

Act Now! – Proven Bullying Prevention Strategies

Children’s Hospital of Wisconsin is committed to keeping kids healthy and safe. That’s why we created Act Now!, a continuum of bullying prevention e-learning courses designed for students in grades K4-8. These fun and engaging programs help kids keep their classrooms and school safe by creating a bully-free environment. Developed in collaboration with the Wisconsin Department of Public Instruction, Act Now! supports and enhances the PBIS program, is game-based and aligns with state and national health standards. Over 54,000 Wisconsin students have been enrolled in Act Now! during the 2013-2014 school year.

The program is easy to implement by any classroom teacher or school counselor and gives students the grade-appropriate skills they need to prevent and stop bullying. Act Now! also includes a unique staff training program that helps schools become bully-free. Consisting of an e-learning module and four face-to-face one-hour sessions, the staff training component provides a step-by-step plan for implementing a successful bullying prevention program, and includes strategies to ensure the plan meets both the state requirements and school needs.

During the 2010-2011 school year, approximately 4,000 Wisconsin students were involved in a research study conducted by Children’s Hospital of Wisconsin, with the resulting data analyzed by Hazelden Publishing of Minneapolis. The most impressive results of the research study came from comparing schools using Act Now! **with** staff training versus schools using the Act Now! student curriculum **without** staff training. The chart below highlights the outcomes:

Bullying Activities	Act Now! With Staff Training	Act Now! No Staff Training
Been Bullied at School	27.2 % reduction	9.5 % reduction
Taking Part in Bullying – Bullying Circle	12.7% reduction	1.5% reduction
Bullied Another Student	13.2% reduction	7.0% reduction
Afraid of Being Bullied	19.3% reduction	10.3% reduction

Even more impressive is that continued evaluation through the 2012-2013 school year has shown a **49% reduction** in bullying incidents in schools using **both** staff training **and** the student curriculum.

Act Now! will continue to be offered at no charge to Wisconsin schools, thanks to generous grant funding. For more information or to request a free preview, go to www.healthykidslearnmore.com.