

## **GENERAL INFORMATION ABOUT THE REVISED OLWEUS BULLY/VICTIM QUESTIONNAIRE, PC PROGRAM AND TEACHER HANDBOOK**

### **THE QUESTIONNAIRE**

The Revised Olweus Bully/Victim Questionnaire (for the present available in English, Norwegian, and Swedish), which is filled out anonymously by the students, consists of some 40 questions for the measurement of a number of aspects of bully/victim problems: to be exposed to various (physical, verbal, indirect, racial, sexual etc.) forms of bullying/harassment, various forms of bullying other students, where the bullying occurs, pro-bully and pro-victim attitudes, and the extent to which the social environment (teachers, peers, parents) are informed about and react to the bullying etc. The psychometric properties of the Questionnaire are generally quite good. The “definition” of the word bullying as presented to the students in the Questionnaire is included here as an Appendix.

There are **two**, only slightly different **versions of the Questionnaire, one (denoted E01-JUNIOR on the front page) for use in grades 3 through 5 (for students with 2 years, possibly one year, of reading instruction), and one (denoted E01-SENIOR) for grades 6 through 10 or higher.** The way of administering the Questionnaire is slightly different for students in lower and higher grades, as explained in the instructions for administration. In the higher grades, administration of the survey can usually be completed within less than a school hour. Students in the lower grades and/or students with reading difficulties may need somewhat longer time.

**We generally recommend that the Questionnaire be administered to the students no earlier than 6-8 weeks after the Summer or Winter holidays.** The Questionnaire 'package' also contains an **Instruction part**, one copy of the Questionnaire with recommended code numbers (**Code Form for the Senior and Junior versions**), and a **General Information part** which gives advice about how to code and process the students' responses.

### **THE PC PROGRAM**

It is also possible to order a computer program (compatible with a Windows95 or Windows98 PC ) which will greatly facilitate (the manual) entering and processing of the students' responses. The computer program output will produce a profile of key results for each school or other unit (such as a school district), in part divided according to sex and grade level. These results give a good picture of various aspects of bully/victim problems at the particular school /other relevant unit and are of considerable help in planning intervention efforts.

The program **can be ordered through the Order Form** attached at the end of these information sheets. The costs for use of the program are listed below.

## **GENERAL INFORMATION ABOUT THE QUESTIONNAIRE AND MY CORE PROGRAM AGAINST BULLYING AND ANTISOCIAL BEHAVIOR (BULLYING PREVENTION PROGRAM)**

Many of the questions in the Questionnaire have been used in my own large-scale surveys of Norwegian and Swedish students, and accordingly, there is a good deal of data with which survey results from one's own school(s) can be compared. Additional data from student populations in other countries will gradually become available. Generally, I refer to my small book Bullying at School: What We Know and What We Can Do. (Oxford: Blackwell Publishers, 1993; the book can be ordered directly from: Marketing Department, Blackwells, 108 Cowley Road, Oxford, OX4 1JF, United Kingdom, or from Blackwells, c/o AIDC, P.O.Box 20, Williston, VT 05495, USA, phone: 1-800-216-2522) which contains a good deal of information of relevance. The book also gives a relatively detailed description of the school based anti-bullying intervention program that I developed and scientifically evaluated in 42 schools in Bergen, Norway (2500 students followed over 2,5 years). Some of the main results were as follows:

- \* There were marked reductions - by 50% or more - in bully/victim problems in the 42 schools during the two years following introduction of the intervention program. The results generally applied to both boys and girls and to students from all grades studied (from grade 4 through 9).
- \* There were also clear reductions in general antisocial behavior such as vandalism, fighting, pilfering, drunkenness, and truancy.
- \* In addition, we could register marked improvement as regards various aspects of the "social climate" of the class: improved order and discipline, more positive social relationships, and a more positive attitude to schoolwork and the school.
- \* At the same time, there was an increase in student satisfaction with school life.

