

YOUTH PEER VIOLENCE PREVENTION PROGRAMS (AGES 7-12)

Aggressors, Victims and Bystanders

Aggressors, Victims and Bystanders (AVP) is a 12-session middle school curriculum that deals specifically with the issues of violence among peers and the different roles youth play in potentially violent situations. The program puts special emphasis on the role of bystanders in prevention school violence or bullying. AVP is a four-step Think-First Model of Conflict Resolution, which provides students with a framework for dealing with and changing the habits of thought that can result in violence. Through activities, students explore the model in depth and practice the skills needed to carry out each step effectively in real-world conflict solutions. These skills enable students to stay safe while maintaining self-respect and respect for others. Research results found that AVP significantly reduced bystander support for aggression through passive acceptance or active encouragement.

For more information about the program contact: Erica Machecca, Education Development Centre; Phone: (617) 969-7100; Fax (617) 969-5951; Email emachecca@edc.org. To order the program from the Education Development Centre, Phone: (800) 793-5076; Fax: (412) 641-0609; Website www.thtm.org.

Brain Power

Brain Power for grade 3-5 students is a three-component program to reduce peer-directed aggression. This program has been extensively evaluated. Students in treatment groups were rated as less aggressive by teachers following the intervention.

For more information about the program contact: Cynthia Hudley, PhD, University of California, Santa Barbara; Phone: (805) 893-8324; Fax: (805) 893-7264; Email hudley@education.ucsb.edu.

Camp Arowhon's Anti-Bullying Program

Camp Arowhon in Algonquin Park has an anti-bullying program, which is part of its summer camp curriculum. The program, which is modelled on the Olweus model, has three main components. The first involves awareness-raising, via an anti-bullying survey that participants fill out. The survey and its subsequent debriefing are designed to raise empathy about bullying. The second component is data collection, which include social-safety questionnaires that are completed by participants in private and sociograms (maps of how groups of children are interacting) that counsellors fill out about the kids. The third component involves a predetermined set of interventions, starting with a meeting with the whole group. This No-Blame Intervention asks everyone in the group (except the victim) what each one of them can do to help the victim feel safer in the group. The purpose of this meeting is to raise the empathy of the "innocent bystanders." If and when the No-Blame Intervention fails (about 50% of the

time), counsellors proceed through a series of direct interventions with the bully, which begin with talk, continue (if the problem doesn't abate) with increasingly-severe consequences, and end (if necessary) with expulsion.

For more information about the program contact: Joanne Kates, Algonquin Park Program Coordinator.

Don't Laugh at Me (DLAM)/Respect Me

Operation Respect is a non-profit organization, which was founded in 2001 to educate, train and assist schools and community-based youth service organizations in creating safe and respectful environments for youth and the adults who work with them. Operation Respect designed three programs that are targeted primarily at elementary and middle school levels. Don't Laugh at Me (DLAM) is for Grades 2-5; Respect Me is for grades 6-8, and requires that faculty/staff and students participate together; and the Summer Camp/After School Curriculum offers an alternative mode of delivery. Music, video and well-tested curricula are combined with a professional development component to help students, and the adults who impact their lives, to create "climates of respect" by working together to recognize intolerance, increase respect, and enhance sensitivity to students' emotional needs. The curriculum for the three programs can be either ordered or downloaded free of charge from the Operation Respect website. Preliminary studies found that a high percentage of teachers/counsellors reported lessened bullying (92%), name calling (86%), and hostility, hitting and angry explosions (85%) in their classrooms as a result of the anti-bullying program. The research also found that the program may be especially effective with elementary school children.

For more information or to order the programs contact: Operation Respect, 2 Penn Plaza, 5th Floor, New York, New York 10121; Phone: (212) 904-5243; Email: info@operationrespect.org.

The Good Behaviour Game

The Good Behaviour Game is a classroom-based prevention model aimed at reducing aggressive and shy behaviours of elementary school children in Grades 1-2. Children are assigned to teams by their teacher who makes sure that teams contain equal numbers of aggressive/disruptive children and social isolates. The longitudinal, randomized study yielded positive short-term and long-term effects. The Good Behaviour Game costs approximately \$500 US per year to implement (including the cost of training and mentoring the teachers, and monitoring implementation).

For more information or to order the program contact: Sheppard G. Kellam, Center for Integrating Education and Prevention Research in Schools; Phone (410) 255-6680; Fax (410) 255-8600; Email skellam@air.org.

