

the Ophelia project®

What We Do

The Ophelia Project is a not-for-profit, 501(c)(3) organization that serves youth and adults who are affected by relational and other non-physical forms of aggression. To achieve long-term systemic change, we help build capabilities to reduce relational aggression and promote a positive, productive environment for all. We are dedicated to creating safe social climates.

The Ophelia Project partners with educational and community leaders to assess social conditions and advocate healthy peer relationships. Through school programming for boys and girls, professional development and the Speakers Bureau, The Ophelia Project educates and empowers kids and adults across North America.

Relational aggression (RA): behavior that is intended to harm someone by damaging or manipulating his or her relationship with others (Crick & Grotpeter 1995). Some examples of this are purposeful exclusion from a group, spreading rumors, alliance building and cyberbullying.

Safe social climates: consist of community members who protect, respect, encourage and hold one another accountable. Relational aggression and bullying of any kind are not tolerated.

School Programming

The Ophelia Project's school programs are designed to help schools reduce relational aggression. CASS: Creating a Safe School®, The Ophelia Project's signature school program, is an intervention program that positively influences the climate in schools.



CASS school programs are prevention-oriented, research-based and result in long-term, systemic change. They may include: school climate assessments, expert consulting, original curricula for grades K–12, multi-media packages, adult and student mentor training and CASS workshops.

Professional Development

The Ophelia Project offers educational workshops for adults in schools and community organizations. These trainings provide tools and strategies for adults to create safe social climates within their organizations.

Speakers Bureau

The Ophelia Project's nationally recognized staff of presenters travel the country and give public lectures on issues including relational aggression, adolescent development and steps to creating safe social climates. Lecture topics can be selected and tailored to specific needs.

For more information on The Ophelia Project, visit www.opheliaproject.org, or e-mail ophelia@opheliaproject.org to find out how you can bring these programs and services into your school or community. We rely on the financial support of friends who share our commitment to positively change social climates.

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