

Anti Bullying Services Provided by the Community and Voluntary Sector:

A Guide for Schools



The Community and Voluntary Sector

Organisations within the community and voluntary sector are well placed to support anti-bullying work in schools, as they are working on an ongoing basis with large numbers of children and young people in a range of settings. The purpose of this guide is to provide information for schools about what services the sector provides and at what cost.

The Department for Education and Skills defines bullying as:

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally” (from safe to learn)

In the National Tellus2 survey carried out in 2007 25% of children said that bullying was the issue that worried them the most. The Children’s Rights Director for England recently asked 319 children for their views on bullying. Most thought that bullying was getting either ‘a lot worse’ or ‘a bit worse’ (64%) www.rights4me.org

The **age range** for intervention around anti-bullying work in the third sector varies from under 5’s to young people in the 18 – 25 age range. The majority of organisations are working with the secondary age range. Some provide targeted and specialist work around bullying issues, while for others it is an issue that is addressed as part of their overall engagement with children, young people and families. This guide focuses on services that are particularly relevant to school settings.

The type of intervention includes:

- Information, advice and support to parents
- Providing preventative information, strategies and peer support schemes directly to children and young people
- Working with those who have already experienced bullying.
- Specialist work focussed on bullying prevention around homophobia, biphobia, transphobia and hetosexism, disability and special needs, racism young carers and domestic violence

UNIVERSAL SERVICES – some examples

INFORMATION FOR REFERENCE AND SUPPORT

Under 5's

- **The Early Childhood Project** provides a range of inclusive books and resources and information to parents, including dealing with bullying issues and behaviour. They provide advice and support around bullying for all ages with a special emphasis on the early years. ECP has worked with Brighton and Hove on their Coast Kid anti-bullying resources, and are able to provide a well researched booklist that reviews books for adults and children on all aspects of bullying and friendship issues.
Contact Clair.Barnard@brighton-hove.gov.uk Telephone 01273 294105. www.ecpuk.org.uk

Primary Aged Children

- After school clubs within the sector are routinely addressing bullying issues with children who attend their services. For example activities around bullying with children about speaking out etc. Hove YMCA also provides a counselling service to a number of primary schools across Brighton and Hove. Contact YMCA on 222550 www.hoveymca.org.uk
- Safety Net provides a range of bullying prevention and emotional well-being services to primary schools and communities across Brighton and Hove. Contact safety Net on www.info@safety-net.org.uk

Secondary

- Hove YMCA works to support young people who are experiencing bullying through their Safe and Sorted Project. Other locally run youth clubs also indicate that they address a range of bullying issues with young people on a daily basis.
- A range of workshops are delivered by the sector around a variety of specialist issues by AMAZE, Allsorts, Mosaic, Women's Refuge Tree house Project, Black and Ethnic Minority Black Young People's Group (see guide for more details)

ANTI BULLYING SERVICES: PROVIDER INFORMATION

SAFETY NET – Primary and Secondary Services

Safety Net is a registered charity which aims to promote safety and emotional well-being for children, young people and their families. Safety Net has a children and young people's safety programme that works in schools across Brighton and Hove, a family support service for families with children aged 5 – 11 in the East of Brighton and a range of training and community support services around child safety issues.

Contact Terri Fletcher

Terri.Fletcher@safety-net.org.uk www.safety-net.org.uk

01273 696622

Services and costs

Safety Net has worked in 34 primary schools across Brighton and Hove and has offered preventative work around safety and emotional well-being through a range of training and programmes:

1. **Making the Playground Safer: Peer support and mediation schemes.** Our innovative approach involves providing training and support to groups of children to work as buddies or peer mediators to help reduce incidents of bullying behaviour. The learning outcomes from the training compliment the PHSE and Citizenship guidance for Key Stage 1 and 2 as well as supporting the Primary SEAL framework. The buddy scheme service is FREE to schools. Cost for the peer mediators 4 week programme £1,500
2. **Safety through Circle time for classes,** using Jenny Moseley's five step circle time to explore relationship building and issue based work. Our circle time programme also includes the key elements of Protective Behaviours. The cost is £800 for 4 sessions.
3. **Transition work with primary and secondary schools.** For 18 sessions (6 in Primary feeder schools and 12 follow up sessions in year 7. The cost is £4,800
4. **Peer Consultation training for school councils** – to help school councils to consult with their peers on school and community safety issues. Cost is £1360 for 4 sessions
5. **Inset Training Days** can be offered on: running peer support programmes, circle-time, conflict resolution, Protective Behaviours personal safety and abuse prevention programme, effective communication with parents and their children. The cost is £500 per day/£250 half day

