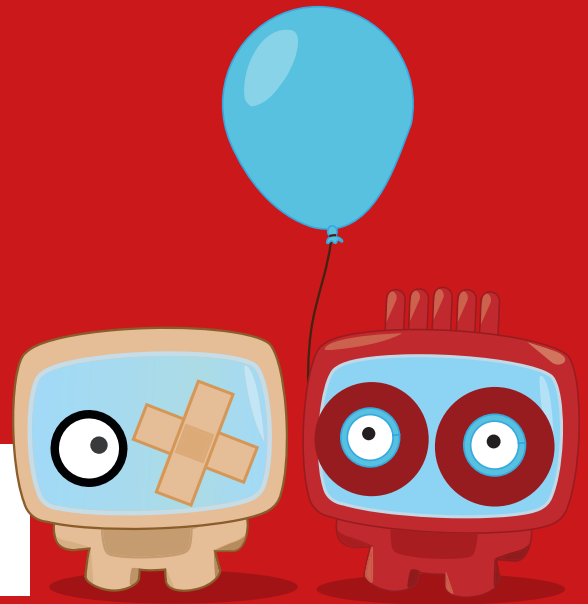




**Help promote
friendship
and respect in
primary schools**



We are a registered, award-winning, national children's charity who for the past 10 years have been delivering innovative anti-violence and anti-bullying programmes. Our ultimate goal is to make bullying and bullying behaviour unacceptable across the UK; in schools, in communities and online.

MiniMentors is a brand new, innovative peer mentoring programme for children aged 5-11, based on the award-winning CyberMentors programme. MiniMentors is age appropriate and takes into account the developmental stages that children of this age group go through.

The programme is primarily focused on the exploration of friendship and wellbeing. The programme also explores the sensitive topics of bullying, cyberbullying and children's safety both on and offline.

By building their confidence and improving their social and communication skills, we aim to inspire young people to shape a better, more positive society not just for them, but for us all.



2

A unique, peer to peer mentoring programme tailored to the needs of children between 5 and 11



In the last five years alone, we have worked with and supported over 2.9 million young people. CyberMentors (which serves as the inspiration for MiniMentors) has been hugely successful with almost three-quarters of users reporting an improvement in their sense of wellbeing and over two-thirds feeling more confident.

To date,
we've trained
315
5 - 11 year olds

When we intervene, our independently proven prevention model reduces incidents of bullying by an average of 41%¹. And once young people realise they have somewhere to turn to for confidential help and advice, reporting of bullying increases by 60%².

3

¹ Beatbullying (3, 6 12 month) Longitudinal Evaluation (2010)

² Beatbullying Teachers Evaluation (March 2011)

Department for Education guidance on preventing bullying (2011)

In April 2011, the Department for Education released consultation on preventing and tackling bullying in schools. This is aimed at school leaders, staff and governing bodies. Its main recommendations are that you:

Must have measures to encourage good behaviour and prevent all forms of bullying amongst pupils

MiniMentors is proven to encourage good behaviour and promote wellbeing in Primary Schools.

Involve pupils

MiniMentors is based on young people helping other young people. At its heart is the concept of peer activism and encouraging your pupils to make a positive contribution.

Regularly evaluate

MiniMentors have a dedicated policy and research team who regularly evaluate the impact our sessions make on participants. Our research is independently evaluated by New Philanthropy Capital and the University of Sussex.

4

How MiniMentors can help

Use specific organisations or resources for help with particular problems

MiniMentors works in partnership with a range of key external agencies to ensure it remains the most effective online learning portal for young children.

Provide effective staff training

All staff receive a briefing on how MiniMentors will operate in their school and community. In addition, we offer a 'train the trainer' programme in which we train staff in schools who can then deliver the MiniMentors' programme to pupils themselves.

Work with the wider community

MiniMentors are encouraged to get involved in school councils and presentations on their involvement in the programme.

Create an inclusive environment

MiniMentors is both an online and offline model. It works by helping to set up an offline peer mentoring programme in a school which helps to create an inclusive environment respectful of others beliefs, values and ethnic background. MiniMentors then go on to mentor their peers online in the most safe and inclusive environment for children available.

5

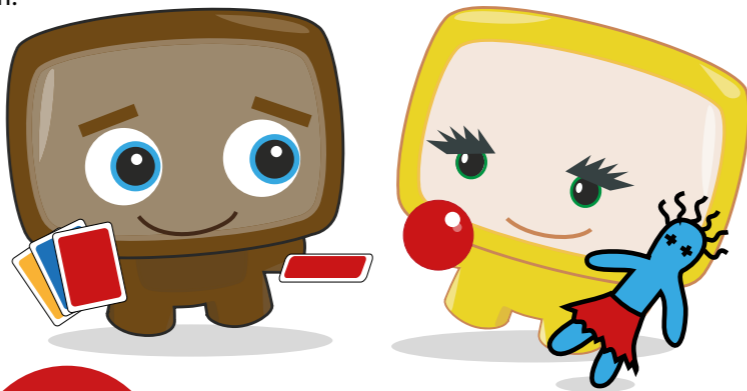
The benefits of the MiniMentors' programme to primary schools

The MiniMentors' programme uses a similar platform to the pioneering CyberMentors initiative, which created a unique peer-to-peer mentoring programme to tackle bullying and bad behaviour in schools and communities, on and offline. MiniMentors adapts the successful formula for primary schools, making it more appropriate for younger children.

It focuses more on friendship and citizenship, increasing the emotional wellbeing of children in primary school. It encourages them to befriend, support and help each other; creating a sense of community in the classroom and beyond.

