



TARGET BULLYING INTERVENTION PROGRAM

<https://bravelab.unl.edu/>



IRB# 20180818447FB
Date Approved: 08/19/2026
Valid Until: 08/18/2027

FREE individualized program provided by supervised, trained specialists for students ages 7-18 years who are involved in bullying (i.e., bullies and bully-victims).

THE T-BIP



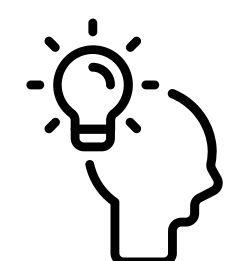
INDIVIDUALIZED

1:1, 3-hour session **tailored to each student** and their specific needs and goals



PREVENTATIVE

Uncovers and **addresses involvement in bullying** and related concerns such as mental health



SOLUTION-FOCUSED

Specific recommendations provided for stopping bullying involvement and restoring relationships



COLLABORATIVE

School staff, caregivers, and the referred student **work together** with the interventionist to build intervention goals and recommendations

THE RESEARCH...

- Office referrals and suspensions are reduced following the T-BIP
- Parents, students, and teachers rate the T-BIP as an acceptable intervention
- The T-BIP is able to address underlying cognitions influencing bullying behaviors, shown by reductions in cognitive distortions



SUPPORTED BY THE T-BIP
DURING THE 2025-2026
SCHOOL YEAR

STUDENTS

For more information or to schedule a T-BIP at your school, contact Taylyn Petsche at: tbip@unl.edu or 402-419-6265



BRAVE LAB
BULLYING RESEARCH AND VICTIM EMPOWERMENT
RESEARCH LAB