

Anti-bullying interventions in schools – what works?

The CESE literature review 'Anti-bullying interventions in schools - what works?' is also a MyPL course*
To enrol, search 'CESE' on myPL



In 2015, 14.8% of Australian students reported being bullied at least a few times per month.



Bullying peaks during the transition from primary school to high school.

It decreases to low levels by the end of high school. Boys tend to bully more than girls, however, girls use more covert bullying than boys.



Anti-bullying programs reduce bullying behaviours by an average of 20-23%.

The NSW Anti-bullying Strategy

In 2017, the Centre for Education Statistics and Evaluation (CESE) released a literature review on effective anti-bullying interventions in schools. This review became the evidence base for the NSW Department of Education's Anti-bullying Strategy. This strategy brings together evidence-based resources and information to support schools, parents and carers, and students to prevent and respond to bullying effectively.

Bullying can be face-to-face, covert or online. It has three main features:

- it involves repeated actions
- is intended to cause distress or harm, and
- is grounded in an imbalance of power.

The most effective anti-bullying interventions:

- take a holistic, whole-school and whole-community approach
- include educational content in the classroom that allows students to learn appropriate ways to respond to bullying
- provide support and sustainable professional development for school staff
- ensure systematic implementation and evaluation.

About CESE

The Centre for Education Statistics and Evaluation (CESE) was created by the NSW Department of Education in 2012 to improve the effectiveness, efficiency and accountability of education in NSW. CESE is focused on supporting decision-making in education delivery and development with strong evidence.



Read or listen to the literature review at education.nsw.gov.au/cese