



Evidence-based prevention of school bullying: KiVa antibullying program

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www.kivaprogram.net



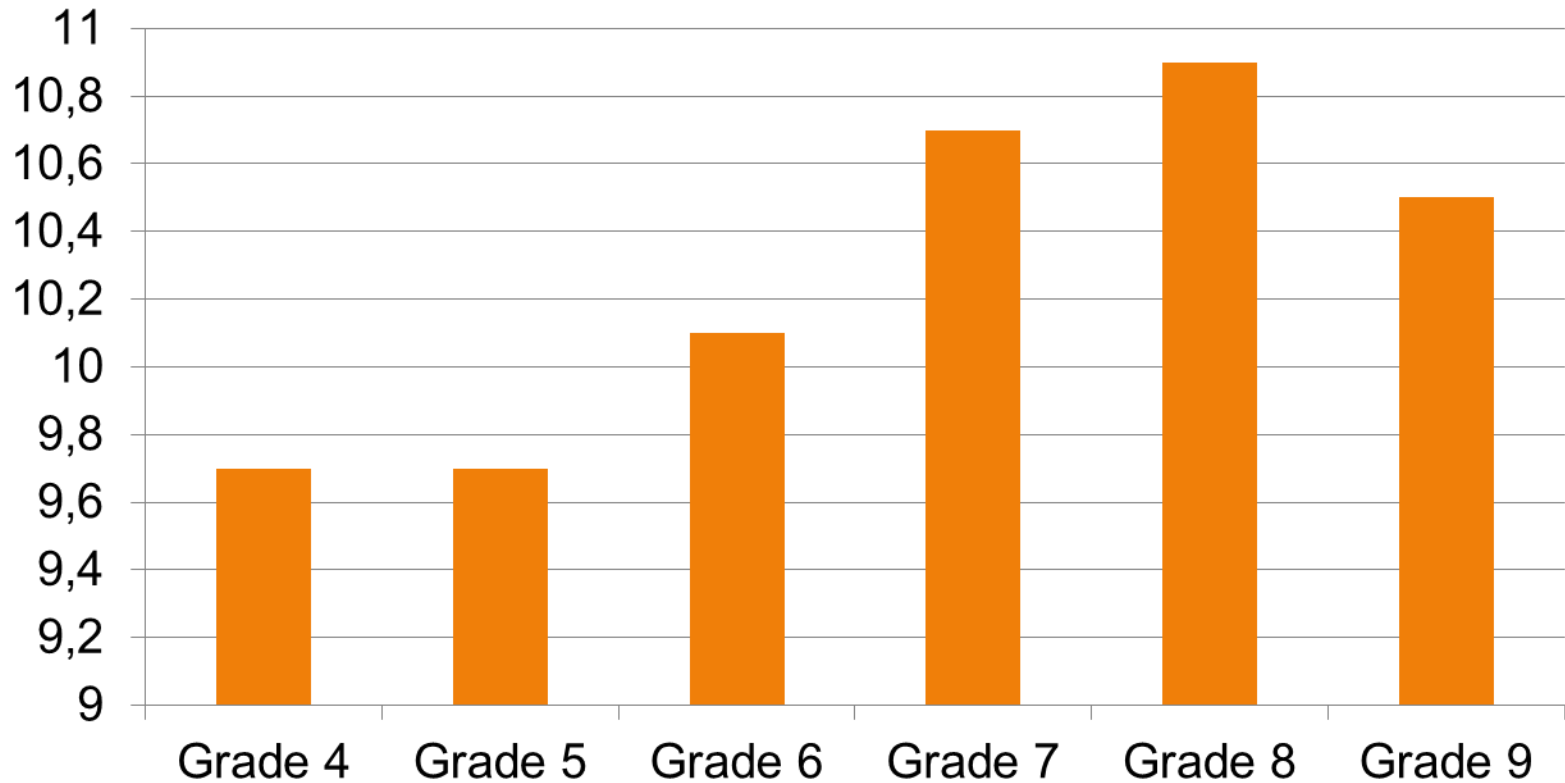


School is not only about learning...





Students NOT feeling safe at school, % (Finland, 2009)





Not feeling safe at school

- Correlates significantly with being bullied by peers





Bullying

- Systematic aggressive behavior against a person who finds it difficult to defend him/herself against the perpetrator(s)
 - **Repeated** attacks and **power differential** are central features





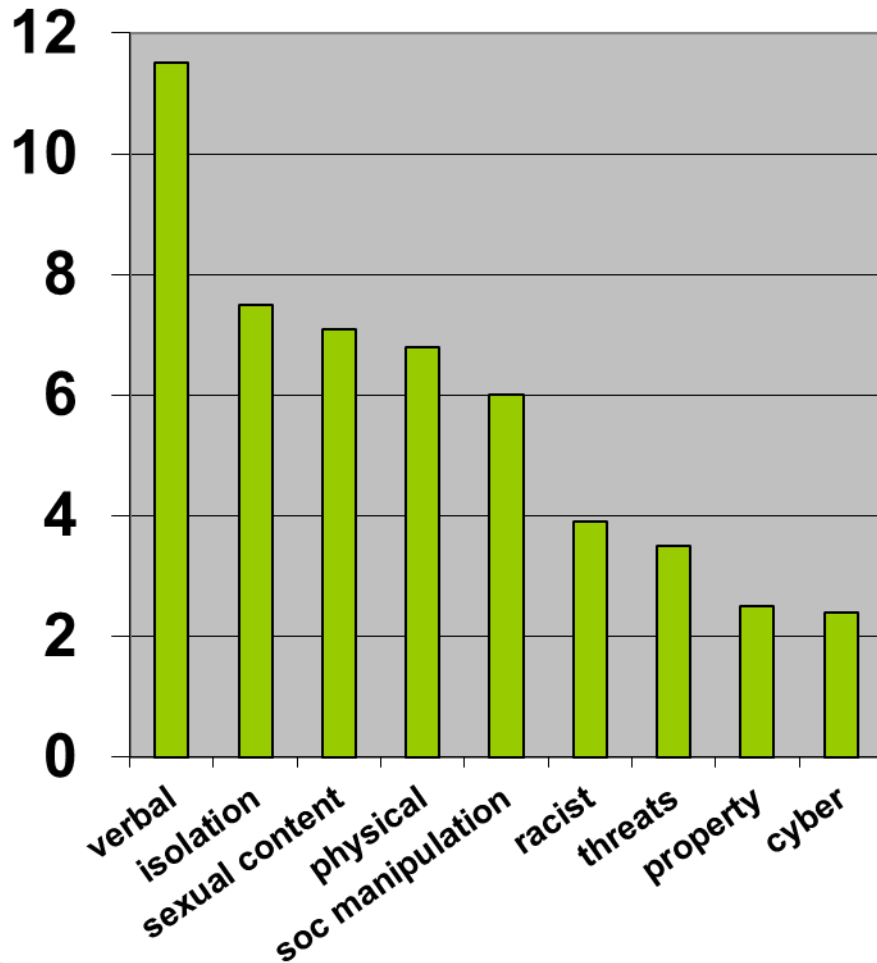
Bullying

- Takes numerous forms
 - Most often verbal abuse, public ridicule
 - BUT many other forms as well: physical, social isolation, rumor-spreading, cyberbullying, ...





