

May 2013

**Subject: Kidscape ZAP training: providing Year 6 children with the assertiveness skills to prevent them being bullied on transfer to high school**

Dear Colleague (*Please ensure this email is passed either to the headteacher or the relevant member of staff*)

I understand that some schools have been trained in the Kidscape ZAP assertiveness skills for bullied children by Rita Adair, Senior Lead Educational Psychologist.

This year Rita is urging all primary/junior schools who have been trained in the Kidscape ZAP assertiveness training to deliver the training to all their Year 6 classes in July i.e. prior to their transfer to high school. The research suggests that one of the biggest fears that children have prior to transfer is that they will be bullied. We believe that teaching all children the assertiveness skills to protect themselves from being bullied will help to raise their confidence prior to transfer and may give them the skills they need should they be bullied.

Of course some vulnerable children may require more than the one-off class session and we would urge schools to consider teaching those children in smaller groups on several occasions where there are greater opportunities to practice and learn the skills needed. Rita's work has shown that these skills can protect children from being bullied with 80% of bullied children who have attended her courses advising that they have not been bullied since learning the skills.

Rita advises that the lesson is delivered in a morning or afternoon session, for those schools who have lost their materials, please contact Michele Blazey or [michele.blazey@norfolk.gov.uk](mailto:michele.blazey@norfolk.gov.uk) for a Kidscape ZAP pack. It is recommended that you do the session in the last few weeks of school i.e. end of June/July 2013.

For schools who do decide to take part in this project, please confirm by replying to this email stating your school name, contact details of teacher/teaching assistant/Parent Support Adviser trained in Kidscape ZAP and number of Year 6s you will be delivering to. Rita will then forward questionnaires for the young people to complete before and after the ZAP programme. It is hoped that children participating can be followed up 3 months later in their high school using the same questionnaire, to see if they have retained the skills they learned.

If your school needs further advice on undertaking ZAP training please get in touch directly with [rita.adair@norfolk.gov.uk](mailto:rita.adair@norfolk.gov.uk) who will be happy to advise further.

Rita looks forward to hearing from you.