

Self Paced Tutorial: ST-03 The NH Three Tiered Bullying Prevention and Intervention Model

Tutorial Description

In an effort to assist schools in providing training for ALL school related employees, volunteers, substitute teachers and others, the NH e-Learning for Educators Project at the New Hampshire Department of Education developed this simple tutorial training on developing a three tiered bullying prevention program. This tutorial is divided into four units. As you complete each unit of the tutorial, you will be asked to submit an online assessment. Once your assessments for all four units are submitted and evaluated, you will receive a Certificate of Completion for 5 hours of professional development for this tutorial training. This certificate can be used to demonstrate to your school(s) that you have satisfied the required basic training in bullying awareness and prevention. Additional professional development opportunities should be offered through your school, district, or SAU, annually.

Unit 1	Tier One: Primary Prevention	
<p>Bullying impacts a large portion of our children and young adults today. Continuous and long term bullying cause physical, psychological, and/or emotional harm to victims and prevent them from being able to study and learn in a safe and supportive environment. The first step in prevention is to recognize that there is a problem. In order to control and stop bullying both awareness and prevention are needed. New Hampshire recommends that schools develop bullying awareness and prevention programs that follow the three tiered model. This unit explores the first tier of this model, which is primary prevention. Primary prevention focuses on prevention of bullying events and protecting students from bullying events. Early success in primary prevention limits the tier two and tier three actions that may be required.</p>		
Unit 2	Tier Two: Intervention for Those Most at Risk	
<p>If a school has a culture or climate that tolerates or perhaps passively promotes bullying, an identifiable population of at risk students can develop. Students can be at risk for being a victim or bullying or a bully. The second tier of a prevention program focuses on prevention strategies that target intervention efforts for those students who have been identified as at-risk for being either a bully or victim. Without a bullying prevention program or plan in place, bullying may occur and can even escalate in schools, and other settings. Even in schools with effective bullying prevention programs in place, some students may be at risk. Tier two supports and strategies are an integral part of a bullying prevention program.</p>		
Unit 3	Tier Three: Targeting Severe Needs of Habitual or Chronic Bullies and Victims	
<p>Bullying remains a persistent problem in our schools even though many schools have adopted bullying policies and programs to prevent it. Sometimes it remains “under the radar” of those interested in its prevention, and sometimes in spite of our best efforts to stop it. Often times, chronic bullies and victims become normalized into a school system and its culture, that they become indistinguishable everyone else in the system. Chronic bullying incidents rank high among reported bullying incidents. These perpetrators and victims need targeted prevention programs that move them out of these at risk categories. The tertiary tier focuses on prevention programs that target students with severe needs, including those students who are perpetual bullies and victims, and those that have threatened violence to peers and/or teachers and staff.</p>		
Unit 4	Developing a Successful Bullying Prevention Program	
<p>After carefully considering the three tiers of Bullying prevention and intervention, it is time to use that information to develop or implement your own bullying prevention program at your school. In this unit, you will examine some of the more successful bullying programs and identify some characteristics of good programs. You will also review the NH Pupil Safety and Violence Prevention Act of 2010 and determine the legal requirements schools need to have in their policies regarding bullying. Having a deeper understanding of both the characteristics of effective programs and the policies required by the state will enable your school to develop and implement a more successful bullying prevention program.</p>		

Self Paced Tutorial Goals

After completing this tutorial, you will be able to:

- Recognize the behaviors associated with bullying.
- Identify some warning signs that bullying is occurring.

- Understand the skills that can be used by kids to give them power against bullying.
- Identify characteristics of students most at risk of becoming bullies or victims.
- Understand some early intervention strategies that are successful with students at risk.
- Understand the intervention practices that are restorative to the school community and support an anti-bullying school culture.
- Identify characteristics of chronic bullies and victims.
- Understand strategies for dealing with chronic bullies and chronic victims.
- Identify characteristics and differences between school-wide and targeted bullying programs.
- Identify characteristics of successful bullying prevention and intervention programs.
- Understand the policy requirements of the NH Pupil Safety and Violence Prevention Act of 2010.
- Incorporate the requirements of the NH law and strategies from effective bullying programs into your schools bullying prevention and intervention program.

Self Paced Tutorial Expectations

This tutorial is divided into 4 units, surrounding general content themes. Each unit includes a reading assignment followed by a short quiz which will evaluate your learning at the end of the tutorial. The results will serve as a record of your participation and professional growth in these content areas.

The estimated time for the completion of each unit is a little over one hour. Some of you may get done more quickly, while some of you may take a little longer. The unit content was developed with an intended completion time of 75 minutes.

The tutorial is pass/fail, but you are expected to read all the materials and successfully complete the unit quizzes in order to earn a Certificate of Completion.

Access to this tutorial and the materials provided will remain available to you after you have completed the assignments and earned your certificate of completion.