Research on the Olweus Bullying Prevention Program

Research from Norway:


- These articles describe several different large-scale studies involving students in grades 4-10 in Norway.
- They consistently show significant decreases in self-reports of being bullied and bullying others as a result of the OBPP.
- Several (Olweus 1991, 1997) report significant and positive program effects for self-reported vandalism, fighting, theft, alcohol abuse, and truancy.
- Several (Olweus 1991, 1997) report increases in students’ satisfaction with school life, improved order and discipline, more positive social relationships, and more positive attitudes toward school work and school in general.

Meta-Analysis


- Meta-analysis of 59 studies of the effectiveness of bullying prevention programs.
“School-based anti-bullying programmes are often effective” (p. 72)
“Programmes inspired by the work of Dan Olweus worked best” (p. 72)

Research in the United States


- Involved 6 public elementary and middle schools in an urban setting.
- Bullying incident density (incidents per 100 student hours) as observed during lunch (elementary and middle schools) and recess (elementary schools) deceased by 45% over 4 years of program implementation.


- Students in grades 4-7
- Involved 6 rural school districts (11 intervention and 28 comparison schools)
- 16% reduction in students’ self-reports of bullying others among intervention schools; 12% increase in self-reports of bullying others among control schools. No significant differences in self-reports of victimization.
- Significant differences between control schools and comparison schools with regards to students’ self-reports of involvement in delinquency, theft, vandalism, school misbehavior, and having received sanctions for school misbehavior.


• Students from 10 public middle schools (7 intervention and 3 control schools)
• Relational victimization decreased by 28% and physical victimization decreased by 37% among white students but there were no program effects for minority students.
• Students in intervention schools were more likely to perceive that other students actively intervened in bullying.


• Small-scale study involving 3 elementary schools.
• Decreases in reports of being bullied by 21% after 1 year and 14% after 2 years.
• Decreases in reports of bullying others by 8% after 1 year and 17% after 2 years.
• After 1 year, students were significantly more likely to perceive that adults at school tried to stop bullying.
• After 1 year, parents were significantly more likely to perceive that administrators had acted to stop bullying.