

ZAP anti-bullying and assertiveness workshops

FACT SHEET

Where is ZAP held?

At independent venues located in London, the Midlands and the North East.

When is ZAP held?

Workshops are usually held during term time between 10:00am – 3:30pm. Please visit our website for a full list of workshop dates.

What age group is ZAP for?

Young people aged 9-16 are eligible and sessions are split into groups of 9-11 and 12-16 year olds.

How many children attend each workshop?

Groups usually comprise 8-12 young people.

How many ZAPs can a young person attend?

ZAP is a one-day-only workshop.

Does a parent or carer need to attend on the day and is there a session for parents?

Yes. The parents' session is an integral part of ZAP as adults are given key information on how to effectively support their child and practise the skills their child has learnt. The children's session runs from 10:00am – 3:30pm. After a brief introduction, parents leave for free time in the morning, return for a shared lunch with their children, and then attend their separate session in the afternoon.

What does ZAP involve?

The core objective of the day is to teach practical assertiveness skills so that participants are able deal with bullying situations effectively. Other objectives include bullying awareness and building confidence and self-esteem.

How much does it cost to attend?

ZAP is funded by the Big Lottery Fund, enabling Kidscape to offer the workshops free of charge.

Why is ZAP not held at weekends or in holidays?

We do not have the resources to run ZAP workshops at weekends, and have found that there is considerably less demand from applicants during school holiday periods.

Who lets the school know a child wants to attend?

It is the responsibility of the parent or carer to get permission from the school to attend.

What is the application process?

Parents complete a short questionnaire that establishes their child's experience, the information is assessed by the local ZAP coordinator and if appropriate, the child will be invited to a workshop. Parents can request an application form online at <http://www.kidscape.org.uk/zap>.

Why can't the school apply on behalf of a parent?

ZAP aims to support families to deal with bullying, and therefore requires the active involvement of parents or carers from the application stage.

How do parents find out about ZAP?

All key information can be found on the Kidscape website <http://www.kidscape.org.uk/zap>. Many parents also find out about ZAP through referral, so it would be beneficial for teaching staff to be aware of ZAP so they can share this information with students who are being targeted.

How does Kidscape define bullying?

Bullying is the intentional, repetitive hurting of one person or group, by another person or group, where the relationship involves an imbalance of power.

Do participants pay for their travel?

Yes. All participants are required to make their own travel arrangements to training venues.

How is success measured?

All participants are asked to fill in an evaluation form on the day and 2 months after attending. These forms compare key measurable information such as the level of bullying young people experience, and their confidence and ability to cope. For up to date feedback and statistics, please visit <http://www.kidscape.org.uk/zap>.

Why is ZAP not delivered in schools?

A key element of ZAP is that young people are able to explore how to deal with bullying in a context that is independent from their day-to-day lives.

Why are there not more opportunities like ZAP across the country?

ZAP is funded by the Big Lottery Fund to deliver workshops in three locations within the UK.