

# CASE STUDIES FROM RESPECTME'S 2018/19 #CHOOSERESPECT CAMPAIGN

## #CHOOSERESPECT HELPS BRING CAROLSIDE PRIMARY SCHOOL'S VALUES TO LIFE

A big thank you to Carolside Primary School in Clarkston, who invited us along to join their anti-bullying journey.

Carolside Primary School has been doing a lot of work this year in terms of revising its anti-bullying policy, looking how best it can embed the messages of respect and proactive strategies across the school to promote positive relationships.



One of the school's three values is 'respect', with teachers able to link this to #ChooseRespect materials to help hone-in on the meaning of respect for pupils, and inspire a proactive, respectful school community.

Carolside Primary Head Teacher Bryan McLachlan said: "One of our school values here at Carolside is 'respect' and the #ChooseRespect campaign has been a great vehicle for us to further explore this value in school. Children have participated in lots of learning experiences surrounding the concept of reflecting on our own behaviour and making positive choices to demonstrate respect." Joining their #ChooseRespect assemblies and conversations provided huge insight, and we met some of their anti-bullying ambassadors who said: "Bullying is wrong because it spreads a negative ripple effect, and it makes people feel really sad and a little upset."

"I think bullying is wrong because sometimes if you get bullied you don't want to tell anybody. You just want to hide away in a corner and don't want to talk to anybody."

"I think bullying is bad because it leaves a negative vibe around people and makes people feel bad about themselves."

"With respect, if we didn't have it, nobody would be happy at school – and everyone should be happy at school otherwise no one would want to come"

Many of the young people's comments focused on how bullying can impact the lives of those around them, highlighting that pupils have really taken the learnings on board that have been central to the first phase of the campaign around self-reflection in which we have been exploring the impact bullying can have.

## **HOW ONE MIDLOTHIAN SCHOOL IS SUPPORTING #CHOOSERESPECT**

Pupils from Dalkeith High School are taking the lead in a bid to address bullying after hosting the respectme team in class, where they delivered specially designed workshops as part of the #ChooseRespect campaign.

The school is really passionate about the campaign, with the ethos of choosing respect resonating with the team responsible for delivering the school's anti-bullying work.



Gail Preston, Depute Head Teacher of Dalkeith High School said: "One thing I'm really passionate about in school is building positive relationships across the school community –developing this is my over-arching purpose across everything I do in leading pupil support.

"The right relationships lead to positive mental health, increased engagement and, ultimately, higher attainment. Respect is at the heart of positive relationships but it's important to really unpick what we mean by that term. Respect isn't something you earn, it should be an unconditional part of what it is to be human. "The simplicity of the campaign really appealed to us. I often reflect with my young people that we don't all have to be friends, we don't all have to like each other, but we do all have to share the same space respectfully."

As part of their anti-bullying work, the school is supporting a group of peer supporters from senior years to deliver important anti-bullying messages to younger year groups. This approach acknowledges the value and benefits that peer to peer conversations and learning can bring.

## #CHOOSE RESPECT ROADSHOW VISITS GLENIFFER HIGH SCHOOL IN PAISLEY

The campaign has been live for almost two months now and we are delighted to see how it has acted as a platform to facilitate the ongoing work schools and other youth organisations are doing to address bullying and promote respect.

We recently met with a group of students at Gleniffer High School in Paisley who are helping implement the school's anti-bullying initiatives.

Gleniffer is currently developing its new anti-bullying policy in line with the local authority's approach, and is working to develop a vision, values and aims. The school's ethos is very much centred on respect, making the #ChooseRespect campaign learnings valuable in informing the school's strategy.



During the visit, we also spent time with Gemma Denny, the school's principal teacher of pastoral support, who shared some of the recent work carried out at Gleniffer to make the learning environment a positive, inclusive place for all.

Gemma said: "A variety of events were organised by our S6 House Captains and Pastoral team, which included the whole school pledging to #ChooseRespect through a variety of different posters, wearing blue, face-painting, hair braiding and a visit from "The Hara" Band.

"We were exceptionally lucky to have respectme come into our school to take in the atmosphere and leave Gleniffer'd. All of the activities reinforced the #ChooseRespect campaign. This provided us with the opportunity to explore the meaning of respect – not only for others but also for themselves.

"We look forward to working with respectme in the future by embarking on the next phases on the #ChooseRespect campaign, including Celebrating Difference, Building Empathy and Positive Relationships." Well done to Gleniffer High School for supporting the campaign and joining over 650 pledges nationwide united in addressing bullying behaviour at its source.

## KILMAURS PRIMARY CASE STUDY

During our 2018 anti-bullying roadshow we visited Kilmaurs Primary School in Kilmarnock, and attended one of the many #ChooseRespect workshops taking place within the school.



The pupils, ranging from P1 to P7, have all been taking part in lessons designed to help them understand more about self-reflection, and how their own experiences influence them when acting in a respectful manner and ultimately choosing respect through their actions and words.

The children were asked to think about their own values, experiences and emotions, as well as how connected they feel to others. This provoked them to think about how their behaviours can impact their peers.

The learnings that were gained from this session will be built upon over the course of the school year as Kilmaurs Primary School pupils have all signed the pledge to continue taking part in the #ChooseRespect campaign.

Over the coming months, the campaign will build on Self Reflection within another three stages – building on every stage and equipping young people with the tools they need to build positive relationships.