Students targeted by different forms of bullying

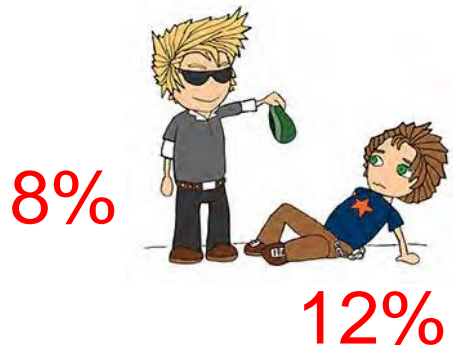


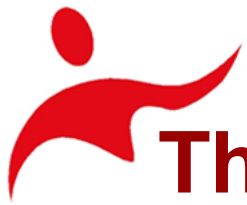
A child who is bullied is typically targeted in multiple ways





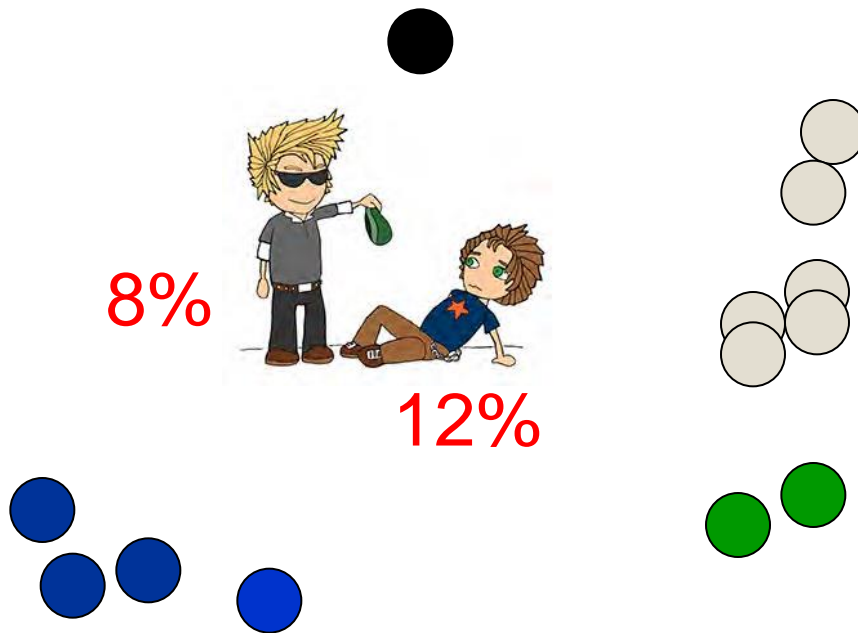
The social architecture of bullying

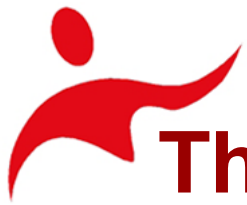




The social architecture of bullying

- Participant roles in bullying (Salmivalli et al., 1996)





The social architecture of bullying

- Participant roles in bullying (Salmivalli et al., 1996)

assistants of the bully

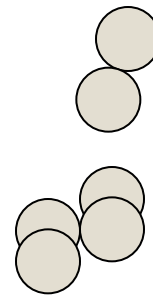
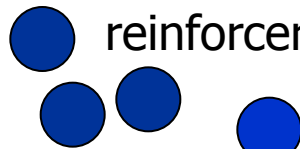


8%



12%

reinforcers of the bully



24%
outsiders



17%

defenders of the victim





The social architecture of bullying

- Despite their anti-bullying attitudes, many students behave in ways which maintain, even fuel the bullying behavior





The responses of peer bystanders *matter*

- Individual effects: short term
 - the defended victims are better adjusted than the undefended ones (Sainio, Veenstra, Huitsing, & Salmivalli, 2010)
- Individual effects: long term
 - the most negative memory related to bullying is often "no-one cared" (Teräsahjo & Salmivalli, 2000)





The responses of peer bystanders *matter*

- Classroom level:
 - In classrooms where students tend to reinforce the bully, rather than support the bullied classmates...
 - Bullying occurs more frequently (Salmivalli, Voeten & Poskiparta, 2011)
 - Vulnerable children (e.g., socially anxious ones) are more likely to end up as targets of bullying (Kärnä, Voeten, Poskiparta, & Salmivalli, 2010)





KiVa antibullying program

- The meaning of "KiVa"
- Developed at the University of Turku with funding from the Finnish Ministry of Education and Culture
 - Program co-leaders: Professor Christina Salmivalli and PhD, special researcher Elisa Poskiparta
- In Finland, used by 90% of schools providing comprehensive education (basic education, grades 1-9)
- Now implemented in several other countries as well





In order to reduce bullying...

