



**Help With
Bullying**

Kidscape is the anti-bullying charity that helps

6% of children in the UK experience bullying every day. That's equivalent to one child per classroom. Bullying has an impact on self-esteem, mental health and a child's relationships and educational attainment.

Kidscape works directly with children and families experiencing bullying. We are committed to using the power of education to change lives and support teachers and others working with children to prevent and respond to bullying.

Kidscape works in England and Wales. We provide workshops for children and their families, teaching confidence and assertiveness skills to tackle a bullying situation. After attending a Kidscape ZAP workshop, 95% of children feel better about themselves and 98% feel more able to deal with a bullying situation. In the longer term, 90% of children experience an improvement in mental health and three-quarters experience less bullying.



For everyone

Kidscape provides an advice line for parents and carers concerned about bullying, giving practical advice, support and guidance.

We also train professionals in how to challenge and prevent bullying in schools.

If you are affected by bullying, Kidscape is with you.

Children and families

Kidscape ZAP: An interactive day workshop for children and families, sharing a range of confidence and assertiveness tools to help stand strong against bullying.

"I was able to just block bullies out and if I needed to I could stand up for myself and that made my life a whole lot happier."

– ZAP child

"It was brilliant. It saved us."

– ZAP parent

Kidscape RISE: A half day workshop to prepare Year 6 children for the move up to secondary school.

Parent Advice Line: Guidance and support for parents and carers of children facing a bullying situation. Open Mon-Weds from 9:30am-2:30pm, call 020 7823 5430.

Teachers and professionals

Kidscape training: CPD courses delivered in basic safeguarding, advanced safeguarding, anti-bullying, online safety and peer mentoring.

Kidscape school lessons: Anti-bullying lessons in primary and secondary schools.



How you can help

Volunteer with us: We are looking for Kidscape Champions to volunteer with us in their communities. Email volunteer@kidscape.org.uk

Donate to us: Make a regular donation or one-off gift to support our work at donate.kidscape.org.uk

Fundraise for us: We can't do this without your help. Email fundraising@kidscape.org.uk

Follow us and help spread the word

@kidscape



About Kidscape

Kidscape was founded in 1985, and is the UK's longest running anti-bullying charity. Over the years we have helped tens of thousands of children to understand what bullying is and take action to stop it; provided practical help to parents and carers in need of support and trained teachers across the UK and the world in how to keep children safe and stop bullying. Together, bullying can stop.

Contact

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