
YOUTH PEER VIOLENCE PREVENTION PROGRAMS (AGES 0-6)

Anti-Bullying Program

The Anti-Bullying Program offers two programs – one for kindergarten through Grade 2 and one for Grades 3-5. Both programs stress healthy interpersonal relationships among children and teach basic safety rules to discourage bullying, teasing and other interpersonal conflicts among young children.

For more information or to order the programs contact: The Women’s Centre, Inc., 111 North Market Street, Bloomsburg, PA 17815; Phone: (570) 784-6632).

Cool Tools

Cool Tools uses simple symbols to help young children grasp abstract concepts like integrity, self-reliance, kindness, fairness and responsibility. Eight tools give children a common language for resolving conflicts. For example, a soap bubble represents each child’s personal space; tooth paste reminds children that hurtful words, once spoken, cannot be taken back; and a kaleidoscope demonstrates that different people see things differently, but that doesn’t mean somebody’s point of view is wrong. The program includes Cool Tools toolboxes. Training requires an entire school year. Schools that have completed the training are provided a “re-tooling” training annually.

For more information or to order contact: Ava de la Sota, Corinne A. Seeds University Elementary School (a division of the Graduate School of Education and Information Studies, UCLA), 330 Charles E. Young Drive, Los Angeles, CA; Phone (310) 825-1801.

First Step to Success

First Step to Success was designed as an early intervention program for at-risk kindergartners who show early signs of an antisocial behaviour pattern (aggression, oppositional-defiant, severe tantrums, victimizes others). The program consists of three modules: proactive, universal screening of all kindergartners; school intervention involving the teacher, peers, and target child; and parent/caregiver training for positive adult support of the child’s school adjustment. The goal of the program is to divert kindergartners from an antisocial path of behaviour. Research results found significantly improved adaptive behaviour, reduced maladaptive behaviour, and reduced aggressive behaviour on teacher-rated measures.

For more information or to order the program contact: Sopris West; Phone (800) 547-6747; Fax (888) 819-7767; Email customerservice@sopriswest.com; Website: www.sopriswest.com.

I Can Problem Solve (ICPS)

The ICPS, an Interpersonal Cognitive Problem-Solving Program is for three groups of

children: preschool (59 lessons); kindergarten and primary grades (83 lessons); and intermediate elementary grades (77 lessons). Each lesson contains a teacher script, reproducible illustrations, and a list of readily available materials. The lessons help young children learn to resolve interpersonal problems and prevent antisocial behaviours. This self-contained program, which is designed to teach children how to think – not what to think, involves the use of games, stories, puppets, and role plays to make learning enjoyable. The program also has a parent involvement component, “Raising a Thinking Child Workbook: Teaching Young Children How to Resolve Everyday Conflicts and Get Along with Others.” The book for preschool costs approximately \$40 US and materials are extra. In-service training or consultation can be provided for schools, facilities, organizations, etc.

For more information or to order the program contact: Myrna B. Shure, PhD., Phone: (215) 762-7205; Email: msure@drexel.edu.

The Incredible Years

The Incredible Years program includes the Parent Training Program, Child Training Program and Teacher Training Program. The programs are designed to reduce children’s aggressive and behaviour problems and increase social competence at home and at school. Incredible Years was originally designed for children aged 2 to 8 years with high levels of aggressive behaviour, including but not limited to bullying. It trains parents and children in problem-solving skills and teaches non-aggressive social skills to children so they can learn to get along with others and make friends. Researchers found that the program was able to stop the cycle of aggression for approximately two-thirds of the targeted families receiving help. The classroom version serves all children in a classroom instead of providing counselling for only the troubled children and their parents. In this approach, the Incredible Years counsellors train parents, teachers, and family service workers who then work to improve the behaviour of every child. This version – a broader anti-aggression intervention for all young children – was tested in over 40 preschool and early elementary school programs, including some Head Start programs. One evaluation conducted in a Head Start setting found that one year after the program ended, 80 percent of the children in the program were within an acceptable range for problem behaviours, while only 46 percent of the children not in the program were within that acceptable range. This program has been extensively evaluated and has been selected as a model program by several organizations, including the US Office of Juvenile Justice and Delinquency Prevention, the Center for Substance Abuse Prevention, and the American Psychological Division 12 Task force.

For more information or to order the program contact: Lisa St. George, Administrative Director, Incredible Years, 1411 8th Avenue West, Seattle WA 98119; Phone (888) 506-3562 or (206) 285-7565; Website: www.incredibleyears.com.

Olweus Bullying Prevention Program

This program for children in kindergarten through high school was first developed in

Norway and has been implemented in several hundred schools in the United States and around the world. The program begins with a school survey to determine how common bullying is, so parents, teachers, and especially principals and administrators can begin to assess the extent of bullying. Next, training is held before the school year starts with the school principal, the anti-bullying coordinator for the area, other school personnel, and selected students and parents. This further raises awareness and begins the education process on what works to prevent bullying. Regular school rules against bullying are established and class meetings on bullying are held where participants are encouraged to establish positive consequences for those who help prevent bullying and negative consequences for those who engage in bullying. Adequate adult supervision is implemented and adults are urged to intervene quickly and decidedly in bullying situations. Parents are included in the school-wide effort. Finally, individual interventions are initiated with individual bullies and victims. The talks with bullies often include their parents and reinforces the message that bullying will not be allowed. The goal of the program is to ensure that the whole school will come together and act to make sure students know that bullying is not accepted and it will come to an end. This program has been extensively evaluated in Norway, the United States, England and Germany. It has achieved a 50 percent reduction in the number of incidents of bullying and reductions in antisocial behaviour in Norway. The Centre for the Study and Prevention of Violence, a research centre based at the University of Colorado, has concluded that the program qualified as a model program.

