

I Power I Anti-Bullying Conference
For Young People

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I Power I Anti-Bullying Conference For Young People 2005

Evaluation Report



Written by Andy Hickson
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"I want to congratulate you and your team for an excellent event. I was impressed by the organisation, the varied programme, the 'ethos' of the occasion and the contributions of the young people"

George Varnava: Anti-Bullying Alliance

"Thank -you for inviting us today, it was a great experience and a fantastic event in which all different youths had a right to put their voices across"

Samia Hussain: Bayliss Court School



"This event has enabled me to deal with bullying and taught me that we have the power to change what is not right"

Ariola Dobla: St Pauls Catholic High School

"I have been amazed by the courage of some of the young people and participants today. The whole day has been very well organised and has run smoothly throughout. A fantastic day"

Rachel Brown: Bucks Youth Service



"This conference has given me the opportunity to speak out and learn how to tackle bullying effectively"

Rhiannon Law: National Children's Bureau

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Introduction by the Conference Director

I have been working for the promotion of young people's participation & consultation through creative action for over 25 years now. I know through my own experience that young people can play very useful roles throughout all of life including politics, business and leisure. I for example at the ages of 13 and 14 years lived deep in the Malaysian Jungle learning about peace and helping with a research project where I took over 3000 photographs. At age 15 I successfully challenged my school in England to provide an alternative regular class when another was unsuitable. At age 16 years of age I produced a series of music events at venues across the Midlands. I was President of my Student Union at age 17 and also became the youngest publican in the UK at age 18 years old. In my work today I see teenagers running successful businesses, organising brilliant events, and challenging fear and prejudice when talking about problems they have overcome or are dealing with. No adult has a monopoly when tackling issues of bullying, we can all play our part, and if we really want to put an end to bullying then we need to educate for an end to bullying. Andy Hickson



Background to this conference



We ran the first ever national anti-bullying conference for young people in London on the 19th May 2003. This event was a huge success. The following year in 2004, we planned a 2nd event, but due to the withdrawal of funding from a major bank at the last minute we had to postpone until 2005. Although this postponement caused considerable wasted resources, the I Power I Crew, Actionwork and the remaining partners pulled out all the stops to produce another fabulous conference in 2005. We produced this conference on a minimum budget and attracted interest from all over the country and abroad. This event and its organisation have been labelled "a model of good working practice"

I Power I Conference Programme

Andy Hickson (Conference Director)
Zak Chowdhury (I Power I Crew YMG Director)
Mark Emmerson (Stoke Newington School Head)
Government Green Paper (Minister Beverley Hughes)
Damilola Taylor Young Achiever of the Year Award
Making Rules on Behaviour (George Varnava)
Sarah Willet (Department for Education and Skills DfES)
Dr Lance Kwesi Lewis (Former World Karate Champion)
Poetry by Hannah Pollard
Lhamea Lall (17-year old singer)
Reformed Bully (Jack Burns)
Young Peer Mentors (Baylis Court School)
Role of Samaritans (Courtney Spence)
Young Anti-Bullying Group (Holloway School)
MC Clash Rappers
Circle of Friends (St Matthias Primary School)
The Bully Speaks (Actor Glenn Dallas)
Whole School Approach (Sonning Common Primary School)
Homophobic Bullying (All Sorts Youth)
Award winning songs (Katherine Vernez)
Human Beatbox (Freddie Drakes-Thomas)
Peer Mentoring (Aik Saath)
Bully Courts (Dr Jess Mahdavi)
Martial Arts Demonstration (SAS Academy)
Young People's Advice (Hackney City Zen)
Kent Youth County Council
Anti-Bullying Behaviour Alliance (Solihull ABBA)
Anti-Bullying Alliance (Vanessa Cooper)
Bullying and Racism (Muslim Youth Helpline)
Peer Listeners (St Pauls School)
Power of Pupils (Oli Watts)
Ian Whybrow (Childrens Author)
Challenging Homophobic Behaviour (Mark Jennet)
MC Nobsta Nutts, Lyrickal (Wax Lyrickal), Dance and DJing
with Biggafish, Petition with Ben Sayah, UK Observatory,
Young NCB, UBG, Newham Bookshop, Bigfoot Theatre, Peter
Wendes and Go!, Fairbridge, B.E. & Benjamin Zephaniah,
Dr Sue Jennings, open Mic sessions and a whole lot more.