- We do not necessarily need to change the victims, making them "less vulnerable"
- Influencing the behavior of *bystanders* can reduce the rewards gained by the bullies and consequently, their motivation to bully in the first place

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- However, *the victims* need to feel that they are heard and helped by the adults at school
- *The bullies* need to be confronted for their unacceptable behavior





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INDICATED

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KiVa™ universal and indicated actions



Visible vests for persons supervising recess time



Student lessons and materials involved (teacher manuals, short films)

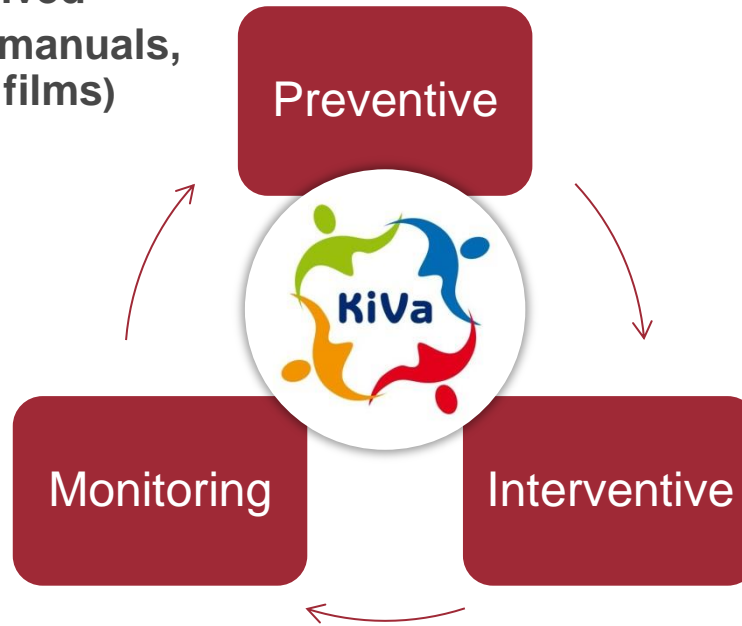
Parent materials



Presentation graphics for student lessons, for the meeting of the school staff, and for meetings with parents



Online antibullying games



Online surveys with feedback of progress
Monitoring implementation and long-term effects

KiVa™ team
Clear guidelines for tackling bullying





Activities included in student lessons



Group discussion



Small group discussions



Learning by doing



Booklet assignment



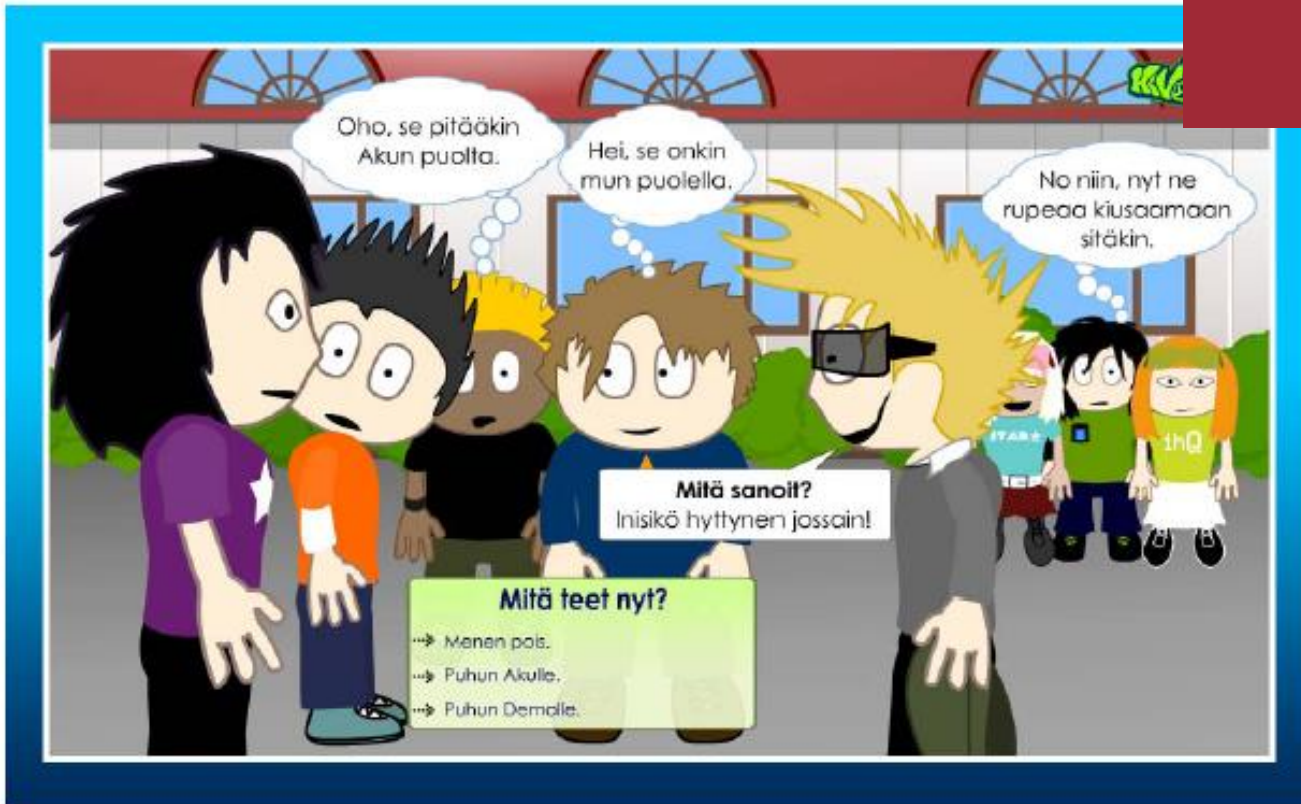
Short film

- Creating awareness of how the group might maintain and fuel bullying
- Providing safe strategies to support victimized peers





I CAN / Unit 2





“Virtual mailbox” in the online games



Musikki soi



Kuvanlaatu



KIRJE KOULUN KIVA-TIIMILLE

84 / 600

I dont want to come to school anymore. Other kids are not playing with me anymore..|

TAKAISIN 

LÄHETÄ 





Indicated actions: Tackling the cases of bullying

KiVa team





Monitoring tool: Annual school-based feedback

14.16
data.kivakoulu.fi

No Slide Title Matkahuolto www.turku.fi... Utrecht, Ala... Mobile Site... Elisa Kirja -a... KiVa Koulu...