For more information or to order the program contact: Marlene Snyder, PhD, Institute on Family & Neighborhood Life, Clemson University, Clemson, South Carolina 29634; Phone (864) 710-4562; Fax: (406) 862-8971; Email: nobully@clemson.edu.

Parent-Child Interaction Training

Parent-Child Interaction Training targets low-income parents with preschool children who have at least one behavioural or emotional problem. Parents enrolled in the program participate in a series of four to five small-group sessions in which they learn a variety of parenting skills such as management of child behaviour. This intervention has been shown to improve family management practices and reduce children's antisocial behaviours, including aggression and anxiety. In a randomized, 1-year follow-up, children who participated in the program improved significantly more than controls on teacher ratings of attention deficit, hyperactive, aggressive, and anxious behaviour.

For more information or to order the program contact: Joseph Strayhorn, PhD, Early Childhood Behaviour Disorders Clinic, 1 Allegheny Square, Suite 414, Pittsburgh PA 15212.

Promoting Alternative Thinking Strategies (PATHS)

PATHS is designed to be implemented by educators and counsellors. It uses 119 lessons to enhance social and emotional competence and understanding in children and develop a pro-social context that facilitates the educational process. The lessons

were developed for use in kindergarten through sixth grade (ages 5 to 12). The curriculum provides teachers with lessons, materials, and instructions for teaching their students emotional literacy, self-control, social competence, positive peer relations, and interpersonal problem-solving skills. Information and activities are also included for use with parents. The curriculum has been shown to improve protective factors and reduce behavioural risk factors. Evaluations have demonstrated significant improvements for program youth.

For more information or to order the program contact: Channing L. Bete Co., Inc.; Phone: (877) 896-8532; Fax: (800) 499-6464; E-mail: custsvcs@channing-bete.com; Website: www.drp.org.

Roots of Empathy (ROE)

Roots of Empathy (ROE) is a not-for-profit organization dedicated to building caring, peaceful and civil societies through the development of empathy in children. It was founded by Mary Gordon in 1996 in inner-city schools in Toronto. The main activity of the organization is the delivery of a parenting education program for elementary school students, based on monthly visits to the classroom by a parent and infant from the school neighbourhood. The program has been implemented in schools across Canada and is poised for international implementation. The curriculum has four levels for four different age groups from pre-kindergarten to Grade 8. The short term goals of ROE are to foster the development of empathy and emotional literacy. As children learn to take the perspective of others, they are less likely to hurt through bullying exclusion, aggression, and violence. The long term goals are to improve parenting in the next generation, thereby reducing levels of violence and aggression. ROE has a Curriculum Manual that includes lesson plans for each class visit, and a Training Manual that provides the knowledge base and philosophy of the program. ROE provides a trained and certified instructor to deliver the program.

For more information or to order the program contact: Roots of Empathy; Phone (416) 944-3001; Fax: (416) 944-9295; Email: mail@rootsofempathy.org; Website: www.rootsofempathy.org.

Safe Spaces

Safe Spaces is a universal preschool based program designed to foster pro-social behaviour in preschool children. It was created by Westcoast Childcare Resource Centre. It is currently being implemented in 30 preschools in the Lower Mainland area of British Columbia and is being extensively evaluated. Preliminary anecdotal reports of parents and teaching staff suggest that this program can raise children's awareness of bullying behaviours and the roles played by bullies, victims and observers and that children can effectively express their feelings about bullying through art, drama and story telling. Safe Spaces is one of ten projects that are based at the University of British Columbia.

For more information or to order the program contact: The Schonert-Reichl Child and Adolescent Development Laboratory; Phone: (604) 822-3420; Fax: (604) 822-3420.

Second Step: A Violence Prevention Curriculum

The Second Step program for preschool/kindergarten through Grade 9 teaches social and emotional skills for violence prevention. The program includes teacher-friendly curricula, training for educators, and parent-education components. The program focuses on essential competencies – empathy, impulse control and problem solving, and anger management. The format for preschool/kindergarten through Grade 5 includes photo-lesson cards, classroom videos, puppets and song CD, and classroom posters. The cost of the DVD curriculum kit is approximately \$300 US and learning tools are extra.

For more information or to order, phone (800) 634-4449 Ext. 6223 or (206)343-1223 Ext. 6223.

Story Time

Story Time is an anti-bullying program specifically geared to children in preschool through third grade. Stories are read to children to teach them empathy and understanding of how hurtful bullying can be. Afterward, discussions are held to answer children's questions and concerns. The program was developed by SafeHaven's Education Services.

For more information about this program contact: Toni Fulks at (817) 535-6462 ext. 111; Email: tfulks@safehaventc.org.