Young People's Consultation

The theme for anti-bullying week 2005 is 'Children's and Young People's Participation'. Young people are now being recognised as totally capable of organising and producing their own events.

This is not only shown through the work of the I Power I Crew, but also the UK Youth Parliament and certain exceptional County Councils such as Kent Youth County Council and other groups like



the Solihull Anti-Bullying and Behavioural Alliance (ABBA), the Brighton based All Sorts Youth Project and the London based Muslim Youth Helpline. Other National young people's groups that are making a difference include

Young Voice, Connexions, Youth Act, Young NCB and Aik Saath.

One thing that is being stressed to adults who work with young people who are bullied is that it is important to ask: "what would you like me to do to help?", rather than telling a young person what the adult thinks is best for them. It is now a legal requirement for schools to produce a written anti-bullying policy (Schools and Standards Act 1998). "Pupils should be involved in both the drafting of an anti-bullying policy and its monitoring" (Children's Legal Centre, 2004, page 2). The

'Every Child Matters' consultation document from the Department of Education and Skills states that young people should make " ...



a positive contribution to the community and society" (Blake et al, 2003, page2), this new Green paper will "give young people more influence over the planning & delivery of services and the involvement of young people is central" (Carnegie YPI, 2004). So most people now recognise that "fostering active and responsible citizens contributes to the process of developing a healthy & vibrant culture of democratic participation" (Education for Citizenship in Scotland, Learning & Teaching Scotland, 2002). Involving young people is not difficult, "Young people must have ownership of the project concerned & not simply be puppets so that councils can 'tick boxes'. There needs to be a negotiated working relationship" (Loic Flory, Kent Youth County Council 2005).

History of I Power I

The term 'I Power I' was coined in 2003 by members of Actionwork & the Busta Bully Project as the name for Britain's first anti-bullying conference for young people. The words 'I Power I' reflect the rastafarian belief of 'I an I': you are as important as me ... each one teach one ... we learn from each other". Since this first conference, which was organised by



adults with the support of young people, we set up the 'I Power I Crew', made up of teenagers, who organised this latest conference with the support of adults. In addition to organising anti-bullying

events, the I Power I Crew have worked on a government film tackling bullying and run anti-bullying workshops in schools across the country. They have also helped in a number of anti-bullying campaigns including the Million A Week Campaign, and the Anti-Bullying Massif Project. Members of the I Power I Crew have also been taken on several training weekends and have run sessions for headteachers and interviewed young people at national conferences on anti-bullying. The I Power I Crew presented at the launch of the Anti-Bullying Alliance, and have interviewed Government ministers including Ivan Lewis and celebrities such as Esther Rantzen, Benjamin Zephaniah and the So Solid Crew. The I Power I Crew have all received the Diana Memorial Award for their work on bullying.



Despite the success of the I Power I events, it has been very difficult to fund them, as they still do not attract as much funding as their adult equivalents. The major charities seem to receive the bulk of funding, leaving very little for the smaller organisations. The biggest hurdle that the I Power I Crew still face is attracting sufficient funding to enable them to carry on with their work and organising events for young people across the UK.

I Power I Conference Outputs

This event was attended by 365 people, made up of 210 young delegates, 50 adults, 25 organisers and 80 Stoke Newington School Pupils. 285 people were given evaluation sheets to fill-in,



91 were returned (that is a 32% return). It is estimated that a further 25,000 people will receive information and ideas from this conference by delegates giving feedback to their schools and groups.

In addition delegates:

- Voted on a petition asking for teachers to have anti-bullying training as part of their Teacher Training. This petition was sent to Tony Blair and the Government.
- Helped in the formation of a 'Young Anti-Bullying Alliance'.
- Prompted the DfES and ABA to set up an anti-bullying event for young people in collaboration with LEA's.
- Gave a live interview on BBC 1 during the conference.

The Conference delegates also acclaimed the I Power I Crew and Actionwork as pioneers in developing anti-bullying events where young people are in control.

