



Impact leaflet 2017

ZAP anti-bullying workshops

Kidscape has been running its ZAP programme in London for 15 years. In the last two years, a grant from the Big Lottery Fund has enabled Kidscape to extend the programme to the Midlands and North East, and 575 families have attended a ZAP workshop.

ZAP involves day-long practical workshops for groups of children who are bullied, teaching them assertiveness skills to deal with bullying situations, and increasing confidence and self-esteem.

It also involves a half-day session for their parents where they are given expert knowledge in how to best support their child.



Confidence and self esteem

On the day, **96%** of children felt more confident and **95%** better about themselves.

“Zoe has been a different child... She seems able to cope with any negative situations. She smiles and has confidence. I can honestly say that you’ve made a world of difference to her”
– ZAP parent



Children more able to deal with bullying

After two months, **80%** felt more able to deal with bullying and **68%** said they were being bullied less.

“The workshop gave me so much advice that I don’t literally have any bullying anymore”
– ZAP young person



Improved mental health

After two months, **71%** parents said their child now had fewer negative thoughts, **74%** that their child was calmer, **77%** less depressed and **78%** that their child was self-harming less.

“Anna said all the bad images she had in her mind have gone, she said it was like being in a wood and she couldn’t see past all the trees but now she can” – ZAP parent



treated

Like a human
being (France)

Parents

After their afternoon session, **98%** parents reported feeling less alone. After two months, **90%** had felt more able to support their child, and **80%** had experienced more effective communication with their school.

“I felt very alone before contacting Kidscape and now we all feel much more confident and able to deal with the situation”
– ZAP parent



About Kidscape

At Kidscape we believe that all children have a right to grow up in a world free from bullying. We're working to achieve this by supporting children and parents, as well as advising and training schools and professionals. With our help, people and organisations around the country gain the knowledge, skills and confidence to tackle bullying in all its forms.

For more information on our anti-bullying workshops visit

www.kidscape.org.uk/zap

Contact

zap@kidscape.org.uk | 020 7730 3300

Reg Charity no. 326864

