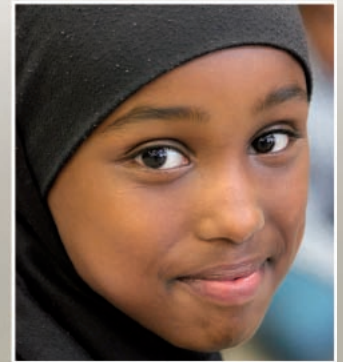


ZAP anti-bullying workshops

- ✓ A FREE, half-day workshop for 9-12 year olds to help them 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.



“It has really helped me to be assertive, and it has also made me feel more prepared.”

Young person

Upcoming dates in Sunderland

Downhill: Saturday 18th March, 10am-1pm

Pennywell: Saturday 25th March, 10am-1pm

How to book a place

Applications should be made by parents and carers at www.kidscape.org.uk/zap

For further information and any questions, please contact the North East ZAP coordinator, Danny Gilchrist, at danny@kidscape.org.uk