**A new large-scale intervention project** (1997-1999, with some 4000 students) in Bergen using basically the same program **has again produced quite positive findings**. The program has also been used with positive results in several other countries including the US, see Olweus, D. & Limber, S.(1999) Blueprint: Bullying Prevention Program. The program has recently been selected by a US expert committee as a "model program" to be used in a nationwide violence prevention initiative, supported by the US Ministry of Justice (OJJDP). A detailed description of the program, information about how it can be used, and a short description of the other nine "model programs" (called Blueprint Programs) are to be found in the Blueprint publication referred to in this paragraph. An overview of the "Olweus Bullying Prevention Program" is presented in an Appendix to these information sheets. (The Blueprint publication can be ordered for a small cost from the Center for the Study and Prevention of Violence, University of Colorado at Boulder, fax: 1-303-443-3297; see also [www.colorado.edu/cspv/blueprints](http://www.colorado.edu/cspv/blueprints))

A survey with the Questionnaire is very useful for creating awareness of bully/victim

problems in a particular school or larger unit. In addition, it is an excellent starting point for systematic intervention efforts. It is our experience that school staff can implement on their own (preferably, but not necessarily, with the help of a mental health professional/the school psychologist/counselor or other support services) the intervention program at their own school on the basis of the advice and suggestions given in the book Bullying at School (above). To conduct a second survey is an excellent way of checking to what extent intervention efforts have been successful. We recommend that a new survey (one or two years later) be conducted at approximately the same time of the year as the initial survey, to control for possible seasonal effects.

## **THE TEACHER HANDBOOK**

To facilitate implementation of the intervention program I have also written a special teacher manual (about 125 pages), **Olweus' Core Program against Bullying and Antisocial Behavior: A Teacher Handbook** (2001, Version III). This handbook, which is also used in the current Blueprint projects in the US, gives a lot of additional advice and detail to help implement the program with as great fidelity and efficacy as possible.

Also the Teacher Handbook **can be ordered through the attached Order Form**, but will normally be dispatched from the US. Prices are listed below.

**Key components of the Bullying Prevention Program are thus the Olweus Bully/Victim Questionnaire, the PC program, and the Teacher Handbook, all of which can be ordered through the attached Order Form. Also the book "Bullying at School" (can be ordered from Blackwell publishers, phone: 1-800-216-2522) and the U.S. video "Bullying"(can be ordered from South Carolina Educational Television, Columbia, phone: 1-800-553-7752) are key components of the Program.**

## **PRICES (ALL PRICES COMPRISE P&P INCLUDING SHIPPING)**

### **A. QUESTIONNAIRE FOR RESEARCH PURPOSES ONLY**

If the Questionnaire is to be used for research purposes only, the cost is : **US \$ 125 (or £80)**

In this case, I would very much appreciate receiving a brief description of the research project (including approximate number and age range of subjects etc; the description can be made on the back of the enclosed Order Form or in a separate letter) and, when the project has been completed, a copy of the report(s) on the study.

## **B. QUESTIONNAIRE FOR PRACTICAL REGISTRATION AND/OR INTERVENTION PURPOSES**

The costs for use of the Questionnaire for practical registration and/or intervention purposes (maybe with involvement on the part of local or central school authorities, parent/teacher associations etc) are as follows:

- \* for use in **1-2 schools, US \$ 140 (or £90)**
- \* for use in **3-5 schools, US \$ 250 (or £160)**
- \* for use in **6-10 schools, US \$ 375 (or £240)**
- \* for use in **11-20 schools, US \$ 625 (or £400)**
- \* for use in **21-30 schools, US \$ 890 (or £560)**
- \* for use in **31-40 schools, US \$1125 (or £710)**
- \* for use in **41-50 schools, US \$ 1400 (or £890)**
- \* for **use in more than 50 schools, a special agreement** (with discount) has to be made with me.

Also in these cases, I would very much appreciate a brief description of the project or context in which the Questionnaire is to be used (e.g., on the back of the enclosed Order Form or in a separate letter).

## **C. PC PROGRAM**

The costs for use of the PC program (normally for practical registration and/or intervention purposes) as follows (same prices as for use of the Questionnaire):

- \* for use in **1-2 schools, US \$ 140 (or £90)**
- \* for use in **3-5 schools, US \$ 250 (or £160)**
- \* for use in **6-10 schools, US \$ 375 (or £240)**
- \* for use in **11-20 schools, US \$ 625 (or £400)**
- \* for use in **21-30 schools, US \$ 890 (or £560)**
- \* for use in **31-40 schools, US \$1125 (or £710)**

\* for use in **41-50 schools**, US \$ **1400** (or £**890**)

\* for use in more than **50 schools**, a **special agreement** (with discount) has to be made with me.

The costs for use of the **Questionnaire + PC program** in 1-2 schools are thus (\$140 + 140 =) \$280 or £180 (£90 + 90); in 3-5 schools, \$500 or £320 etc.