Toisten kiusaaminen ja kiusatuksi joutuminen 2009-2014

Osuus alakoulun oppilaista, jotka ovat kiusanneet muita tai kokeneet tuleensa kiusatuksi **kaksi tai kolme kertaa kuukaudessa tai useammin**

Vuosi	Kiusatuksi joutuminen, Kaikki koulut	Kiusatuksi joutuminen, Oma koulu	Toisten kiusaaminen, Kaikki koulut	Toisten kiusaaminen, Oma koulu
2009	18%	20%	11%	10%
2010	17%	17%	10%	7%
2011	16%	16%	9%	7%
2012	16%	20%	9%	8%
2013	16%	22%	8%	9%
2014	15%	14%	7%	2%

Osuus yläkoulun oppilaista, jotka ovat kiusanneet muita tai kokeneet tuleensa kiusatuksi **kaksi tai kolme kertaa kuukaudessa tai useammin**

Vuosi	Kiusatuksi joutuminen, Kaikki koulut	Kiusatuksi joutuminen, Oma koulu	Toisten kiusaaminen, Kaikki koulut	Toisten kiusaaminen, Oma koulu
2009	10%	12%	12%	10%
2010	9%	11%	11%	9%
2011	9%	10%	10%	9%
2012	8%	8%	8%	8%
2013	8%	8%	7%	8%
2014	7%	7%	5%	5%

Lisätietoa kysymyksistä: "Miten usein olet kiusannut koulussa toista oppilasta viimeisen parin kuukauden aikana?" ja "Miten usein sinua on kiusattu koulussa parin viime kuukauden aikana?" Vastausvaihtoehdot: "ei lainkaan", "kerran tai kaksi", "2-3 kertaa kuukaudessa", "noin kerran viikossa" tai "useita kertoja viikossa".

Toisten kiusaaminen ja kiusatuksi joutuminen 2014

Osuudet eri luokka-asteiden oppilaista, jotka ovat kiusanneet muita **kaksi tai kolme kertaa kuukaudessa tai useammin**

Luokka-aste	Kaikki koulut	Oma koulu
1. lk	12%	0%
2. lk	9%	0%
3. lk	7%	4%
4. lk	5%	2%
5. lk	4%	2%
6. lk	5%	2%
7. lk	5%	0%
8. lk	5%	0%
9. lk	6%	0%
1-6	7%	2%
7-9	5%	0%
Yhteensä	6%	2%

Lisätietoa kysymyksestä: "Miten usein olet kiusannut koulussa toista oppilasta viimeisen parin kuukauden aikana?"



Parents' involvement

Information newsletter to parents (www)

Parents' guide (print/www)



Back-to-school night





Indicated actions-

Tackling the cases coming to attention

- Individual discussions with the victim and with the bullying children

KIVA TEAM

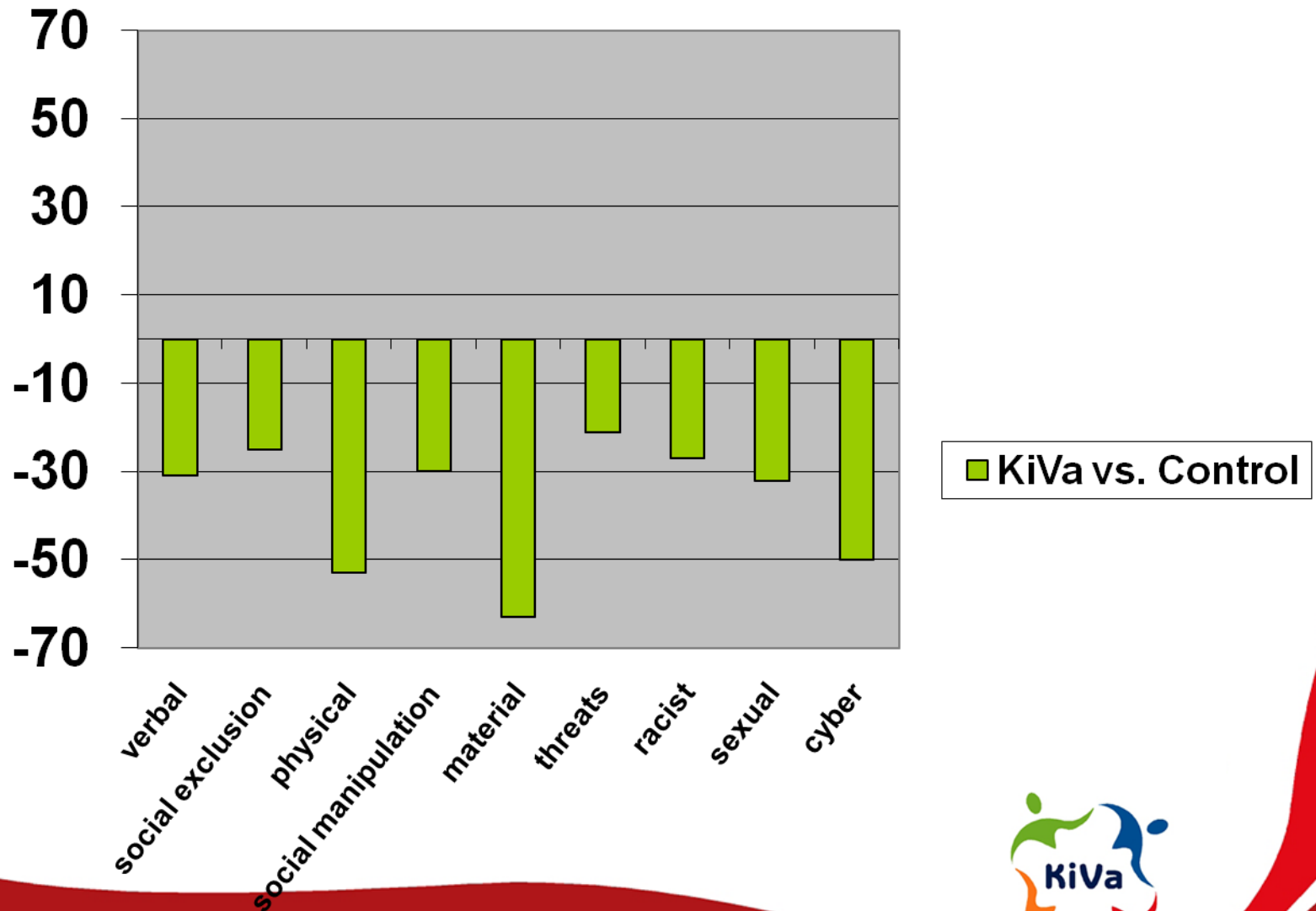


- + utilizing prosocial, high-status peers
 - “your help is needed” **CLASSROOM TEACHER**
 - setting standards for others
 - making the victim feel better
 - protecting the victimized child from further attacks





Changes in being bullied by different forms during one school year, RCT 2007-2008





Additionally KiVa...

- reduced students' anxiety and depression and had a positive impact on their perceptions of peer climate
(Williford et al, 2011)
- positive effects on school liking and academic motivation
(Salmivalli, Garandeanu & Veenstra, 2012)





KiVa also Influenced...