"It was really good to see to stop bullying and how much courage people had"
Becky Cartwright - Solihull

Evaluation Summary

100% of delegates said they found the conference a positive experience, with 95% of people saying they found the conference very useful. Most people found the broad range of high quality activities to be the most successful feature of the event. Most of the young delegates tended to like the fact that they were able to roam freely around the space, whereas many adults found this to be distracting. 98% of delegates felt they learned new things at the event including new ways of tackling bullying, how to feel confident and about the range of resources available to help people who are bullied.

"A lively and with some"
Chris Atkins

"A top"
Mandy

Evaluation Statistics

- 100% of people said the conference was good or excellent
 - 95% of people thought this conference was useful to them
 - 98% of people felt they learned new things about bullying
- The majority of delegates will feedback to their schools in the following stated methods:

School Assemblies, telling mates and talking to people, writing in the newsletter, presentations, feedback sessions, websites, discussion, showing and sharing all the materials, creating and distributing leaflets, meetings, pictures and photographs, mentoring, setting up and running workshops, writing for a youth magazine, telling the headteacher, training sessions, bulletins, influencing other organisations, by helping others at school, through PSHE work, standing up and telling them everything, through chat and exploration, via the school council, setting up an anti-bullying campaign, question and answer sessions, group discussion, through youth groups, through the Council, through teaching and by starting an anti-bullying council.

how everyone was trying
much confidence and

all Youth and Community

nd well organised conference
amazing speakers"
on - Bucks Youth Service

uly inspiring event"
y Carr - Gladesmore Community School

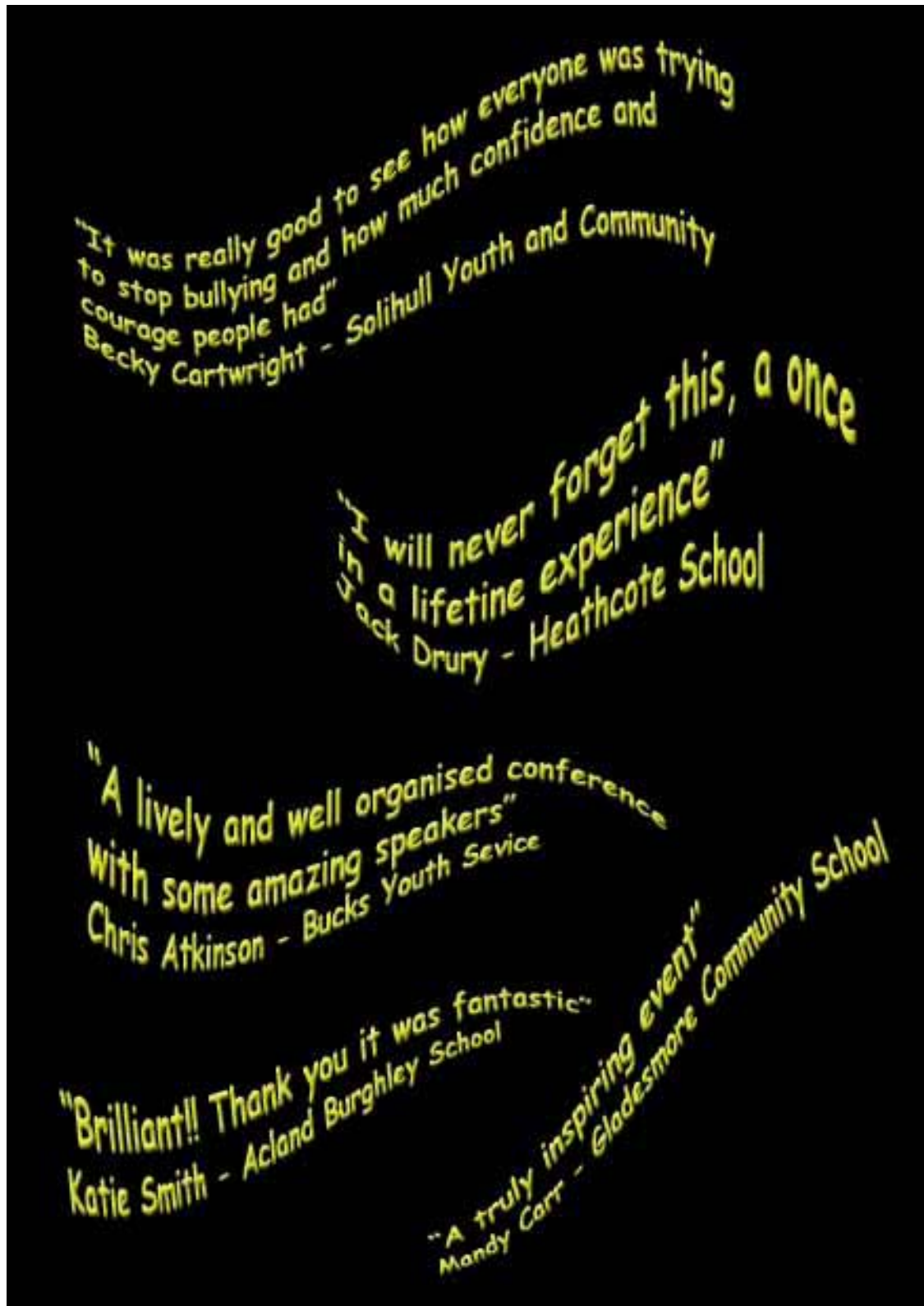
"Brilliant!! Thank you it was fantastic"
Katie Smith - Acland Burghley School

