



KIDSCAPE

Help With Bullying

Hopeful
and helpful



Who are we?

Kidscape is a leading bullying prevention charity.

Founded in 1985 we give hope and help to thousands of children impacted by bullying each year.

Kidscape trains teachers and community members to build supportive communities where children are safe from bullying and harm.



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Meet the team

Lauren Seager-Smith FRSA



Lauren Seager-Smith FRSA is CEO of Kidscape and has worked in bullying prevention for over twelve years.

Before joining Kidscape, Lauren headed up the Anti-Bullying Alliance, coordinating Anti-Bullying Week each year.

Lauren is also a Trustee of Children England and a member of the Action for Children England Committee.

Lauren is also a mum to two primary-age children and is on her own parenting journey.

The work you're doing with your parent/carer colleagues is **important** and **necessary**

Kidscape can support and provide you with rich content of highly practical advice for your Parent Network through our online or face to face workshops, which are tailored to suit your organisation's specific needs.



We know that bullying is one of the key concerns for children and for parents and carers

At least one child in every class in England is bullied on a daily or weekly basis

A third of children experiencing bullying in the last 12 months

Important to be aware of bullying and to be prepared to support family and friends, should a bullying situation arise.

Supporting parents and carers impacted by bullying

If a parent/carer colleague is impacted by their child experiencing bullying, this could seriously impact them, their mental health and their performance or attendance at work.

Kidscape workshops offer practical advice and tips for recognising and responding to bullying – wherever it takes place.

“Being bullied (at home or online)
is seen as the top barrier to having
a good childhood.”



Workshops and webinars

It's a natural tendency for working mothers, fathers and carers to connect over and get comfort from, comparing notes about challenges and pain points.

Our sessions can include time for colleagues to share personal experience and facilitate questions and answers that may arise.

Our sessions can also be recorded for you to share with colleagues and we can provide co-branded resources for you to share on your intranet or parent hub post session.



Workshop Options:

Bullying Awareness: practical advice for parents and carers

Duration: 45 minute virtual session

Bullying remains one of the key concerns for children and for parents and carers. With at least one child in every class in England bullied on a daily or weekly basis, and a third of children experiencing bullying in the last 12 months, it's important to be aware of bullying and to be prepared to support family and friends, should a bullying situation arise.

The good news is with the right help, children and families can work through a bullying situation, and this workshop will give practical advice for recognising and responding to bullying – wherever it takes place.

Session outline

- What do we mean by bullying?
- How much of a problem is bullying?
- Signs and symptoms a child may be experiencing bullying
- Main themes from the Kidscape Parent Advice Line
- How to help a child going through a bullying situation
- How to support with online bullying
- What to do if your child is bullying others
- Helpful advice to give to parents and carers
- Who else can help?
- Q and A (15 minutes)

Workshop Options:

Online Safety and Cyberbullying Awareness for Parents and Carers

Duration: 45 minute virtual session

Our Online Safety and Cyberbullying Awareness for Parents and Carers course will help parents and carers to understand the benefits and the exciting potential of the online world.

The session will also highlight potential risks associated with keeping children and young people safe online.

Session outline

- How children use the internet and technology
- The potential risks children face online
- Harmful content online
- Online radicalisation and extremism
- Sexting
- Sexual offending against children online
- Cyberbullying
- Gaming
- Live streaming
- Support and information for parents and carers to support their children
- How to set up parent controls making things safer at home

Workshop Options:

The workshop options are suggestions, we can also design tailored workshop content specifically for you and your colleagues.

In addition to the outlined content, we can also help with 'bullying in the workplace training'

Fees and Inclusions:

To ensure you receive a full service, offering maximum support for your network and colleagues, our fee includes:

- Support with communications materials to help you promote the workshop
- Additional supporting materials, that can be co-branded, for use on your intranet or internal hub for your colleagues to access after the session.

We look forward to discussing this further.

Please contact; kathryn@kidscape.org.uk

Organisations we've worked with:



Testimonials



“If any other organisations with working parent networks/ERGs haven’t done anything on bullying prevention yet, I highly recommend engaging with the Kidscape team – great content and great value for safeguarding the wellbeing of your employees and their families”

Emily Hutchinson

Co-founder and Chair of the Ready Parents & Carers Network, Vodafone

“The parent talk was exceptional. Often talks about the internet can focus on the dangers and as a parent it is terrifying. I learned there is so much more I can do at home. Having open conversations and learning from your kids really stayed with me.”

Workshop participant

‘Kidscape ran two highly interactive and engaging sessions for Aviva during our 2022 Carers Week. Both sessions generated a lot of interest with over 180 sign ups and received fantastic feedback from those who attended. One participant commented **“It’s useful and comforting to listen to experts with all we see and hear in the news”**. Kidscape made the organisation of the session very simple and were extremely professional in their delivery! I’m looking forward to working together again in the future to raise awareness and provide support on these important topics!’

Molly Howes

Co Chair of the Carers Community - Aviva