#### **D. TEACHER HANDBOOK ( Olweus' Core Program against Bullying and Antisocial Behavior: A Teacher Handbook )**

The **cost per copy** of the Teacher Handbook is:

**\$42 (or £27) per copy for an order of 1-2 copies**

**\$38 (or £24) per copy for an order of 3-10 copies**

**\$36 (or £23) per copy for an order of 11-20 copies**

**\$34 (or £22) per copy for an order of 21-30 copies**

**\$32 (or £ 21) per copy for an order of 31 copies or more.**

For large orders (100 copies or more), some additional discount may be obtained after special agreement.

#### **GENERAL**

**An order should be made** on the attached/enclosed **Order Form**. The order must be **accompanied by a check** for the relevant amount (a bank check or remittance; private checks can also be accepted but unfortunately only from the US; the **standard condition is that only prepaid orders can be accepted** but in case of orders of large amounts of materials – for \$1500 or £1000 or more – a purchase order can be accepted. The check should be made **payable to BVP - Dan Olweus, and sent (together with the Order Form) to BVP - Dan Olweus, Vognstolbakken 16, N-5096 Bergen, Norway**. The purchaser can normally **expect to receive the ordered materials (from Norway and the U.S.) within 2-4 weeks after receipt of the Order Form**. (In addition: A letter from the U.S. usually takes between 4 and 7 days to reach Bergen, Norway.)

Please, **don't send the order form/check as registered mail – it will only delay the process** (in addition: at least in Norway, the mail system is very reliable). If you wish, you may **cross the check**.

Generally, **permission is granted for use in those schools for which permission is requested on the Order Form**; possible use in other schools will require a new order. Also, permission to use the Questionnaire and/or the PC Program (as many times as desired in the

schools involved) is granted for **a period of three years**; use of the Questionnaire and/or the PC Program after this time period will require a new order.

On reception of Order Form and check, **one set of the Questionnaire package** will be sent to the purchaser who can then make the necessary number of copies of the forms etc. The designation "Copyright: Dan Olweus" must be kept on the front page of each copy of the Questionnaire, and use of the Questionnaire must be properly acknowledged in possible publications/reports on the results [referred to as follows: Olweus, D. (1996). The Revised Olweus Bully/Victim Questionnaire. Bergen, Norway: Research Center for Health Promotion (HEMIL), University of Bergen, N-5015 Bergen, Norway.]

**The procedure with regard to copying is the same for the 2 (1.44 MB) diskettes containing the PC Program.** As mentioned, the Handbook will in most cases be sent directly from a local address in the US.

Together with the Questionnaire forms and/or the PC Program will be sent **a receipt and a letter of permission** for use of the Questionnaire/PC Program.

**In summary**, permission to use the Questionnaire/PC Program (for a period of three years) for the purposes specified above is granted (for a period of three years) after the Order Form and the check for the relevant amount have been received at BVP (above and below).

With best wishes. Sincerely,

Dan Olweus  
Research Professor of Psychology

Address: Vognstolbakken 16, N-5096 Bergen, NORWAY.

Tel: (+47) 55 21 23 27; (+47) 55 29 36 12

email: Olweus@psych.uib.no

# "DEFINITION" OF BULLYING AS PRESENTED TO THE STUDENTS IN THE OLWEUS BULLY/VICTIM QUESTIONNAIRE

## ***ABOUT BEING BULLIED BY OTHER STUDENTS***

Here are some questions about being bullied by other students. First we define or explain the word bullying. We say a student is being bullied when another student, or several other students

- say mean and hurtful things or make fun of him or her or call him or her mean and hurtful names
- completely ignore or exclude him or her from their group of friends or leave him or her out of things on purpose
- hit, kick, push, shove around, or lock him or her inside a room
- tell lies or spread false rumors about him or her or send mean notes and try to make other students dislike him or her
- and other hurtful things like that.

When we talk about bullying, these things happen repeatedly, and it is difficult for the student being bullied to defend himself or herself. We also call it bullying, when a student is teased repeatedly in a mean and hurtful way.

But we don't call it bullying when the teasing is done in a friendly and playful way. Also, it is not bullying when two students of about equal strength or power argue or fight.

