspective on Bully/Victim Problems	45
A Question of Fundamental Democratic Rights	48
Portrait Sketches of Henry and Roger, a Victim	
and a Bully	49
Guide for the Identification of Possible Victims and	
Bullies	53
Being a Victim – Possible Signs	54
Being a Bully – Possible Signs	58
Part II What We Can Do About Bullying	61
Overview of Intervention Program	64
Goals	65
Awareness and Involvement	66
	00
Measures at the School Level	69
A School Conference Day	69
Supervision and Outdoor Environment	70
Contact Telephone	74
A General PTA Meeting	75
Teacher Groups for the Development of the Social	
Milieu of the School	77
Study Groups in Parent–Teacher Associations	
(Parent Circles)	79

`

Measures at the Class Level	81
Class Rules about Bullying	81
Praise	85
Sanctions	86
Class Meetings	88
Cooperative Learning	89
Common Positive Activities	92
Class PTA Meetings	93
Measures at the Individual Level	97
Serious Talks with the Bully	97
Talks with the Victim	98
Talks with the Parents	100
What Can the Parents of the Bully Do?	101
What Can the Parents of the Victim Do?	103
Use of Imagination	105
Discussion Groups for Parents of Bullied or	
Bullying Students	106
Change of Class or School	107
Part III Effects of the Intervention Program	109
Main Findings	113
Brief Comments	114
Basic Principles	115
Additional Characteristics	116
Part IV Additional Practical Advice and a Core	
Program	119
Support from the Principal and Formation of a	
Coordinating Group	122
Awareness and Involvement	123
Adequate Supervision During Recess and Lunch	
Time	124
Class Rules and Class Meetings	124
Talks with Involved Students and Their Parents	125
Overview of Core Program	127
Final words	128

د

viii Contents

•

References	129
Index	137

-

(

\$**7**.