

# TARGET BULLYING INVOLVEMENT PROGRAM

## Teacher Information Sheet



### What is the Target Bullying Involvement Program (T-BIP)?

- In 2005, the University of Nebraska-Lincoln teamed up with several schools in the Lincoln Public School (LPS) district to help stop bullying in schools through the T-BIP. Now we work with LPS and other school districts throughout the year to help make schools safe and bullying-free.

### What is the program?

- The T-BIP is a one-on-one, 3-hour cognitive-behavioral intervention with a supervised graduate student-therapist from the School Psychology Program at the University of Nebraska-Lincoln.
- Parents must consent prior to scheduling T-BIP with your child and must attend a follow-up meeting after the intervention, along with school staff.
- During the T-BIP, the student will learn effective ways of behaving and responding to bullying. The T-BIP also focuses on developing empathy and problem-solving skills.
- Students will complete several questionnaires about his or her emotional and social experiences. Students watch a video about the consequences of bullying, a PowerPoint about bullying, and complete several worksheets about bullying through different roles (victim, perpetrator, bystander).

### When is a student eligible for the T-BIP?

- School professionals should refer students who are at-risk or are involved in the bullying dynamic (victim, bully, bully-victim). Typically, referred students have received office referrals or suspension (in- or out-of-school) because of bullying involvement. At-risk students might display repetitive aggressive (physical or relational) behaviors and are good candidates for the T-BIP.

### Where will it take place? And how long does it last?

- Parents can decide whether to have the T-BIP at their child's school or at the UNL Counseling and School Psychology Clinic (402-472-1152).
- The intervention lasts about 3 hours with breaks taken as needed.

### What happens after the program?

- Under the supervision of Dr. Susan Swearer, the T-BIP Specialist will score the assessments and write a treatment report and a list of recommendations.
- The follow-up meeting is approximately **two weeks** after the T-BIP and is approximately 1 hour.
- During the follow-up meeting, the T-BIP Specialist will review the assessment results, report, and recommendations. The student, parents, and teacher/counselor will be asked to complete two surveys, assessing their impressions of bullying and their thoughts on the effectiveness of the intervention.

### How can I help?

- You can help by referring students who are at-risk or are involved in the bullying dynamic.
- Remember, bullying happens when someone hurts or scares others on purpose and that person has difficulty defending themselves. It typically happens over and over and includes: punching, shoving, spreading rumors, excluding others, teasing, etc.



### Contact Us

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### How to talk to caregivers about the T-BIP:

#### Talking Points:

- We're lucky to be working with experts in bullying prevention and intervention
- Over 200 students in LPS have participated in the T-BIP with great results
- We know from the research that bullying is a complex behavior; 1 in 5 students is involved in the bullying dynamic
- Students can play many roles in bullying

*"There are a lot of students in LPS who go through this program and we see great results. The whole process is supervised by Dr. Swearer, a licensed psychologist and expert in the field of bullying intervention. We are lucky to be working with the experts at UNL."*

*"The T-BIP is an intervention where the student will meet with a clinician from UNL either at the school or at UNL's clinic. The student will complete some questionnaires about their emotional and social experiences, will watch a video about bullying, and then they will work together with the clinician on different problem-solving activities and discuss bullying through different roles (victim, perpetrator, bystander)."*

*"Students can play a lot of different roles in bullying; this program doesn't focus solely on one role."*

*"A couple of weeks after this, we will have a meeting with [the student], [caregivers], [school contact], and the clinician, where we will all talk about how everything went, go over assessment results, and then talk about recommendations to get the student out of the bullying dynamic."*

*"To start the process, you'll need to sign a consent form so your son or daughter can participate in the intervention. Here is an information form that goes along with the consent form."*



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