



Blake Elementary: 2008-2009 Steps to Respect

Background/Program Description

Blake Elementary school began implementation of *Steps to Respect* in 2008, a nationally validated committee for children program. *Steps to Respect* is a bullying prevention program that presents lessons and teaches skills for making friends and handling bullies. Teachers are trained by SDFS staff in ways to effectively respond to bullying. The teachers learn how to handle bullying situations and coach students involved.

The program was implemented in three 3rd grade three 4th grade classrooms. Implementation occurred over a 12 week period, for three days per week, 30 minutes per day (this varied by teacher).

The students were instructed on how and when to report bullying. The lessons incorporated role-playing, literature on making friends, and discussion sessions. The lessons and activities occurred in both small and large groups rooted in a framework of respecting, caring, and responsible actions.

Participants

A total of 150 students participated in the program. 52% were in 3rd grade and 48% were in 4th grade. With respect to gender, 53% were male and 47% were female.

	N	%
Gender		
Male	80	53.3%
Female	70	46.7%
Grade		
3 rd	78	52.0%
4 th	72	48.0%
Total	150	100.0%

Highlights of Survey Results

Five of the six classrooms completed both pre and post surveys.

- There was a statistically significant increase in students' ability to calmly tell students to stop, and ask an adult for help if they are bullied.
- The number of bullying incidents decreased in 3 of 5 classrooms, remained unchanged in 1 classroom and increased in 1 classroom.
- The most frequent places bullying took place were the school bus, classroom, hallway and playground. Incidents decreased substantially at the playground and in the hallways.
- Calling names and teasing were the most frequent forms of bullying.

"We should all get respect from everyone and everyone should get respect from us."
- Steps to Respect participant

Students completed open ended responses. Overall, students reported that bullying:

- Makes them feel sad/hurt;
"bullying scares me and hurts me"
- Makes them feel left out
"It feels like nobody wants to be my friend"
- Causes confusion for them.
"Why do they hate me?"
- Students also reported that they felt bullying is wrong.

Survey Results

The analyses of *change* from pre instruction of the students to post instruction program were conducted on students who took both the pre and post surveys.

- ▮ There were statistically significant changes in the following:
 - An increase in reporting that they would be able to calmly tell students who were pushing them around to stop;
 - An increase in reporting that they would ask an adult at school for help if they were being bullied
 - A decrease in feeling that they would tell an adult if they saw someone else being bullied;
 - a decrease in feeling that “it is ok to say something mean to a kid who does something mean to you”
- ▮ There was a decrease in student’s belief that “It’s okay to say something mean to a kid who really makes you angry.” Though this did not reach statistical significance, it is practically significant.
- ▮ *Differences for gender:*
 - Males were less likely to tell an adult if someone was being ganged up on;
 - Males were less likely to tell their friend to stop if they were telling lies about another.

Table 1: Average pre-post results for students who took **both pre and post survey (n=77)**

Question	Pre	Post	Change
	Scale: 1=not hard at all 4=really hard		Change
1. Kids at school are pushing you around. How hard would it be to calmly tell them to stop?	1.35	1.04	↓ 0.31**
2. Kids at school are ganging up on you. How hard would it be to calmly tell them to stop?	1.65	1.66	↑ 0.01
3. Kids at school are teasing you. How hard would it be to calmly tell them to stop?	1.18	.96	↓ 0.22
4. Kids at school are telling lies about you. How hard would it be to calmly tell them to stop?	1.42	1.22	↓ 0.20
5. Kids are passing mean notes about you in class. How hard would it be to calmly tell them to stop?	1.19	1.06	↓ 0.13
	Scale: 1=not true 4=very true		
6. My school is a safe place to be.	2.23	2.13	↓ 0.10
7. If I were being bullied, I would ask an adult at school for help.	2.29	2.56	↑ 0.27**

