

## **TITLE IV WAIVER REQUEST**

### **Proposed Program Title**

**Program Title:** New Jersey Child Assault Prevention (NJ CAP) – No More Bullies, No More Victims (NMB/NMV) Curriculum (for Grades K – 8)

### **Proposed Program Description**

**Developer:** International Center for Assault Prevention (ICAP)

**Goal:** To increase student and adult awareness of bullying and its consequences and to reduce the incidence of bullying behavior.

**Description:** NMB/NMV is a K to 8 bullying prevention program involving the entire school community – administration, staff, parents and students. A staff in-service focuses on recognizing the effects of bullying and addresses the school community's responsibility for appropriate intervention. Parent workshops teach how to proactively advocate for children who are bullied and take responsibility when children are bullying others. An Implementation Committee, comprised of students, staff, administration and parents, is formed to discuss the unique needs of the school community with regard to bullying, oversee program implementation and coordinate follow up. The student component examines the dynamics of bullying and explores strategies for use by the child who is victimized, the child who is bullying, and the witnesses to the bullying. A written report is generated from the information gathered, with recommendations specific to the nature of the bullying in that school.

**Components:** All workshops are conducted by trained CAP facilitators. Program components include: Administrative Meeting, Teacher/Staff In-service (2 hrs), Parent Workshop (2 hrs), Implementation and Planning Meeting, Student Workshops (two-day, 60 minute interactive workshops conducted in each classroom), and Program Review. NMB/NMV is a six month initiative that culminates in the creation of a written synopsis of the bullying issues specific to that school along with a long-range bullying prevention plan.

### **Explanation & Research Justification**

**Priority Problem:** This program addresses the dynamics of bullying and its impact on all aspects of the school community in Kindergarten through Grade 8. Please select the one(s) that best fit your identified need: 22-Violence, 29-Bullying, 30-Victimization, 32-Mental Health, 34-Interpersonal conflict, 35-Intergroup conflict/bias, 36-Negative Peer influence, 37-School safety, 38-School climate/environment, and 39-Risk factors

**Justification:** Research documents that bullying is a serious problem that can lead to long term problems for the children who are victimized as well as for the children who bully or witness the bullying.

**Area Measured:** Increased student and adult awareness of the dynamics and consequences of bullying, and some of the strategies that de-escalate bullying behavior.

**Research:** Espelage, D. (2004). An ecological perspective to school-based bullying prevention. *The Prevention Researcher*. Vol. 11 (3), 3-6. This research summary establishes the connection between the dynamics of bullying, its long-term and serious consequences, and the need for school-based bullying prevention programs that engage all aspects of the school culture. NMB/NMV is a comprehensive, whole school approach to bullying prevention and, therefore, meets the recommended criterion for an effective program.

Evaluation of the CAP NMB/NMV program includes: Valerie LaMastro, PhD, (2007) Rowan University - a content analysis of reports from the CAP "No More Bullies, No More Victims" program (in press). Valerie LaMastro, PhD, Rowan University (2007) – school support staff survey (in press).

A list of additional CAP research is available at [www.njcap.org](http://www.njcap.org)