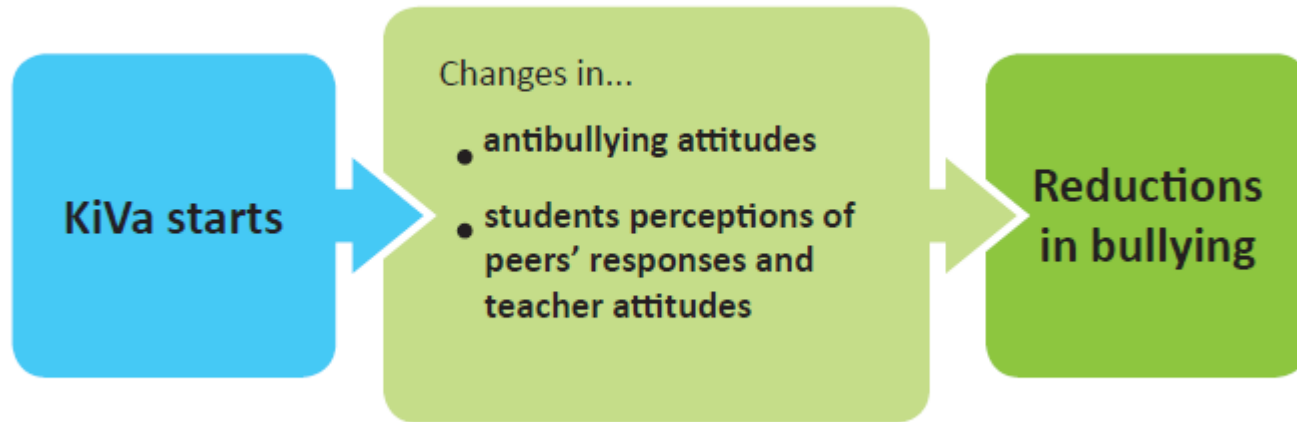
- children's perceptions on their teachers' attitudes and how well the teacher is able to do to reduce bullying
- teachers self-evaluated competence to tackle bullying, and teacher perceptions of bullying.

(Ahtola et al. 2012;
Veenstra et al. 2014)





Mechanisms of KiVa

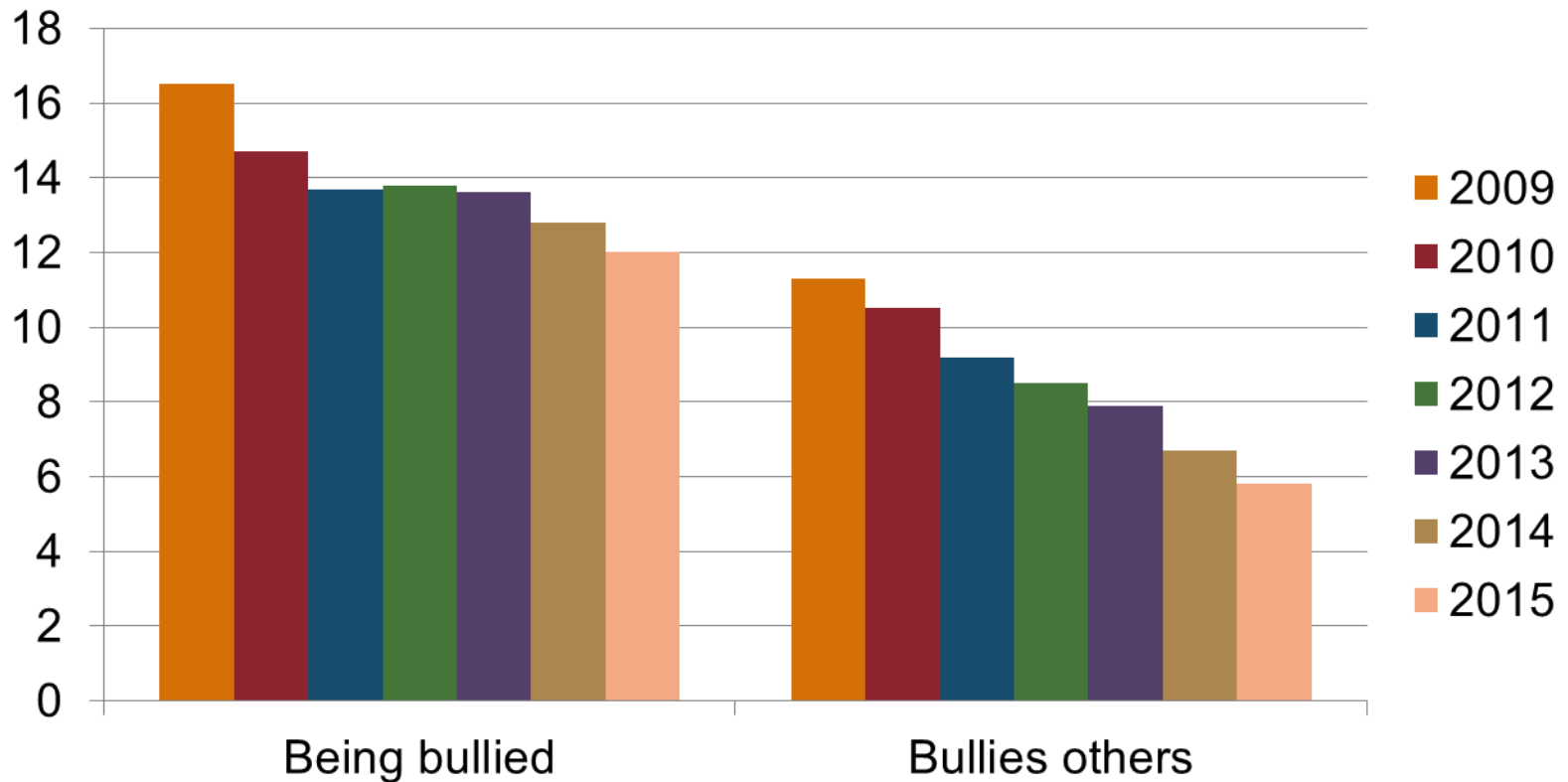


Saarento, S., Boulton, A., & Salmivalli, C. (2015). Reducing bullying and victimization: Student- and classroom-level mechanisms of change. *Journal of Abnormal Child Psychology*, 43, 61-76.



