

Evidence-based guidelines for bullying prevention (1999)

Aim

The Friendly Schools research pathway began in 1999 with a formative research project to identify best-practice evidence-based guidelines and principles to help schools to assess, select, develop and implement whole-school strategies to reduce bullying.

These validated principles were the first to feature multi-level strategies to target school bullying. These guidelines formed the basis of the initial FS intervention, and over the past 20 years have been refined and empirically evaluated in Australian schools.

Methods

The year-long formative study comprised five major phases, which involved the collection and validation of empirical evidence and international expert opinion. A whole-school programme operationalising the guidelines was pilot tested in 6 schools.

Phase 1: collation of evidence-based bullying reduction strategies

Phase 2: structured consultation with experts for content validation

Phase 3: operationalising the guidelines with case studies of successful practice to reduce bullying in schools

Phase 4: testing usefulness with school practitioners

Phase 5: development of the Friendly Schools Programme

Results/Findings

The guidelines for school bullying prevention and management were transformed into a multi-component whole-school programme (the Friendly Schools Project), including classroom curriculum and active parent involvement.

Who was involved?

Investigators: Donna Cross, Yolanda Pintabona, Margaret Hall, Greg Hamilton & Erin Erceg.

Publications

Cross, D., Pintabona, Y., Hall, M., Hamilton, G., Erceg, E. 2004. Validated guidelines for school-based bullying prevention and management. *International Journal of Mental Health Promotion*, 6(3): 34-42.