6. **Safety Net Assertiveness Project (SNAP) Community Workshops** for children who are experiencing self-esteem and confidence issues related to bullying. These workshops are initially open to children aged 8-11 in primary schools and the first term of Year 7 in secondary schools across Brighton and Hove. This service is FREE to schools and parents.
7. **Parent workshops** on dealing with bullying issues/keeping children safe can also be provided. Parents' workshops cost £150 for a maximum 2 hour session.
8. **Resources:** A bullying prevention pack for primary aged children entitled 'what are you going to do about it?' Has been developed in partnership with the Healthy Schools Team. Please contact us for details.
9. Safety Net also runs a **Peer listening scheme** at Falmer and Hove Park schools to address issues around bullying behaviour. The pupils have been awarded the Princess Diana Award for their contribution to bullying prevention. Please contact us for details.

Please contact us to discuss your requirements

"The self-esteem of individuals has been raised, they are proud and happy. They play with each other more and it has given some children a role that they needed in the playground and they attend school more regularly." Learning Mentor, talking about the buddy scheme.

TARGETTED AND SPECIALIST SERVICES

The Young Carers Project for Brighton & Hove

Identifying and supporting young carers between the ages of 8 – 25. Offering advice & support, running groups and activities as well as working with Schools & Colleges to identify & support young carers. Young carers are children & young people who have regular & substantial caring responsibilities for a family member because of illness or disability.

contact@thecarerscentre.org

01273 234045

Providing advice & support to Schools and education support staff to identify & support young carers. Young carer's education can often be affected by their caring responsibilities – such as having time to complete home / course work, non attendance and being late, as well as bullying. The Project has developed an education resource pack, including a 4 minute animated film and PHSE lesson plans for Primary & Secondary Schools. The aim of the Project is to encourage and support as many schools as possible in Brighton to incorporate the film as part of their PHSE curriculum.

Cost

The sessions cover bullying and promote understanding of what it is like to be a young carer.

Eddie Schools support pack costs £49.95

The Project will offer advice and training to schools staff to use the pack free of charge.

Amaze

Amaze gives information, advice and support to parents of children with special needs and disabilities in Brighton & Hove. We work to empower parents to help their children live fully socially included lives.

Contact Amaze on 772289 (helpline), 234020 (office line)
info@amazebrighton.org.uk www.amazebrighton.org.uk

Bullying is a common experience for disabled children and children with special needs. Over half the children on the Compass (the city's register of disabled children run by Amaze) have experienced bullying. This extra vulnerability can be because of negative attitudes to disability, but also because their special needs mean they find it harder to make friends or "fit in" with other kids. Some may exhibit bullying behaviour themselves. The link between bullying and attendance is well known but we also see a close link with exclusion for children with special needs. Children with conditions such as Aspergers or speech and language difficulties may experience lots of low level bullying which they find hard to deal with or report to adults and eventually retaliate in a more obvious manner. Schools and parents can find it hard to disentangle all the factors at play.

Service for parents

We offer parents specialist advice through our helpline. We have information on our website and a factsheet on bullying. We can follow this up with one to one help and support to parents who are concerned about bullying and their child with special needs. This could include helping them think through what is happening, how to work positively with their child's school, and what they can do to support their child at home. It can also involve practical help such as getting their concerns down on paper or supporting them at meetings.

Training/workshops

Amaze offers a half day workshop for parents to help them consider ways of positively supporting their children who are experiencing bullying linked to their special needs. This includes ways of working positively with the school. Cost £200.

Amaze offers inset training (twilight or half day £200, full day £350) that explores the complexities of bullying and special educational needs. Find out more about: how and why it happens, ways to respond, tips for engaging parents in solutions.

'Leave it Out: Bullying is a special needs issue too' is a report summarising a research project Amaze conducted in two local primary schools with staff, children and parents. It includes ideas for classroom activities. This can be downloaded from the Amaze website.

MOSAIC Black and Mixed Parentage Family Group

MOSAIC is a unique community organisation of Black, Asian and Mixed Parentage (BAMP thereafter) families and individuals. Our mission is to create safe, supportive, anti-racist, culturally diverse environments for our members and represent their interests. Our working aims are to befriend and provide mutual support for Black and Mixed Parentage individuals and their families. We focus on evolving personal and collective strategies for combating and coping with racism and give special emphasis to enabling MOSAIC children to develop a positive sense of their ethnic identity in an environment in which they are not in a minority.

Contact 234017 project-leader@mosaicbrighton.org.uk
www.mosaicequalities.org.uk

Services

Option 1: “Antiracist & Anti bullying workshops “for schools to offer to their pupils and to help Head teachers & teachers to meet their Equality duties.