***(Copyright: Dan Olweus, 1996)***

(OLWEUS)

# OVERVIEW OF THE OLWEUS BULLYING PREVENTION PROGRAM

## GENERAL PREREQUISITES

- \* AWARENESS AND INVOLVEMENT ON THE PART OF ADULTS

## MEASURES AT THE SCHOOL LEVEL

- \* QUESTIONNAIRE SURVEY
- \* SCHOOL CONFERENCE DAY
- \* EFFECTIVE SUPERVISION DURING RECESS AND LUNCH TIMES
- \* STAFF DISCUSSION GROUPS
- \* FORMATION OF COORDINATING GROUP

## MEASURES AT THE CLASS LEVEL

- \* CLASS RULES AGAINST BULLYING
- \* CLASS MEETINGS WITH STUDENTS
- \* MEETINGS WITH PARENTS OF THE CLASS

## MEASURES AT THE INDIVIDUAL LEVEL

- \* SERIOUS TALKS WITH BULLIES AND VICTIMS
- \* SERIOUS TALKS WITH PARENTS OF INVOLVED STUDENTS
- \* DEVELOPMENT OF INDIVIDUAL INTERVENTION PLANS
- \* TEACHER AND PARENT USE OF IMAGINATION

October 2000

## BRIEF PSYCHOMETRIC INFORMATION ABOUT THE REVISED OLWEUS BULLY/VICTIM QUESTIONNAIRE

Here is some brief psychometric information about the Questionnaire. We have made lots of analyses on the internal consistency (reliability), the test-retest reliability and the validity of the Revised Olweus Bully/Victim Questionnaire on large representative samples (more than 5000 students). The results are generally quite good: At the individual level (with individual subjects as the unit of analysis), combinations of items for being victimized or bullying others, respectively, have typically yielded internal consistency reliabilities (Cronbach's alpha) in the .80's or higher, depending on the number of items included in the scales. Often, however, the school is the natural unit of analysis, and then, of course, the reliabilities are even higher, typically in the .90's. Both individuals and schools can thus be very well differentiated with the Questionnaire. Unfortunately, most of this psychometric information has not yet been published, due to lack of time. (We are now writing a paper on prevalence estimation with the Questionnaire which will be submitted for publication within the next few months, hopefully.)

With regard to the validity of Questionnaire, I have written a little bit about it in a footnote to an article published in 1994. I quote it here for your information:

" With regard to the validity of self-reports on variables related to bully/victim problems, it may be mentioned that in the early Swedish studies (Olweus, 1978) composites of 3-5 self-report items on being bullied or bullying and attacking others, respectively, correlated in the .40-.60 range (Pearson correlations) with reliable peer ratings on related dimensions (Olweus, 1977). Similarly, Perry, Kusel, and Perry (1988) reported a correlation of .42 between a self-report scale of three victimization items and a reliable measure of peer nominations of victimization in elementary schoolchildren. In the intervention study (below), we also found class-aggregated student rating estimates of the number of students in the class who were bullied or bullied others during the reference period, to be highly correlated with class-aggregated estimates derived from the students' own reports of being bullied or bullying others: Correlations were in the .60-.70 range (see Olweus, 1991, for details)." [Olweus, D. (1994). Annotation: Bullying at school: Basic facts and effects of a school based intervention program. Journal of Child Psychology and Psychiatry, 35, 1171-1190.]

In addition, in our recent studies we have found strong evidence for the **construct validity** of the Questionnaire dimensions of "being victimized" and "bullying others" in looking at the relations between degree of victimization and degree of bullying others, respectively, and relevant other variables: We typically find fairly strong linear relations between degree of victimization and variables such as (self-reports of) depression, poor self-esteem and peer rejection (peer group disintegration), on one hand, and even stronger linear relations between degree of bullying others and various dimensions of antisocial behavior (see article by Bendixen & Olweus (1999), Measuring antisocial behavior in early adolescence and adolescence: Psychometric properties and substantive findings. Criminal Behaviour and Mental Health, 9, 323-354) and several aspects of aggressive behavior, on the other. Some of these results will also be included in the to-be-submitted article mentioned above.

I regret that not more of this information has yet been published due to work overload, but there is no doubt that the Questionnaire by and large meets quite high psychometric standards. We hope to be able to present a more detailed picture of the properties of the Questionnaire in a not too distant future.