It's Up To Me

This program is aimed at teaching pre- and pubescent students, from grades 5 to 8, the knowledge required to choose and maintain healthy dating relationships. The program provides basic information to help youth treat others with respect – information that can be transferred into dating relationships as well as any others.

For more information contact: Coalition Against Abuse in Relationships, PO Box 1660, Moncton, NB E1C 9X5.

Linking the Interests of Families and Teachers (LIFT)

LIFT is an anti-aggressive program for young children that has shown to produce long term results from a ten-week intervention. The goal is to instill social coping strategies in the children and to create an environment that surrounds each child with parents, teachers and peers who are working together to help prevent aggression and bullying. LIFT intervenes on three levels. (1) LIFT instructors offer classroom-based training in social and problem solving skills for students. (2) Instructors also offer six training sessions to all parents to reinforce these skills at home. (3) The newly-learned skills are then tested on the playground where adult monitors reward individuals and groups when they practice positive behaviours, and reduce children's privileges when they fail to control aggressive behaviours. The playground becomes the practice field for these new techniques and the children come to prize their good behaviour armbands. Because they can earn rewards as a group, this helps create a positive group atmosphere that discourages bullying rather one that ignores or openly encourages bullying. This program has been evaluated with both first and fifth-grade students. Research results are very encouraging. Aggressive playground behaviour was more than a third higher in schools that did not receive the LIFT program compared to schools that were randomly assigned. Researchers reported that the most aggressive children improved the most. Evaluations found that the results were just as impressive three years after the intervention.

For more information or to order the program contact: John Reid, PhD, Oregon Social Learning Centre, 160 East 4th Avenue, Eugene OR 97401; Phone (541) 485-2711; Fax (541) 485-7087; Email johnr@osic.org.

Steps to Respect

Steps to Respect Program is a school-wide curriculum that trains adults to deal with bullying effectively while teaching children skills to help them develop healthy relationships and decrease bullying behaviour. Language arts and social and emotional learning are combined in the curriculum's literature lessons, which are based on popular children's books. Friendship is a key element in protecting children from the harmful effects of bullying. The program provides step-by-step guidance, implementation and assessment tools, adult training, and student lessons. The program is divided into three phases: 1) get the whole school on board; 2) train staff and parents to handle bullying; 3) teach students to recognize, refuse, and report bullying. Cost of the program is approximately \$700 US

For more information or to order contact: Committee for Children, Seattle, Washington; Phone: (800) 634-4449 ext. 6223 or (206) 343-1223 ext. 6223.

Teasing and Bullying: Unacceptable Behaviour Program (TAB)

TAB is a comprehensive, ready-to-use bullying-prevention program that helps children in Grades 4 to 6 foster more positive, respectful relationships. Developed by Marilyn Langevin at the Institute for Stuttering Treatment and Research, the program contains six teaching modules with reproducible student activities, parent information handouts, conflict-resolution posters and a video depicting victims, peers and the child who bullies working together to resolve the problem. TAB uses discussion, written exercises and role-plays to help children identify bullying and teasing behaviours, regain power lost to children who bully, respect and celebrate differences, empathize with children who are bullied, discuss the impact of bullying on peers or bystanders, etc. Teachers are provided with scripted, easy to follow lesson plans; research-based, background information on bullying; and a unit on rules, consequences and behaviour-change processes that includes effective conflict resolution strategies. Each unit in TAB includes parent information handouts and family activities to provide parents with background information on bullying and information on how to learn and practice concepts and strategies with their children. The cost of each TAB Program is \$142 CDN plus shipping and handling (10% of order), with discounts for multiple orders.

For more information or to order the program contact: The Institute for Stuttering Treatment and Research; Phone (780) 492-2619; Fax (780) 492-8457; E-mail: istan@ualberta.ca; Website: www.istar.ualberta.ca.

Think First

Think First is a small group anger and aggression management training program for secondary level (middle and high school) students. It trains students in anger control and problem solving skills through self-instruction, role-playing, and behavioural rehearsal. The program contains ten 50-minute curricular sessions designed to be spread over a minimum of 12 weeks. The cost of the program is approximately \$100 US. This program was implemented and tested in Milwaukee Public Schools.

For more information or to order the program contact: Jim Larson, PhD, University of Wisconsin – Whitewater; Fax: (262) 472-1863; Email: larsonj@uww.edu.