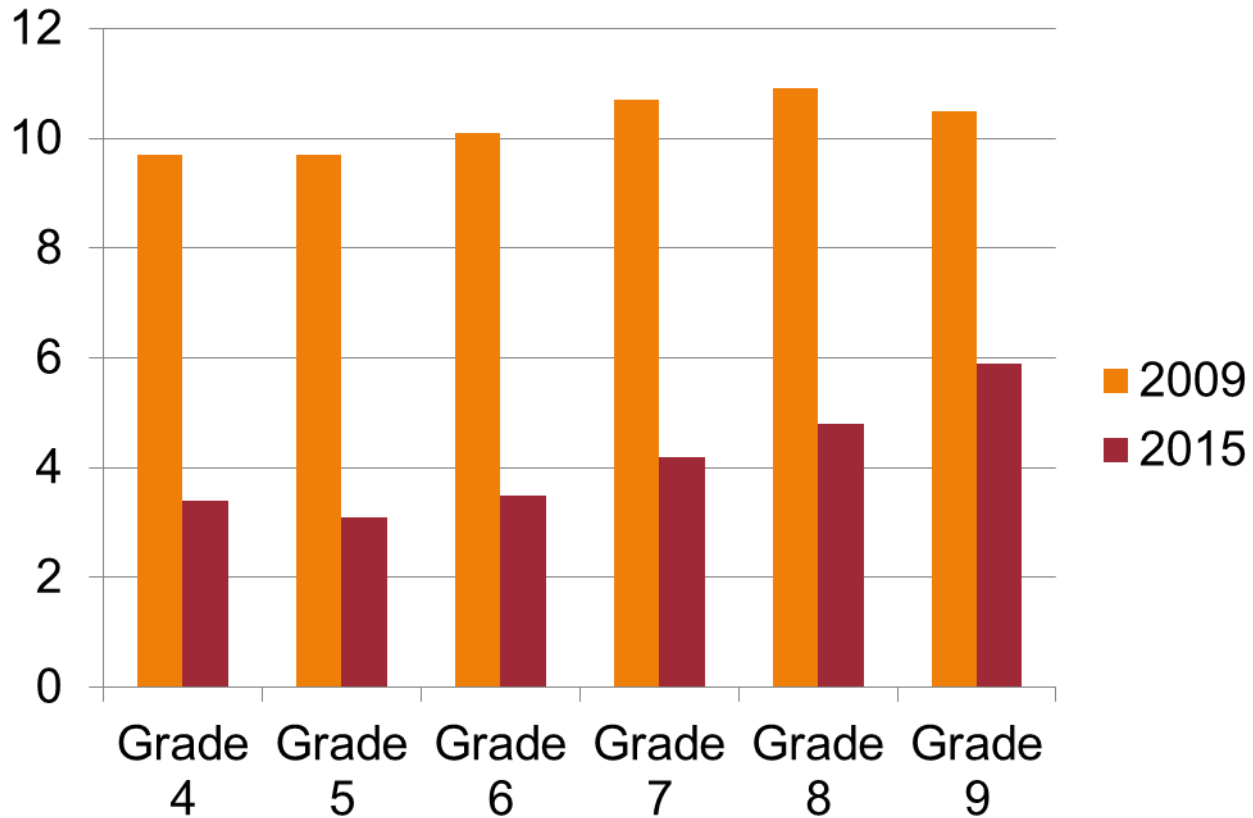


Long-term effects: Proportion of students who have been bullied / who are bullying others repeatedly in KiVa schools, 2009-2015





NOT feeling safe at school, %





- 2009 Roll-out in Finland: 1465 schools
- 2010 + 817 Finnish schools
- 2011 + 290 Finnish schools + Åland Island
- 2012 + 31 Finnish schools
- Evaluation studies in the Netherlands and in Delaware begin
- Pilots in Wales, Luxembourg, Sweden
- 2013 + 17 Finnish schools
- Evaluation studies in Estonia, Italy, Wales begin
- 2014 The 1st training for international trainers
- Implementation in Belgium, Estonia, Italy, the Netherlands, New Zealand, UK, The European School Network
- 2015 The 2nd training for international trainers
- Implementation in Sweden
- 2016 The 3rd training for international trainers
- Evaluation study in Chile begins
- Implementation in Hungary