"I will never forget this, a once
in a lifetime experience"
Jack Drury - Heathcote School

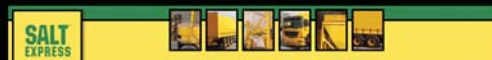
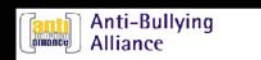
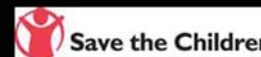


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I Power I Credits



The I Power I Crew and Actionwork would like to thank all the organisations above for their financial support of this conference. In addition to the contributors already mentioned, we would also like to thank Pen Lee, Julia Fielder, Helen Wood, Sophie Hickson, Cath Davis, Chanphan Thammarut, Norifumi Hida, Gabrielle Maughan, Anna Rose, Howard Davis, Lorna de la Pare, Jill Lewis, Louisa Pink, Richard Cohen, Carrie Supple, Ardavan Ahmadi, Leah Richards, Leah Parahj, Princess, Sue Hall, Funmi Oriola, Sue Emerson, Shaz Hoffler, Richard Taylor, Elliot Withers, Zoe Hilton, Simon Blake, Helen Cowie, Sam Smith, Viv Ross, Andrew McKnight, OJ Tayo, Liz Carnell, Tim Field, Evadney Campbell, Vanessa Cussodie, Junior Imode, Jarrell Anthony, Nat Arpino & Blauden Mustafa.

Damilola Taylor Young Achiever of the year Award

The Damilola Taylor Young Achiever of the year Award was created for the first I Power I Anti-Bullying Conference for Young people in May 2003. Supported by Richard Taylor and the Damilola Taylor Trust, this award is presented to young people who have overcome bullying and gone on to achieve things in their lives in the face of adversity.

In 2005 we saw 2 winners, a boy and a girl; Jamal Msebele

(14) overcame severe bullying from adults and managed to attain his maths GCSE at age 11 years.



Lhamea Lall (17) was bullied for many years at school and has now become a very successful singer.

The award this year was sponsored by Salt Express (aka Avon Salt). The winners received £300 each and large silver trophies which were presented at the Conference.



Schools and organisations that attended the I Power I anti-bullying conference for young people 2005

St Thomas Moore, Chelsea
YWCA, Wolverhampton
Youthreach, London NW3
Somerset Children's Fund
Connexions, London N8
Karibu Community Home, Surrey
Thanet Youth Council, Kent
Green Park School, Aylesbury
Bucks Youth and Community
Space Youth Project, Dorset
Hounslow Manor School, London
Holloway School, Islington
City Zen, Hackney



NEL Council for Young People, Lincs
Gladesmore Community School, N15
Wanstead High School, Essex
Heathcote School, Chingford
Luton Youth Offending Service
Sonning Common School, Berkshire
Muslim Youth Helpline, London NW3
St Pauls School, Sunbury-On-Thames
Huddersfield Assertiveness Centre
UK Observatory, Surrey
Oxfordshire County Council
Actionwork Film and Media
Baylis Court School, Slough
Circle of Wisdom, Hackney
Hackney Community College
Essex Peer Education Service
South Gloucester Youth Forum
Shepway Youth Centre, Kent
Kent Youth County Council
Fairbridge, Hackney
Rainer Training, Solent
Aik Saath, Slough
I Power I Crew
UK Youth Parliament

