

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



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"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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