

# TARGET BULLYING INVOLVEMENT PROGRAM

## Parent 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 the T-BIP with your child and must attend a follow-up meeting after the intervention, along with school staff.
- The T-BIP teaches effective ways of behaving and responding to bullying by focusing on developing empathy and problem-solving skills.
- Children complete several questionnaires about their emotional and social experiences. They watch a video about the consequences of bullying, a PowerPoint about bullying, and complete several worksheets about bullying through different roles (victim, perpetrator, bystander).

### Why might this be effective for my child?

- Children learn proactive ways of responding to bullying whether involved as a victim, perpetrator, bystander, or all roles. Children learn adaptive problem-solving strategies to stop bullying. School professionals refer students who are at-risk or who are involved in bullying (victim, bully, bully-victim). Typically, referred students have experienced repetitive aggression (physical, relational, electronic) and may have a history of office referrals, safe seats or buddy room visits, suspensions (in- or out-of-school), or frequent complaints to a school professional.

### 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 T-BIP lasts approximately 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 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.

### What happens if I give my child permission to participate?

- After we receive a signed consent form, a T-BIP Specialist will contact your child's school to gather referral information and to schedule a date and time for your child to participate in the T-BIP.
- At the end of the year, with your permission, we review your child's office records to evaluate the effectiveness of the intervention.



### Contact Us

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