All Sorts Youth Project, Brighton
Solihull Youth and Community
Aveling Park School, Walthamstow
Acland Burghley School, Camden
The Grove Youth Centre, London E8
Hampshire County Youth Service
Wolstanton High School, Newcastle
Elthorne Park High School, Hanwell
Birchfield County Primary School, Yeovil
National Children's Bureau, London EC1
Telford Young people's Forum, Shrewsbury
Stockwell Park High School, London SW9
St Matthias Community School, Haringey
Quintin Kynaston High School, London NW8
Highcrest Community School, High Wycombe
Holmer Green Youth Service, Buckinghamshire
Stoke Newington Media Arts College, Haringey



Actionwork with young people

Andy Hickson has developed a way of working with groups that draws on a variety of theatre techniques, drama games, dance moves, singing tunes, craft creations, puppet making, percussion sounds, ritual systems, discussion plays, film sequences and has put them under the banner of 'Creative Action Methods'. His book 'Creative Action Methods in Groupwork (Speechmark 1996)', has been translated into several languages and outlines many of the techniques used. Andy is founder director of Actionwork, a company that puts these methods in to practice. Actionwork specialises in tackling bullying, racism, sexism, and other issues through the power of multimedia and action. Arts fusion, ritual, celebration, dance, drama, and ipower all combine to create an energised action method holistic programme. We can explore difficult subjects in fun and exciting ways. Don't just sit around chatting about a topic, actually get in to it. Live your topic, document it, draw inspiration from it, feel the vibes of it, tune in to it. Take your thoughts and ideas on to a new level. Find new angles of experience and expression.



Make a film, learn how to use a camera, direct actors or act yourself, create music and drama, play games, produce a play, make masks, design a set or manage a stage. Have fun and create action.

Actionwork recent clients include the British Council, Belmarsh Prison, Department for Education and Skills (DfES), Norwegian Institute of Dramatherapy, Anti-Bullying Alliance, Dawn Center (Japan), Kyoto University, University of London, schools, youth centres, regional and borough councils across the UK.

www.actionwork.com

What is the best way to stop bullying?

Bullying affects people in many ways, what works for one will not necessarily work for another, we all need to find our own path. Bullying can be described as repeated actions against someone to hurt them either physically or mentally.



Ways to tackle bullying include telling someone, fighting back, running away, peer mediation and assertive behaviour.

Ways that schools can help include setting up an anti-bullying policy, peer mediation and peer support groups,

installing bully boxes and anti-bullying helplines in the school, through to providing mentoring, bully courts and inviting theatre in education groups to provide specialist programmes.

The most successful approaches use a 'whole school approach', that involves students, teachers, parents and the local community. When tackled holistically in this way it is very difficult for bullying to remain unchallenged.



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- Varnava G. 2000. Towards a Non-Violent Society. NCB



Resources

'Bullying: A Guide to the Law'
Children's Legal Centre 2004

'Creative Action Methods in Groupwork'
Andy Hickson (1996 Speechmark)

'Bullycide - Death at Playtime'
Neil Marr and Time Field

'Helping Children Cope with Bullying'
Sarah Lawson (2004 Sheldon Press)

'Bully Free Classroom'
Allan L Beane (1999 Free Spirit)



Websites

www.actionwork.com
www.bully.org
www.ukobservatory.com
www.bullying.co.uk
www.antibullyingweek.co.uk
www.anti-bullyingalliance.com
www.young-voice.org
www.eachaction.org.uk
www.bullyonline.org
www.4kids.org.uk

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Actionwork - 01934 815163
Kidscape - 0207 730 3300
I Power I Crew - 01934 815163
Children's Rights - 020 7278 8222
Connexions - 0208 347 2380
Children's Express - 0207 833 2577
Young Voice - 020 89419255
National Children's Bureau - 020 7843 6000
Against Racism in Resources - 0207 627 4594
Samaritans - 08457 909090
Get Connected - 0808 808 4994
Victim Support - 0845 3030900

