

Stand Up for Me!



An empowering course for young people who may have been bullied to help build their self-esteem, learn to believe in themselves and know where to go for help.

Delivered over 4 weeks at an hour and half per week to groups of up to 8 young people at a time to suit you on your premises

This course is delivered in conjunction with your school Anti-bullying policy. For further details on how to access this course please contact Rebecca Hayward on 02380 229761



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the relationship people