



Dear Parent/ Carer

CAP UK is a school based project that works with the whole school community to reduce children's vulnerability to abuse. CAP equips children with the skills and strategies necessary to stay safe from harm and encourages them to grow up to be strong and confident young people.

Our project generally works with primary aged school children. However, we have recognised that there is a need for young people of secondary age to learn how to keep safe online. We have therefore written a workshop to tackle this issue and we will be running a programme in this school. The workshops will run for year 8's throughout May 2019 and each session will last for approximately three hours. The content of the workshops will include keeping safe online around bullies, strangers and people they know, including sexual exploitation. We have been guided by the teaching staff within the school as to which young people will be included in the workshops, and both the young people and staff will help us to evaluate the workshops which will enable us to constantly improve the content of what we are delivering.

The format of the workshops will be a combination of group discussions, short films and information sharing. The purpose will be to empower the students to make good, sensible choices around internet use and in their relationships.

As technology becomes a bigger part of our children's lives CAP UK aims to empower young people to keep safe in all situations. For more general information about our charity please visit our web site- www.safestrongfree.org.uk or call our office.

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