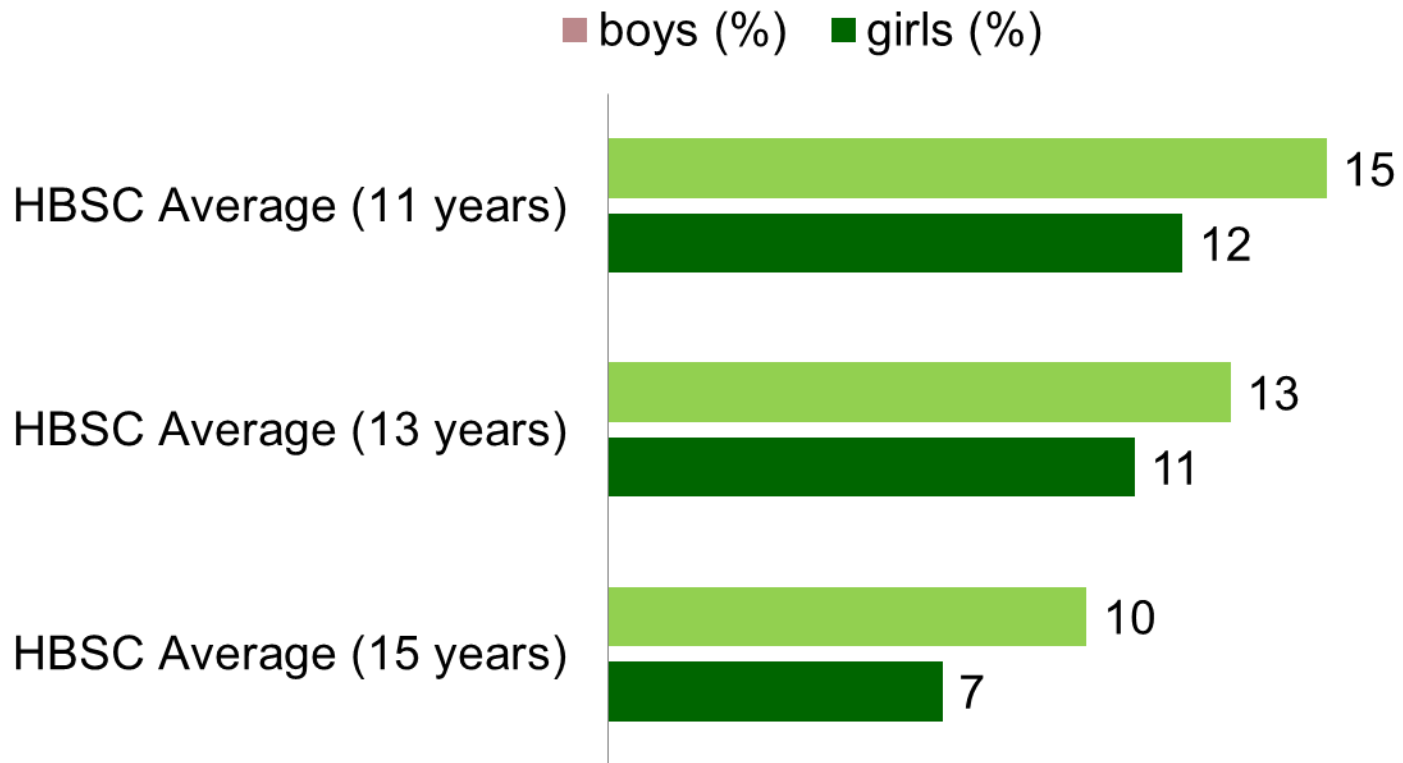


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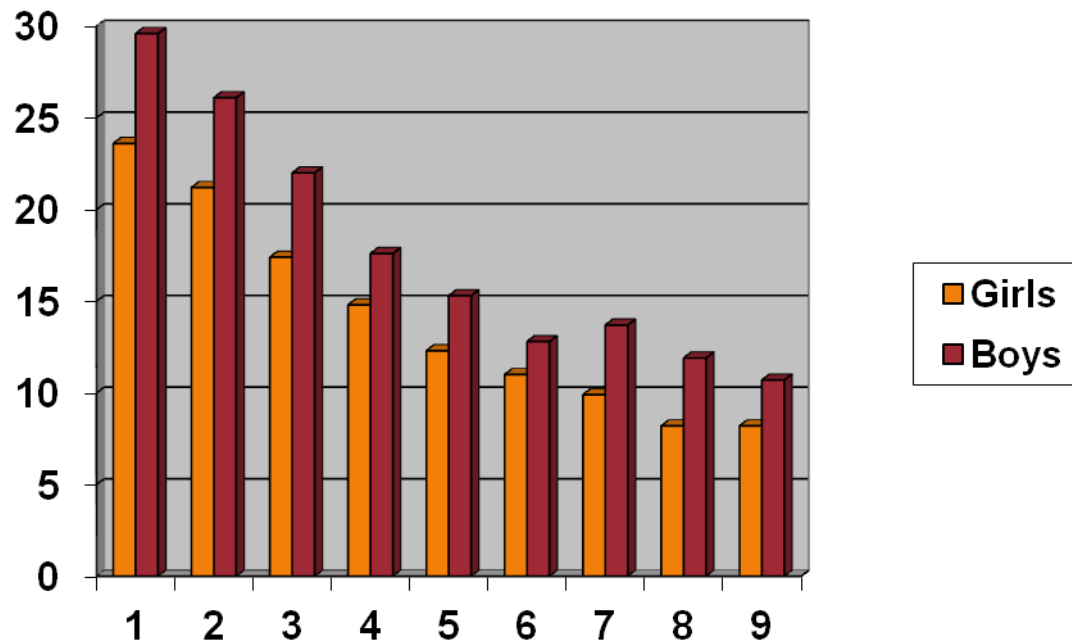