Option 2: Antiracist Awareness Session designed for practitioners willing to increase their understanding of Race Equality & equip them to better deal with Racist Bullying

Costs

Option 1: " Antiracist & Anti bullying workshops £ 230 per session: maximum 25 children- 3 to 4 mosaic participants- 3 hrs session and need a big space (hall) so that children can move. Teacher must be present. Need laptop and screen as well.

Option 2: Antiracist Awareness Session, £ 350 per session, 1 MOSAIC facilitator, maximum 20 adults, 3 hrs session, need laptop and screen.

Training

Equality with Black, Asian and Mixed Parentage families: 3 dimensions training designed specifically for practitioners working with BAMP families and needing to gain techniques and cultural understanding to better support BAMP families.

Generic Equality Training: 3 dimensions Generic Equality training designed for practitioners/ professionals needing to increase their understanding of Equality & duties regarding equality.

Other resources: Schools can become MOSAIC Subscribers for £ 35 and access MOSAIC monthly newsletter.

Once subscribers, they can access the following services for a minimal fee: Antiracist resources Library, 2000 books from BME authors and/or with BME representation. Country resources Boxes with specific cultural items, Advocacy in Education: support for families and teacher to address issues related to cultural heritage affecting the child’s ability to enjoy and achieve.

Black and Minority Ethnic Young People's Project

The BMEYPP is a youth project for black and minority ethnic young people aged 11 to 25. We provide safe spaces in which young people can discuss issues that are important to them and opportunities to take part in social and cultural events and activities led by young people themselves.

Contact Vanessa Crawford vannessa@bmeypp.org.uk 01273229381

Services

We have set up support groups for Black and Asian and Mixed Parentage young people who have experienced or at risk of experiencing racism and racist bullying in schools. We can operate a weekly session during the school day in which a safe space is provided and young people are able to share experiences and discuss ideas for dealing with these situations. We also do work designed to raise their self esteem and self confidence which helps them to challenge racism.

We can also provide anti racist, black history and conflict resolution workshops for both BME and non BME young people

Costs

Contact the BMEYPP to negotiate

Allsorts Youth Project

Founded in 1999, Allsorts Youth Project is a leading LGBTU (lesbian, gay, bisexual, Trans and unsure) youth project based in Brighton. We offer a wide range of services for LGBTU youth including a weekly drop-in, health and well being support groups, extensive LGBTU youth volunteering opportunities, training and workshops. We are used as consultants on LGBT youth issues by local, regional and national government.

Young People's Centre, 69, Ship Street, Brighton, BN1 1AE.

Email: info@allsortsyouth.org.uk Website: www.allsortsyouth.org.uk Tel: 01273 721211

Training for workers:

We train youth workers, social workers, teachers, advisors, foster carers, support workers, managers and tutors.

The training can cover:

- **Homophobia, biphobia, transphobia and heterosexism:** We raise awareness about the impact of homophobia, transphobia, biphobia and

heterosexism on people who are lesbian, gay bisexual, transgender or unsure of their sexual orientation and/or gender identity (LGBTU)

- **LGBT Safe and Supportive Environments:** Together, we explore ways of making environments safe and supportive for LGBTU people including thinking about how to challenge homophobic, transphobic, biphobic and heterosexist behaviour and language
- **Monitoring:** Participants are helped to understand the need to monitor sexual orientation and gender

LGBTU Peer-Education Scheme for Young People at Local Schools, Colleges and Youth Projects:

As part of our LGBTU youth volunteering programme, we have trained a group of LGBTU young people as LGBTU Youth Peer-Educators who are available to co-facilitate training with Allsorts staff. This group of young people specialise in delivering workshops to people in the same age range as themselves in schools, colleges and youth projects, they also assist us in delivering session with adults.

The workshops for young people aim to help them understand the effects of homophobia, biphobia and transphobia on LGBTU young people and generally develop empathy for their LGBTU peers. We can also train schools' anti-bullying peer mentors on how to support pupils who are victims of homophobic, biphobic and transphobic bullying. The LGBTU Youth Peer-Educators talk about their own experiences of growing up as LGBTU as well as the impact that homophobic, biphobic and transphobic bullying has had on them.

Details of costs:

Training for workers:

We operate a sliding scale and you choose where to put yourself on that scale.

£80 per hour / £520 per day £70 per hour / £455 per day £60 per hour / £390 per day £50 per hour / £325 per day. For agencies who cannot afford training, we charge a nominal fee of £20 per hour or undertake the training for free. There are no fees for our workshops for young people at local schools, colleges and youth projects as they are subsidised by our funders.

