

respectme
Scotland's
Anti-Bullying
Service



We've been busy!

Here are some of our key statistics

11,867

adults across
Scotland trained

16
national
campaigns

+1,000
eLearners

+450,000
resources distributed

1,597
parents/carers
attended training
workshops

**Engagement
with all 32 of
Scotland's local
authorities**

Thank you to all of you who have already worked with us over the years, we appreciate all that you do.

**If you are hearing from us for the first time – welcome!
Get in touch and let's work together for change.**

Since 2007, respectme, Scotland's Anti-Bullying Service has been working with organisations and individuals across the country to build capacity, confidence and competence in anti-bullying interventions.

Fully funded by the Scottish Government and managed in partnership by the Scottish Association for Mental Health (SAMH) and LGBT Youth Scotland, we can bring knowledge, skills and expertise to your anti-bullying work.

We want to work with you to make the everyday lives of children and young people better by changing and challenging bullying and stigma at an individual, school, family, community and societal level.

respectme provides FREE anti-bullying services across three key strands:

Training & Development:

for adults caring for or working with children and young people across Scotland.

Policy & Improvement:

for organisations at both local and strategic level to develop and review anti-bullying policies and practice.

Campaigns & Communications:

to engage with adults, children and young people and lead the annual Anti-Bullying Week programme for Scotland.



Scottish Government
Riaghaltas na h-Alba
gov.scot





Training & Development

Anti-Bullying Learning Academy

Bullying behaviour can leave adults feeling unsure, anxious and overwhelmed about what to do when the harms caused by bullying affect a child or young person's life. We can help adults to build a strong skillset to equip them to prevent, support and respond to bullying effectively.

Learning options include live and pre-recorded webinars, training workshops, eLearning modules, and our Change Maker Series – Inclusion and Diversity. Each product has been designed for anyone working or volunteering with children and young people, as well as parents and caregivers.

Our eLearning design offers flexibly to learn at your own pace, however we encourage learners to complete the modules within four weeks from the date of registration.

To find out more or discuss your team or organisational learning requirements, contact our training team at email: training@respectme.org.uk

Find out more at: www.respectme.org.uk/training

Policy & Improvement

respectme offers support and guidance with anti-bullying policy development and review to local authorities, schools, youth organisation and other children's services. All advice is in line with the national guidance set out by the Scottish Government in 'Respect for All – The National Approach to Anti-Bullying for Scotland's Children and Young People' and is reflective of the wider policy context in Scotland. Organisations can only be consistent and fair in addressing bullying behaviour when everyone involved is familiar with, and operates unfailingly within, the policy and practice context. For an anti-bullying policy to be meaningful and effective, we can advise on co-production with the wider community, including staff, volunteers, parents, carers and children and young people themselves. We build strong and enduring partnerships with organisations with respect, trust and collaboration being central to our whole-setting approaches.

respectme reward

The respectme reward recognises the serious thought that goes into successful anti-bullying policy and practice and the intentional efforts needed to ensure consistent and positive experiences in your setting. The reward also acknowledges the energy that a whole-school or setting approach to anti-bullying work can generate, and the real difference it can make to the lives of children and young people across Scotland.



To apply for a respectme reward you must evidence that you have a current anti-bullying policy, written within the last three years, which reflects your local authority guidance.

Join Scotland's Anti-Bullying movement by showcasing and celebrating all the fantastic anti-bullying work happening in your school or youth setting. Find out more and get started by registering at:

www.reward.respectme.org.uk

Campaigns & Communications

respectme campaigns across Scotland to raise awareness of the service and the impact that bullying can have on the lives of children and young people.

Our information and learning resources are designed to help spark conversations and inspire action by children and young people across educational and youth settings. For maximum impact they should be used within a whole-setting approach to anti-bullying, where activities and conversations about bullying are perpetual, although the focal point of Anti-Bullying Week always centres attention and gives weight to the issue.

You can download our timeless learning resources and activities from previous anti-bullying campaigns online at [respectme.org.uk/resources](https://www.respectme.org.uk/resources)

Campaign: Listen Up! (Respect our Rights)

'Listen Up! (Respect our Rights)' is co-designed with our Youth Action Group and calls on all adults to respect the rights of children and young people, and take practical steps to help stop bullying in its tracks. The campaign also urges all adults involved in the lives of children and young people to pledge support to a '5-Step Action Plan' to improve responses to bullying.



By supporting our campaign, you are helping to nurture a society where bullying is never acceptable and where children and young people feel safe, happy and included.

Start exploring our latest campaign at www.respectme.org.uk/listenup

Visit [respectme.org.uk](https://www.respectme.org.uk) for more information and sign up to our e-newsletter.

Don't forget to connect with us on social media at:

 @_respectme_

 @respectmescotland

 @respectme.scotland

 @respectme-scotland

 @respectmescot