



# Class Meetings and Individual Interventions

A HOW-TO GUIDE



Vicki Crocker Flerx, Ph.D. Susan P. Limber, Ph.D. Nancy Mullin, M.Ed.

Dan Olweus, Ph.D. Jane Riese, L.S.W. Marlene Snyder, Ph.D.

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## INTRODUCTION

Class meetings and individual interventions are key components of the *Olweus Bullying Prevention Program (OBPP)*. The enclosed DVDs will provide training on these topics for teachers and staff members who are implementing *OBPP* in their school.

The *Class Meetings* DVD is 24 minutes in length. The *Individual Interventions* DVD is 28 minutes in length. This how-to guide will provide additional background information and talking points for effectively leading a training or discussion using these DVDs.

***Important:***

**These DVDs should be used as part of an over-all schoolwide implementation of the *Olweus Bullying Prevention Program*. They are not meant to be used as a stand-alone program.** In addition to watching the DVDs during a training session or discussion, it is important to also allow time for staff members to practice these skills themselves.

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## **Who Should Use the DVDs?**

These DVDs can be used in multiple situations.

1. They can be used by certified Olweus trainers as part of a school's two-day Bullying Prevention Coordinating Committee training.
2. They can be used by a Bullying Prevention Coordinating Committee during an all-staff training.
3. They can be used during staff discussion groups, faculty meetings, and grade-level staff meetings to reinforce or review information on class meetings and individual interventions.
4. Portions of the DVDs may be shown to parents to illustrate how key elements of *OBPP* are implemented.

## **What Is the *Olweus Bullying Prevention Program*?**

*OBPP* is the most researched and best-known bullying prevention program available today. With more than thirty-five years of research and successful implementation all over the world, *OBPP* is a whole-school program that has been proven to prevent or reduce bullying in schools.

*OBPP* is used at the school, classroom, and individual levels and includes methods to reach out to parents and the community for involvement and support.

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School administrators, teachers, and other staff members are primarily responsible for introducing and implementing the program. These efforts are designed to improve peer relations and make schools safer and more positive places for students to learn and develop.

## **PART 1: CONDUCTING CLASS MEETINGS**

The *Class Meetings* DVD provides an overview of class meetings, their purpose, and how they differ from curriculum or other lessons. Also included on this DVD are demonstrations of the first two class meetings that are recommended in the program (see page 72 of the *OBPP* Teacher Guide). This DVD should be shown to all classroom teachers.

The first class meeting demonstrated on the DVD introduces the concept and structure of class meetings and helps students establish some basic ground rules for these meetings. It also introduces the definition of bullying. The second class meeting demonstrated on the DVD reviews the definition of bullying and introduces *OBPP*'s anti-bullying rules. Ideas and support for subsequent class meetings can be found in chapter 6 of the *OBPP* Teacher Guide.

### **What Is a Class Meeting?**

Class meetings, together with class rules, are among the most important components of *OBPP*. Class meetings

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can vary a bit in structure but are conducted at least once a week, for a time period equivalent to one class period. The purpose of these meetings is to

- build a sense of class cohesion and community
- teach the rules and consequences of bullying
- help students understand their role in bullying situations and how they can help students who are being bullied
- address issues about bullying as they arise
- address a variety of other issues more or less related to bullying

At first, class meetings should focus on various aspects of bullying, but over time, classroom teachers should plan to use these meetings to address additional related themes and topics, such as conflict resolution, friendship, or communication.

There is no one right way to lead a class meeting. Some teachers prefer to have a very clear idea of what is going to be discussed. For these teachers, class meeting outlines and scripts are provided on the *OBPP* Teacher Guide CD-ROM. Other teachers are comfortable with a more open-ended style that provides flexibility to discuss issues as they come up. Either approach is fine. Most teachers find these meetings to be relatively easy to conduct and a rewarding way to get to know their students better.

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To keep the meetings fresh and interesting, teachers are encouraged to use a variety of methods as springboards for discussion and to link the discussions to relevant themes in their academic curriculum. Methods might include large- and small-group discussions or the use of role-plays.

The *Class Meetings* DVD provides a good overview of class meetings to help teachers feel more familiar and confident when conducting them. If, after training, some teachers still do not feel comfortable leading class meetings, we recommend providing support and modeling to bolster confidence or to help them hone their skills.

Members of your school's Bullying Prevention Coordinating Committee or your certified Olweus trainer may assist teachers by leading or coleading the first couple of class meetings. Teachers with experience conducting class meetings could colead as well. If you need further help training staff members to use class meetings, be sure to involve your school's certified Olweus trainer.

### **Key Talking Points for a Training on Class Meetings**

Below are some talking points to assist you when using this DVD during training sessions with teachers and other staff members:

- The purpose of this DVD is to describe what