



CASE STUDY

1. Title: Effective Partnerships in the VCS and Youth Sector
2. Area (Local Authority/School/Setting (if applicable) and Region): Bath and North East Somerset Youth Service and Kidscape
3. What was the issue? Young people across Bath and North East Somerset had highlighted to various professionals including; Youth Workers, Children Missing Education Services, and Teachers, that they had been experiencing bullying in schools, youth settings and within their community. They were suffering from isolation, low self esteem, and as a result attendance was low – one boy had been taken out of school and was being home tutored. Consultation with professionals and young people suggested that they may benefit from an ongoing, closed group with peers who had been in similar situations to explore these issues and develop confidence, skills and strategies to deal with them.
4. What action was taken? A three month programme was designed for a group of referred young people. The weekly sessions were delivered by two Youth Workers and a Kidscape trainer. The programme covered: <ul style="list-style-type: none">- The roles we play in group situations- Exploring bullying – the different forms it can take, where and why it happens, our support networks- Assertiveness techniques and deflective responses to bullying behaviour- How we deal with difficult feelings including anger- Developing friendships – what makes a good friend, recognising ‘toxic’ friendships- Looking after our self esteem and appreciating others- Individual support plans and opportunities for 1-to-1 support
5. What impact has this had (so far)? Young people involved in the evaluation said that they were either being bullied less or the bullying had stopped completely. The outcomes of the project were assessed and the areas the young people felt had improved were: <ul style="list-style-type: none">➤ Happiness➤ Relationships with family and friends➤ Communicating / listening to people➤ Stress➤ Being able to manage difficult situations, including bullying➤ Confidence levels➤ Managing difficult feelings, such as anger➤ Making and keeping friends➤ Knowing where to go for support➤ Self esteem All members received local accreditation for 10+ hours of active participation and individual

progress.

6. How did the above action help to embed anti-bullying work in your area?

All schools and other services were given the opportunity to refer. A pack of resources has been developed for other staff to use which young people who have been bullied in other areas to build on this experience. A core group of young people have decided to form a steering group to apply for funding to run further programmes.

One said:

“I was called names, they played ‘mixers’ - when groups gather round and all hit you. That’s all completely stopped now and I’ve made new friends. I think this programme would help others and I could share my experiences with them.’

7. Additional information (OPTIONAL):

<http://www.bathnes.gov.uk/BathNES/communityandliving/youthsupport/>
www.kidscape.org.uk

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