8. Adults at my school know about kids being bullied.	1.88	1.97	↑ 0.09
9. If a bunch of kids at school were teasing another kid, I would calmly tell them to stop.	2.44	2.34	↓ 0.10
10. Adults at my school stop kids from being bullied.	2.35	2.48	↑ 0.13
11. If I saw someone being ganged up on at school, I would tell an adult.	2.40	2.45	↑ 0.05
12. If my friends were passing mean notes about another kid, I would tell them to stop.	2.45	2.45	0.00
13. If my friends were telling lies about another kid, I would tell them to stop.	2.65	2.68	↑ 0.03
14. If I saw someone being hit or pushed around at school, I would tell an adult.	1.17	.84	↓ 0.33**
	Scale: 1=Don't agree 4=agree a lot		
15. It's okay to say something mean to a kid who's pushing you around.	1.05	.96	↓ 0.09
16. It's okay to say something mean to a kid who really makes you angry.	1.12	.82	↓ 0.30
17. It's okay to say something mean to a kid who does something mean to you.	.97	.87	↓ 0.10**
18. It's okay to hit a kid who hits you first.	1.68	1.58	↓ 0.10
19. If a kid makes you angry, it's okay to say that you won't like the kid anymore.	.88	.81	↓ 0.07
20. It's okay to hit a kid who's pushing you around.	1.79	1.61	↓ 0.18
21. It's okay to stop talking to a kid to get even.	1.82	1.63	↓ 0.19

**Statistically Significant (p<.05)

How often have you been bullied in the last month?

*approximately 47% reported they had not been bullied

		None	1-2 times	3-5 times	6-10 times	Almost every day
Alexander (25)	Pre	63.0%	14.8%	3.7%	7.4%	11.1%
	Post	64.0%	20.0%	8.0%	4.0%	4.0%
Booher (22)	Pre	33.3%	29.2%	25.0%	4.2%	8.3%
	Post	40.9%	27.3%	18.2%	4.5%	9.1%
Brumfield (21)	Pre	47.8%	30.4%	4.3%	4.3%	13.0%
	Post	47.6%	9.5%	9.5%	4.8%	28.6%
Knopp(23)	Pre	44.0%	24.0%	8.0%	4.0%	20.0%
	Post	39.1%	39.1%	4.3%	8.7%	8.7%
Pratt (20)	Pre	48.0%	24.0%	4.0%	4.0%	20.0%
	Post	40.0%	35.0%	15.0%	0.0%	10.0%
Combined	Pre	47.7%	25.5%	9.0%	4.0%	13.4%
	Post	46.8%	26.1%	10.8%	4.5%	11.7%
	Change	↓0.9%	↓0.6%	↓1.8%	↓.5%	↓1.7%

Average number of bullying incidents pre and post

	Pre	Post	Change
Alexander	4.2	2.0	↓ 2.2
Booher	4.2	4.2	0
Brumfield	4.8	9.4	↑ 4.6
Knopp	7.0	4.0	↓ 3
Pratt	6.8	4.2	↓ 2.6
Combined	5.4	4.7	↓ 0.7

↓Decrease

The students who reported that they were bullied said it took place this percent of the time: (n=60)	Pre	Post	Change
School bus	16.8%	15.7%	↓1.10%
Classroom	16.3%	16.6%	0.30%
Hallway	15.2%	10.6%	↓4.60%
Playground	14.7%	8.3%	↓6.40%
Gym	11.4%	14.3%	2.90%
Other*	9.8%	13.4%	3.60%
Cafeteria	8.7%	13.8%	5.10%
Bathroom	7.1%	7.4%	0.30%

↓Decrease

*was recalculated from first analysis

Of the students who were bullied, the percent of the kinds of bullying that were done to them (in the past month):	Pre	Post	Change
Called names, teased	26.7%	30.7%	↑ 4.00%
Shoved, kicked or hit	18.5%	17.1%	↓1.40%
Threatened	17.1%	17.1%	0.00%
Ignored, left out	15.8%	13.6%	↓2.20%
Something damaged or stolen	11.6%	10.7%	↓0.90%
Other	10.3%	10.7%	↑ 0.40%

Table X:

Thoughts about Being Bullied	
Themes	Sample Comments
Hurts/Sadness:	"Bullying scares me and hurts me."
	Bullying is very painful and I think we should have security cameras in our school
Anger/Desire to retaliate	" mad, sad, want to get even"
	"I felt like I wanted to hit the other kid."
	Hate it, despise it, wish it never happened.
Feel left out	"It feels like nobody wants to be my friend because they say I'm a loser..."
	"I feel left out, threatened and called names."
	"Ignored a lot."
Confusion	"Why do they hate me?"
	"...I don't even know why people do it."
	"It feels like being in a hole"
Thoughts about Bullying Others	
Revenge	"Because I felt that they hurt me I hurt them back..."
	"They bullied me first!"
Other	"Because she was making fun of me and I was losing my temper and it just happened."
	"I should have never did it but I did it because they are always trying to hit because they think you won't do anything"

