

Preventing Anxiety and Victimization Through Education: PAVe (2013-2019)

Aim

PAVe aimed to evaluate the effectiveness of two evidence-based approaches to supporting primary school students who had been frequently bullied and were experiencing anxiety.

Methods

In this research intervention, two anti-bullying programs were randomly introduced in 100 NSW and WA primary schools to determine their fidelity and cost-effectiveness. The programs were:

- Friendly Schools Plus: used a whole-school approach designed to enhance students' social and emotional learning and foster prevention of bullying behaviours; and
- Cool Kids: Taking Control: designed to build resilience in bullying victims.

The project involved over 5000 primary school children from grades 3-6.

Over the course of the three-year project, 539 staff from 67 schools received training in bullying prevention and the development of social-emotional learning as part of the FS training.

Results/Findings

The project helped schools reduce all forms of bullying by developing students' social and emotional learning, building positive peer relationships, and empowering students to cope successfully with difficult situations.

Who was involved?

Investigators: Donna Cross, Melanie Epstein, Therese Shaw, Tommy Cordin

External collaborators: Ron Rapee (Macquarie University), Kay Bussey (Macquarie), Caroline Hunt (University of Sydney), Nick Titoy (Macquarie University)

Partners:

Association for Independent Schools in Western Australia
Australian Government
Australian Human Rights Commission
Catholic Education Diocese of Parramatta
Catholic Education WA
NSW Department of Education and Communities