

# ZAP anti-bullying workshops

- ✓ A FREE, one-day workshop for 9-16 year olds who are experiencing bullying.
- ✓ It's fun, interactive and will help young people respond to bullying in positive ways.
- ✓ It will raise their confidence and self-esteem and teach them how to be assertive.
- ✓ ZAP includes a separate workshop for parents on the day.



***“Thank you for making me realise that the bullying wasn’t my fault and that I was worth a lot more than I thought.”*** *Young person*

## How to book a place

Applications should be made by parents and carers online at [www.kidscape.org.uk/zap](http://www.kidscape.org.uk/zap) or by calling Kidscape’s parent support advisor on **020 7823 5430**.

ZAP is held at independent venues in the Midlands, North East and London.