Helping the children to interact, and understand and appreciate their differences can help to actively encourage positive behaviour amongst the children – making friends, respecting and supporting each other and, more importantly, communicating effectively with

teachers, support staff or parents should a situation arise that they are not happy with. The result? You'll have more time to do what you do best – teach, and to do so in an environment that is positive and productive.



6

The best start in school and in life

An increased appreciation for friendship and personal wellbeing now doesn't just deliver immediate benefits. It can also help give the children a better, stronger future. Critically, a strong support network not only helps to encourage children to communicate (with each other, teachers, support staff or with parents) if they identify that they are being singled out or victimised; it can also help stop bullying behaviours before they even start. So it is vital to give every child the support and confidence they need as early as possible. Changing behaviour now can literally change their future.

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What the programme delivers

The MiniMentors' programme is divided into two workshops; a single day for five to seven year olds and a more intensive two day course for the eight to eleven age group.

It focuses on children's soft skills; communication, interaction and behaviour – inside and outside of school. The aim is to give this young, impressionable audience an understanding of what friendship is, how to seek (and give) support and how to develop their own networks (with each other and also with teachers, parents and other school staff) to increase their own wellbeing. The programme teaches just how important friendships are as well as covering topics such as peer pressure, confidentiality and e-safety. It teaches respect – both for peers and adults.

At the end of the workshop, the children receive a certificate, badge and handbook; recognising their efforts and making them feel part of the MiniMentors' family.

To make life as easy as possible for you and your school, the programme has been designed to sit comfortably within the Key Stage 1 and 2 curriculum; complementing specific elements of PSHE (Personal, Social, Health and Education).

“The programme was more about helping each other to get on and promoting kindness and friendship which is what we'd hoped for! A child who is usually quiet and shy to express opinions to others really came out of herself during role-play and voiced how to be kind and how wrong it is to argue.”

Teacher, Cranmer Primary School, Merton

8

How it fits with the curriculum

Key Stage 1

This programme lasts for one day, focusing on issues such as friendship, feelings, and relationships within peer groups, cyberbullying and e-safety.

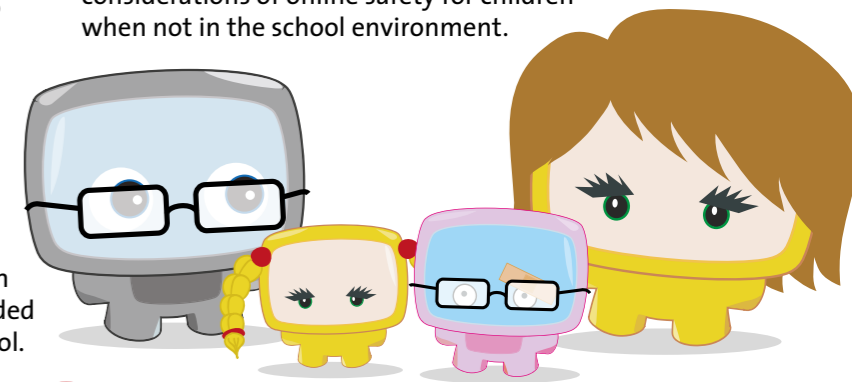
Key Stage 2

This programme is aimed at the slightly older age group and is much more intensive, lasting for two days. It also touches on friendships, feelings and empathy, but it also looks at what happens when friendship turns to bullying and the many different ways children can help themselves and their peers. It also covers peer pressure and e-safety, subjects that are more relevant than ever in the modern-day school.

Your 'school link teacher' will also receive an information pack which includes all the tips, ideas and activities needed to sustain and promote the programme within the school.

Parents

MiniMentors is all about strengthening networks and communities and of course parents are essential within this relationship. MiniMentors includes a range of online support resources for parents, including help with the issues surrounding friendship for children of this age and considerations of online safety for children when not in the school environment.



9

Support is always at hand

For the MiniMentors' programme, trained BACP counsellors host supervised online training sessions using Art Therapy to help children explore their own ideas around friendship, understand what 'wellbeing' actually means to them individually, identify their feelings and assess any difficulties they feel they're facing. Parental support is also key at this stage, so only children whose parents have given their expressed permission will be counselled.

Teachers and schools also have access to a comprehensive support structure. Resources such as posters, assembly plans and lesson activities can be accessed at any time, whilst a moderated forum provides the perfect platform for teachers to share and learn about best practice in schools once they've registered their details.

40%

said it increased their confidence & self esteem

Every user who has been mentored on the site has said it helped them

52% said they felt like they'd been listened to for the first time

40% said it increased their confidence and self esteem

Information and techniques on implementing the MiniMentors' programme into schools are also readily available as are recommendations on how to create and maintain a positive and supportive culture within the classroom and beyond.

The MiniMentors themselves can also find a number of interactive resources that will help each individual child develop their understanding of friendship, citizenship, e-safety and wellbeing.

52%

felt listened to for the first time

10

Help create friendships and supportive networks within your primary school

A two-day offline workshop for up to 30 KS2 children

£1,000

A one-day offline workshop for up to 30 KS1 children

£500

KS1 and KS2 workshops when purchased together

£1,400

To discuss your requirements, please contact:

Francis Mercer
Commissioned Services Manager
020 8768 1025
francis.mercer@cybermentors.org.uk

If you are interested in commissioning the exciting MiniMentors programme to help reduce bullying in schools within your local authority area, please contact:

Dele Ryder
Head of Commissioned Services
020 8768 1029
dele.ryder@cybermentors.org.uk

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