CAPSLE: Creating a Peaceful School Learning Environment

TARGET AUDIENCE
This program is for students who are in elementary school.

SUMMARY
CAPSLE: Creating a Peaceful School Learning Environment (CAPSLE), a school-based program, is designed to enhance the school climate and reduce aggression by teaching participants physical, mental, and emotional methods for diverting aggressive impulses and for self-protection.

EVIDENCE
One randomized controlled trial of the CAPSLE program demonstrated positive results at a 1-year follow-up for peer-report aggression, peer-report victimization, aggressive bystanding, and helpful bystanding. However, statistical analyses and methodology used were unclear; therefore, the program cannot be placed as Promising in spite of the sustained effects.

COMPONENTS
The CAPSLE program provides participants with coping skills and tools to help them solve conflict. The program is comprised of the following topics:

- Classroom Management Plan - Prevent interruptions to facilitate classroom learning and provide students with reflection time to set class goals;
- Gentle Warrior lessons - Teach self-protection, personal safety skills, and strategies for self-control; enhance self-esteem; and foster compassion and respect for self and others;
- Positive School Climate Campaigns - Utilize exhibits, special events, outreach events, posters, and peace flags to create a positive school environment and to teach the roles of bully, victim, and bystander;
- Peer Mentor Program - Recruit high school students to act as mentors to elementary school students;
- Bruno Program - Enlist adults from the community to serve as role models; and
- Family Power Struggle Workshops - Present information to parents regarding bullies, victims, and bystanders and encourage parents to reinforce lessons at home.

PREVIOUS USE
The CAPSLE program was created in 1994; however, previous use information was not located.
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TRAINING
Required training for one elementary school involves a 1- to 3-day, on-site training and costs $1,500 per day for an unlimited number of participants plus travel expenses. Phone or Skype consultations last 1 hour, are required for the first 6 to 9 months of implementation, and cost $200 per hour.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from school administration, teachers, and participants; assuring implementers receive training; creating a team comprised of the school principal, teachers, a school counselor or social worker, a physical education teacher, and adults from the community; making time for this group to meet monthly; and finding time to implement the various components of the program throughout the school year.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing CAPSLE, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The program is implemented for 3 to 5 years. Year 1 includes the Positive Climate Campaign and Gentle Warrior lessons; these lessons consist of three sets of 9-weekly physical education classes. Year 2 includes the Classroom Management Plan and Family Power Struggles Workshop; this workshop includes two 2-hour sessions each semester. Year 3 consists of Bruno and Peer Mentor Programs.

COST
The required book, Why School Anti-Bullying Programs Don't Work, costs $40 per book. The required CAPSLE toolkit is included in the cost of training.

EVALUATION PLAN
To move CAPSLE to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed using rigorous statistical analyses and demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Stuart Twemlow by email stuart.twemlow@gmail.com or visit www.backoffbully.com/index.html

SOURCE

www.militaryfamilies.psu.edu