Steps to Respect: A Bullying Prevention Program (Steps to Respect)

TARGET AUDIENCE
This program is for youth who are in kindergarten to 5th grade and the school community.

SUMMARY
Steps to Respect: A Bullying Prevention Program (Steps to Respect) is a school-based program that is designed to decrease bullying, develop positive bystander behaviors, promote prosocial beliefs about bullying, and foster development of social-emotional skills.

EVIDENCE
Two-year results from a randomized trial in elementary school students that used playground observations, teacher report, and student report indicated decreases in observed playground bullying, victimization, non-bullying aggression, and destructive bystander and argumentative behavior. Students reported decreases in victimization and difficulty of responding assertively, no change in acceptance of bullying, increases in self-reported aggression, and decreases in perceived bystander responsibility and adult responsiveness to bullying. Teachers reported enhanced peer interaction skills. Post-test results from a second randomized trial in elementary school students indicated several significant effects. Staff reported greater increases in school anti-bullying policies and strategies, student climate, and staff climate; less decrease in student bullying intervention; and a larger decrease in school bullying-related problems in intervention compared to control schools. Intervention teachers reported little change in social competency; whereas, control teachers reported decreases, and intervention teachers reported smaller increases in physical bullying perpetration compared to control teachers. Intervention students reported a significantly smaller decline in teacher/staff bullying prevention during the school year and greater increases in student bullying intervention, teacher/staff bullying intervention, and positive bystander behavior compared to control students. Additional short-term results indicated that, among those in the intervention group who gossiped at pre-test, there were larger declines in gossiping at post-test compared to those in a control group.

COMPONENTS
Steps to Respect consists of an anti-bullying curriculum and a grade-suitable literature unit. The program intends to decrease bullying behaviors by raising awareness and responsiveness of school staff, changing student's normative beliefs in support of bullying, and teaching positive social-emotional skills that promote social competence and healthy relationships and discourage bullying. Curriculum lessons address the following topics:

- Social-emotional skills for healthy peer relationships;
- Emotion management; and
- Recognizing, refusing, and reporting bullying.

Lessons consist of skills practice and a follow-up booster. After completing all lessons, a grade-suitable literature unit is delivered, which is based on children's books, and presents bullying-related themes.

PREVIOUS USE
According to the program website, the impact of this program is currently being assessed in a randomized controlled trial in Illinois.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

October 2018

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.
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TRAINING

All school staff are provided with an overview of the program's goals and key components, and the curriculum is delivered by classroom teachers. Teachers, counselors, and administrators receive additional training on how to coach students who are engaged in bullying. The Steps to Respect School-Wide Implementation Support Kit includes all materials needed to conduct staff training, including a trainer's manual, slides, digital handouts, and a DVD. Alternatively, Committee for Children can deliver an on-site, 3-hour program workshop for $1,500 plus travel costs.

CONSIDERATIONS

Considerations for implementing this program include acquiring administration, teacher, and student buy-in; obtaining on-site training, if desired; and finding time within an existing curriculum to deliver lessons.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Steps to Respect, the Clearinghouse is interested in helping you!

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Program length is 12 to 14 weeks and consists of 10-weekly, 60-minute lessons. These lessons are comprised of a 45-minute skill lesson and a 15-minute follow-up booster. After skill lessons have been completed, teachers deliver a grade-suitable literature unit.

The Initial School-Wide Kit costs $859 and includes a Program Guide and three grade-level kits. Additional grade-level kits are $249 each.

EVALUATION PLAN

To move Steps to Respect to the Effective category on the Clearinghouse Continuum of Evidence, at least two studies must be conducted in representative samples that demonstrate sustained, positive results. One of these studies must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact the Committee for Children by mail 2815 Second Ave., Suite 400, Seattle, WA 98121, phone 1-800-634-4449, email info@cfchildren.org, or visit https://www.cfchildren.org/programs/bullying-prevention/

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