Regards,

Dan Olweus

Research Professor of Psychology

**ORDER FORM FOR BULLY/VICTIM QUESTIONNAIRE, PC PROGRAM AND  
TEACHER HANDBOOK**

All prices listed below comprise costs for p&p (including shipping). The purchaser can normally **expect to receive the ordered materials within 2-4 weeks after receipt of the Order Form.** (In addition: A letter from the U.S. usually takes between 4 and 7 days to reach Bergen, Norway.)

**Hereby I order** (please circle and fill out, where appropriate):

**A. QUESTIONNAIRE FOR RESEARCH PURPOSES ONLY**

+ one set of the Olweus Bully/Victim Questionnaire, to be used for research purposes only .

**Price: \$/£.....** (\$125 or £80)

**B. QUESTIONNAIRE FOR PRACTICAL REGISTRATION AND/OR INTERVENTION PURPOSES**

+ one set of the Olweus Bully/Victim Questionnaire, to be used mainly for practical registration and/or intervention purposes in .....schools in the community of.....

**Price: \$/£.....** [costs for use in 1-2 schools, US \$140 or £90; for 3-5 schools, US \$ 250 or £160 etc; see attached Information sheets)

**C. PC PROGRAM**

+ one set of the PC Program (2 diskettes) to be used with the Questionnaire in .....schools in the community of (if different from community listed under B above) .....

**Price: \$/£.....**[costs: for use in 1-2 schools, US \$ 140 or £90; in 3-5 schools, US \$ 250 or £160 etc; see attached Information sheets)

**D. TEACHER HANDBOOK**

+ ..... copy/copies of **Olweus' Core Program against Bullying and Antisocial Behavior: A Teacher Handbook** at a price of \$/£..... per copy.

**Price: \$/£** ..... (cost **per copy** for order of 1-2 copies: \$42 or £27; for order of 3-10 copies : \$38 or £24 11-20 copies: \$36 or £23; see attached Information sheets)

**E. TOTAL COSTS AND PAYMENT**

A. Costs for use of <b>Questionnaire for research</b>	\$ or £ .....
B. Costs for use of <b>Questionnaire for practical registration etc</b>	\$ or £ .....
C. Costs for <b>PC Program</b>	\$ or £ .....
D. Costs for <b>Teacher Handbook</b>	\$ or £ .....
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<b>Total costs</b>	<b>\$ or £</b>

The order must be **accompanied by a check** for the relevant amount (a bank check or remittance; private checks can also be accepted but unfortunately only from the US; the **standard condition is that only prepaid orders can be accepted** but in case of orders of large amounts of materials – for \$ 1500 or £1000 or more – a purchase order can be accepted. The check should be made **payable to BVP - Dan Olweus, and sent (together with the Order Form) to BVP - Dan Olweus, Vognstolbakken 16, N-5096 Bergen, Norway.**

On reception of Order Form and check, **one set of the Questionnaire package/the 2 diskettes with the PC Program will be sent to the purchaser** who can then make the necessary/agreed number of copies (equal to numbers of schools in the case of the PC Program) . **Permission to make copies of the Questionnaire/PC Program for use in the schools specified on this Order Form is limited to a period of three (3) years from receipt of ordered materials. The Teacher Handbooks will be sent directly from a local address in the U.S..**

**Permission to use the Questionnaire** is granted after the Order Form and the check for the relevant amount have been received at BVP (below).

**I enclose a check for US \$/ £ ..... being payment for the materials specified above. Please don't send the order form/check as registered mail- it will only delay the process.** (If you wish, you may cross the check.)

It would be appreciated if you also write (overleaf or in a separate letter) a few words about the project/context in which the materials are to be used (including your own role in the project).

**CONFIRMATION**

In signing this Order Form, **I confirm that no more copies of the Questionnaire and/or PC Program will be made than has been specified on this Order Form and paid for.** I also confirm that materials received (Questionnaire, PC Program diskettes, Teacher Handbook etc.) will not be delivered to others for use in other schools than those specified on this Order Form.

Place/date.....

Signature.....

Name (in capitals).....

Address (Please use **school or office address**, if available; **don't use residential address**, if it can be avoided; **never use P.O.Box address**):

.....

.....

Phone: .....Fax:.....

Possible email-address:

(This Order Form together with check for the relevant amount should be sent **to BVP - Dan Olweus, Vognstolbakken 16, N-5096 Bergen, Norway.** Tel: +47 55 58 23 27 or +47 55 29 36 12. email: Olweus@psyhp.uib.no