

The Bullying Prevention Program™



An Evidence-Based
Social/Emotional Solution to Bullying



Onsite and distance learning
anytime, anywhere and on any device.

Conover Online™

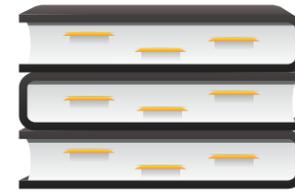
Bullying Prevention is part of our Conover Online system.

- No reading required (full audio)
- Self-directed online learning
- Instructor-led version for blended learning
- No installation/setup required
- Accessible on computers & mobile devices
- 360° surveys



Built-in Accountability

Real time data tracking from any computer or mobile device. Comprehensive reporting options for users, groups, district or state wide.



Research-Based

The Bullying Prevention Program draws upon our thirty plus years of research and development in the social/emotional learning industry.



NSSA Recognized

Recognized by the National Soft Skills Association as a program of excellence.

Assessment – Intervention – Post Assessment

There are many programs addressing the issue of bullying prevention but most programs focus on the knowledge or cognitive side rather than the affective or emotional side of the bullying process. *The Bullying Prevention Program* focuses on developing a healthy personality (emotionally competent) in which personal needs are met outside of the bullying process.

Our assessment will help identify the key social/emotional factors related to a healthy personality. It will also help identify individuals who might become part of the bullying cycle either as a bully (The Giver) or as a target of the bully (The Receiver). The primary focus is to help users understand their own social/emotional needs and learn how to meet those needs in a positive way that does not violate their rights or the rights of others.

Assessment

The Bullying Prevention Map™

The Bullying Prevention Map is the core assessment in our system and looks at the following scales:

Interpersonal Communication Styles Under Stress. Interpersonal Assertion addresses how to effectively use direct, honest and appropriate expression of thoughts, feelings and behaviors in dealing with others. This is the desired communication style for both The Giver and The Receiver. In contrast are the problematic styles of **Interpersonal Aggression** which is anger (The Giver) and **Interpersonal Deference** or fear (The Receiver). **Self-Esteem** is a perceived level of self-worth. The Giver uses the bullying process to bolster feelings of inadequacy while The Receiver's Interpersonal Deference is highly correlated to low levels of self-esteem. **Empathy** is the ability to sense, understand and accept another person's thoughts, feelings and behaviors. A lack of empathy allows Givers to avoid the negative effects of their bullying behavior. **Self-Control** is the ability to handle personal feelings and emotions in difficult life situations. This is a critical skill for both The Giver and The Receiver. **Resiliency** includes the ability to proactively work through processes and activities and cause bottom-line results to happen. Research shows that those participating in the bullying process are more likely to participate again. Resiliency helps one recover from those negative effects and stops the bullying process from repeating itself. **Conflict Resolution** is the process of resolving or finding a solution for some sort of disagreement, fight, or form of oppression. Conflict resolution includes the ability to help opposing parties or opposites agree on some common action. This is also a critical skill for both The Giver and The Receiver. **Change Orientation** is the degree to which one is motivated to change and learn new skills, and an indication of our comfort zone for our present set of skills. This scale is a reliable predictor of the potential for success using the skill intervention process.

Intervention

The skill intervention system consists of the following six programs:

- Interpersonal Assertion
- Self-Esteem
- Empathy
- Self-Control
- Resiliency
- Conflict Resolution

Post Assessment

Each intervention program has a post assessment.

The Bullying Prevention Map

The Giver



The Bullying Prevention Map

The Receiver

