



Do you know a child who would benefit from taking part in a Kidscape **RISE** workshop to help build their self esteem and confidence before starting secondary school?

We know that moving up to secondary school is a big step! Through taking part in a **RISE** workshop a child will be supported to:

- Grow in confidence
- Understand how to manage change
- Make new friends
- Deal with difficult situations
- Stand strong against bullying
- Know how to speak up and get help

We are holding **RISE** workshops throughout England this August. The workshops are free of charge. If you know a child who would like to take part in a **RISE** workshop visit kidscape.org.uk/rise for further information. Spaces are limited, so booking is essential.