Resources

- Anti-homophobia/biphobia/transphobia posters and stickers
- Allsorts service posters and wallet cards
- 'Coming In' booklet – information and support for young people who think they may be LGBTU
- 'Healthy Heads and Hearts' – a mental health support and resource booklet for young people who are lesbian, gay, bisexual, transgender or unsure

Tree house: R.I.S.E (formerly Women' Refuge Project)

RISE offers support and advice around domestic abuse issues, safe emergency accommodation, Counselling, Play Therapy, Training and Preventative Education, Support Groups, Children and Youth Support Work, Mentoring and Parenting Support.

Website: www.mytreehouse.org.uk

Blog: www.treehousewrp.blogspot.com

email: treehousewrp@gmail.com

Telephone: Helpline 622822 Young people worker: 623 279 Training & Preventative Education officer: 07952 756296

Nearly 25% of young people are affected by domestic abuse, either growing up with it or in their own dating relationships. The impact of such experiences is likely to be significant, extensive and long lasting, and will have affected them either physically, emotionally and/or behaviourally.

Tree house offers professionals working with the under 25s free comprehensive training regarding domestic abuse, and we also engage and support young people (11-25) around relationships and domestic abuse issues via our popular Preventative Education and Support Programme (KS4). We can come to the school and deliver a range of sessions to your pupils or you can use our materials and deliver the sessions yourself. Training for the delivery of these materials can be provided by Tree house in partnership with the Healthy Schools Team. Training will help PSHE teachers to develop a sound understanding of domestic violence issues, strengthen links between schools and specialist local services and to encourage a collaborative approach to supporting students around relationship and violence issues. It will also ensure that PSHE teachers feel confident to deliver this sensitive area of the curriculum.

Tree house can also support delivery of lessons through their Domestic Abuse Preventative Education Programme. These consist of 3-5 specific sessions that can run in a variety of formats and/or of an awareness raising exhibition/display about Dating and Domestic Abuse. The aims of the programme are to: engage students in discussions and activities around relationship issues examine and challenge what underpins relationship abuse and help young people know how to access support and advice for themselves or their friends/family members.

Tree house also offers specialised individual and group support sessions for young people. These sessions focus primarily on increasing knowledge of keeping safe and getting help, reducing isolation, rebuilding confidence and self esteem in young people affected by violence, developing relevant inter-personal skills including dealing with conflict non-violently as well as helping to prevent the abuse continuing through their adult lives.

We are also in the process of designing an 8 week programme for young perpetrators of domestic abuse (13-19s abusive to their parents, siblings or partners). This will run from Jan 09. Do contact us for more details

Services are free.

Young people can self-refer or be referred to this safe space for emotional support, guidance and advice in an individual or peer group setting according to their preference. We provide food, refreshments and cover the cost of bus tickets, so that they can travel to attend the support session

This resource, designed by Agnes Munday, is free for local schools and youth clubs to use. Do contact her on 07952 756296 or treehousewrp@gmail.com for more info and/or free training

Self Managed Learning College

Self Managed Learning College is part of the educational charity the Centre for Self Managed Learning. It provides the South Downs Learning Centre for young people aged 11-16 who are not in school – bullying is one of the major reasons that young people opt out of school to join us. We run the programme on Self Managed Learning lines – students set their own goals and curricula; jointly agree rules with staff and work as a community. Feedback from past students shows that the Centre provides a safe and supportive environment in which to explore and share personal issues as well as a focus for learning. Contact Professor Ian Cunningham on 01273 703691 or at ian@stratdevint.com www.college.selfmanagedlearning.org

The College also runs programmes inside schools and for home educated young people of school age. We provide free advice to parents of children who are bullied and help them to understand their rights – for example that children are not required to attend school.

When we work in schools we work to the same principles that we use at the Learning Centre. We run groups of 6 students at a time with one of our team as the learning advisor. We develop school staff to carry on our work when we pull out. We have worked with schools in Brighton and Hove, East Sussex, London, Portsmouth and Jersey as well as overseas (Canada, Finland, Israel, Sweden).

We charge schools on a daily rate that is open to negotiation, For the programme at the Learning Centre that runs Mon to Friday (9 to 1) we calculate a basic cost of £5 per hour per student and give reductions if parents sign up for a term or a year. Introductory sessions for parents or schools are provided free of charge.

We provide a handbook for school staff as part of our development package. There are free resources on our website as well as a film on the Uckfield Community Technology College site, featuring our work, that people can view for free (www.uctc.e-sussex.sch.uk/person_centred).