WHO study 2009/2010: being bullied by others





Finland: Been bullied, %

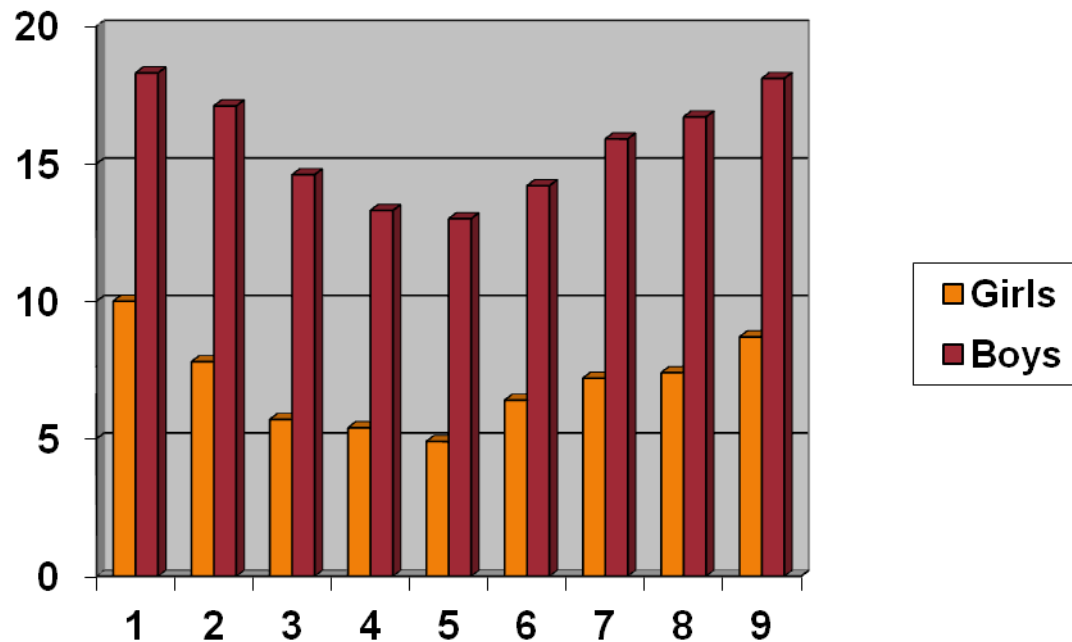


Spring 2009, N > 150 000





Finland: Bullying others, %

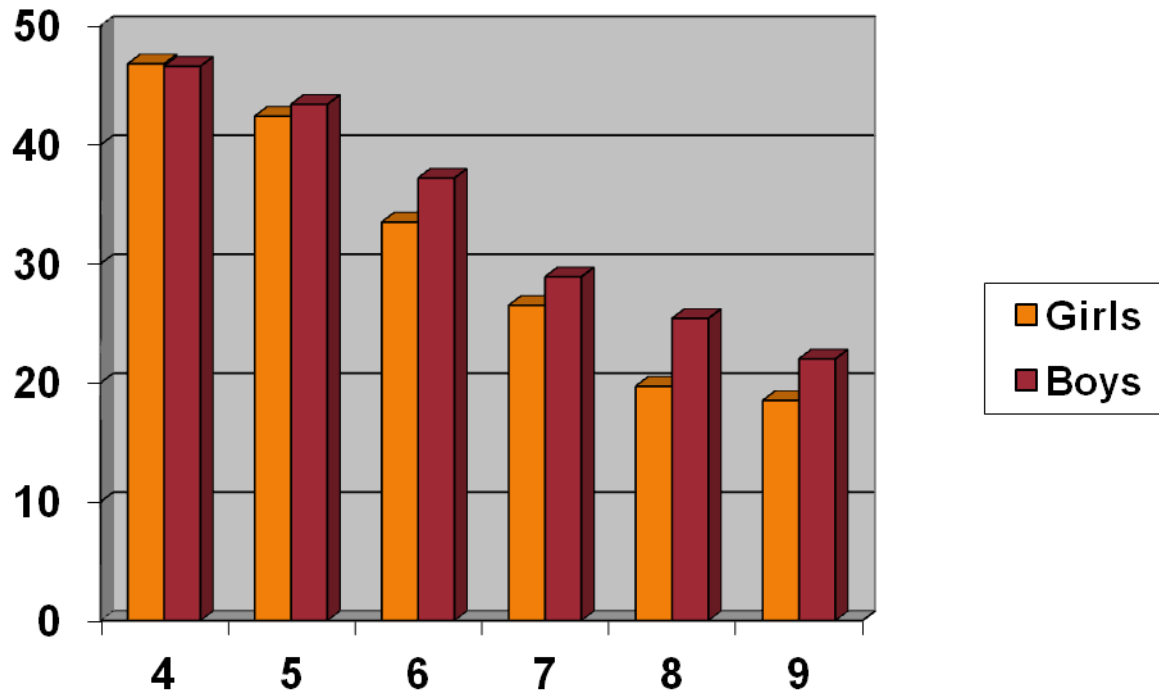


Spring 2009, N > 150 000



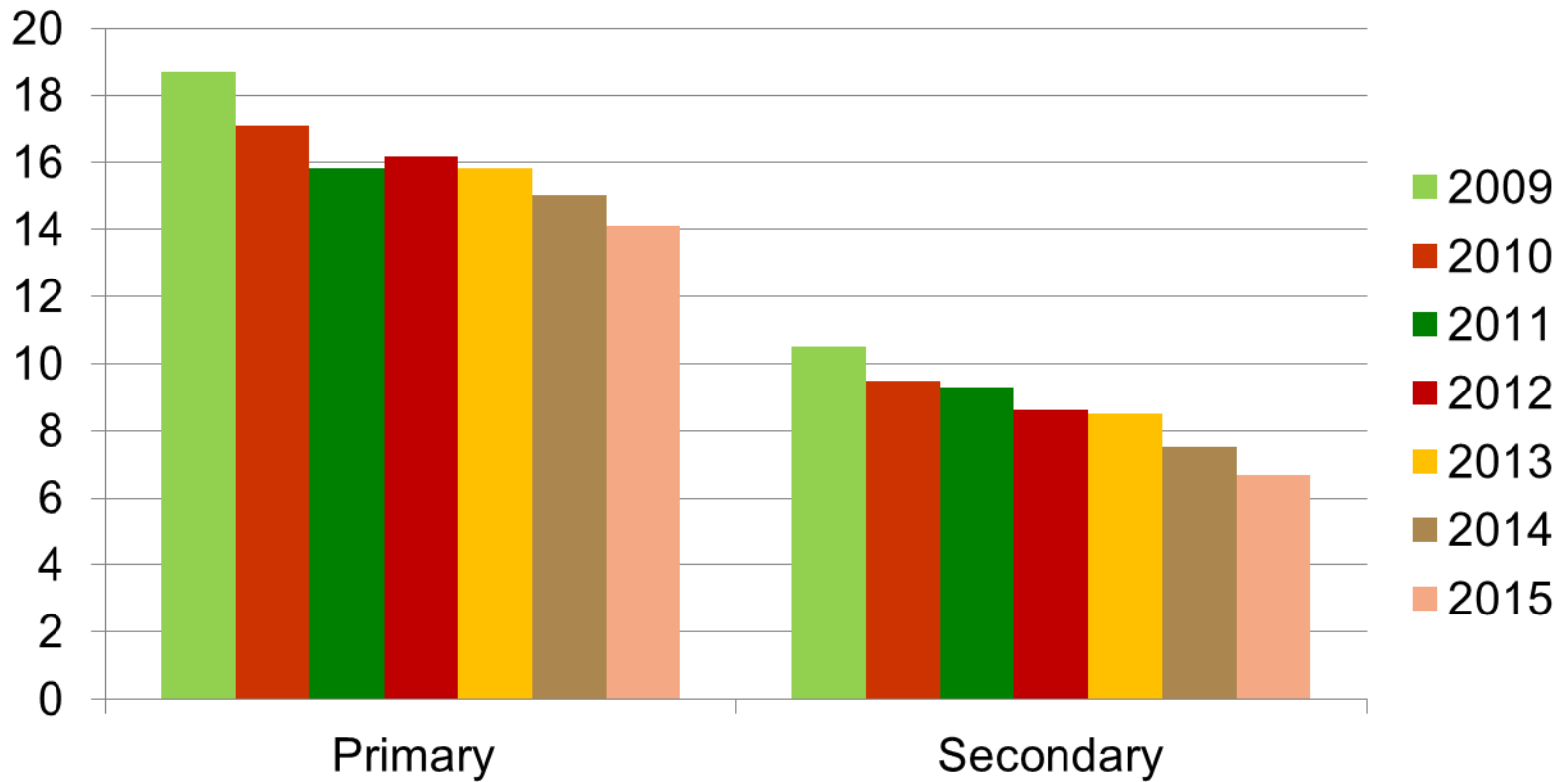


Finland: Teachers can do "much" or "very much" to decrease bullying, % respondents





Proportion of students being bullied repeatedly, Finnish KiVa schools, 2009-2015





Proportion of students bullying others repeatedly, Finnish KiVa schools, 2009-2015