These next three stages are: Celebrating Difference in January, Building Empathy in March and finally Positive Relationships in May. We hope Kilmaurs Primary School pupils have benefitted from the specially designed primary school resources, and the conversations that have been taking place about #ChooseRespect will have a lasting impact.

The campaign has also provided extra support for teachers, with the learning materials enabling educators to approach bullying effectively and sensitively.

## LAWTHORN PRIMARY SCHOOL GETS BEHIND CHOOSE RESPECT

As part of our Scottish anti-bullying roadshow, we were welcomed to Lawthorn Primary School in Irvine by pupils and staff to take part in a discussion with children about this year's campaign.

As November focused around the theme of self-reflection, the children were encouraged to think about their behaviour towards others, as well as the principles of right and wrong when it comes to building positive, respectful relationships.



This learning will be built upon over the course of the school year as the campaign reaches the next three stages, ultimately equipping young people with the tools they need to build positive relationships.

The children really got behind the campaign, and shared their ideas on why respect is important, why we shouldn't bully and what the #ChooseRespect campaign means to them.

Carissa Hyndman, depute head teacher of Lawthorn Primary, said: "At Lawthorn we are fostering positive relationships through respect, inclusion and kindness within our school community.

"We have been teaching the children about anti-bullying during Health and Wellbeing class lessons and at assemblies using the #ChooseRespect journey. We have pledged to support the #ChooseRespect campaign as we strive to raise awareness of anti-bullying and teach children the importance of speaking out."

At the heart of this year's campaign is equipping teachers, youth group leaders and sports coaches with the teaching materials necessary to enable young people to build on their understanding of respect, ultimately encouraging them to foster positive relationships with those around them.

As we approach different stages of the campaign, we'll be releasing new materials that will help spark the conversations that could help change the direction of young people's lives by proactively helping them to understand the potential impact of the decisions that they make.

The campaign would not be successful without the support of schools such as Lawthorn Primary – and it’s fascinating to see how the materials are being used in different settings and how different schools and youth groups are adapting the workshops.

Well done to everyone involved. If you’d like to sign up – it’s not too late! You can join the campaign at any stage and we’d be happy to support you on your anti-bullying journey.

## **ST ANDREW’S AND ST BRIDE’S HIGH SCHOOL JOIN THE #CHOOSERESPECT COMMUNITY**

As we approach the end of the first phase of #ChooseRespect, we can start to reflect on the impact the campaign materials have made in schools across the country.

In November, we headed along to St Andrew’s and St Bride’s High School in East Kilbride to see how teachers and pupils were putting the Choose Respect messages to the test in the classroom.

For the school, supporting the campaign meant more than just signing the pledge. They wanted to be a part of a national movement to drive forward learnings and solutions that will help them address bullying behaviour. It was about highlighting to the pupils that they are part of collective effort to embrace respectful behaviour and ultimately promote positive relationships between their peers.

St Andrew’s and St Bride’s teacher Jen Higgins, who organised their anti-bullying workshop, said: “One of the reasons we have signed up to support the #RespectMe campaign is because it is highly important for pupils to see that they are part of a nationwide movement, and that there are many more people who want to take a stand against bullying than who would carry out that behaviour.

“One of our goals is that pupils will know that we care about this issue and that we value them as individuals. We also want to encourage all to develop an awareness of what others may be experiencing, think more carefully about the things we say, and be pro-active in helping others as well as refusing to tolerate bullying in any circumstances.

“We organised the workshop for S1 to S3 pupils as we wanted to create an experience that was highly engaging and appealing to different senses, so that it would be less like a typical lesson and therefore more memorable and affecting.



“This year, many of the activities focused on resilience and how we can develop our own resilience. We are acutely aware of the stresses and strains that our young people are experiencing, all of which is relevant to the issue of bullying as we will find it harder to take a stand against bullying if we feel that we are at breaking point.”

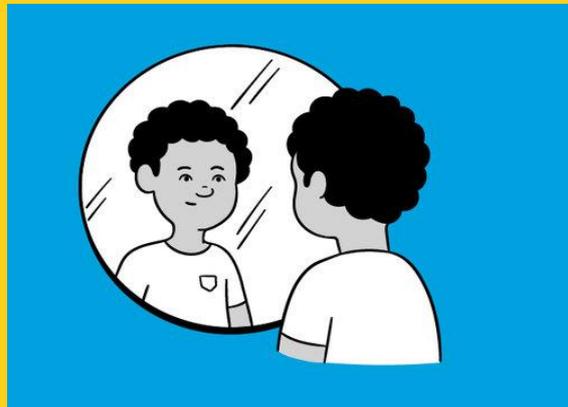
At the end of the session, pupils each signed the #ChooseRespect pledge, promising to show respect to all.

Thanks to the support of schools, teachers, youth group leaders and young people up and down the country, we're proud to celebrate an incredible year for respectme.

## **RAIGMORE PRIMARY: A CASE STUDY**

Before the end of last year, we were invited to attend workshops taking place at Raigmore Primary School in Inverness, where pupils and staff are helping to address bullying by taking part in our specially designed workshops.

The workshops were built around the first stage of the campaign, 'Self-Reflection', and helped pupils explore their own background, experiences and identity.



The aim of the #ChooseRespect workshop is to ensure that young people in Scotland have the tools that they need to build positive relationships throughout their school career and into adulthood. During our visit, we spoke with Autumn Macaulay, head teacher of Raigmore Primary.

She said: “One of our school principals is ‘Respect’ and we are continually promoting this throughout Raigmore Primary. These workshops help us to reinforce the importance of building positive relationships through mutual respect and understanding of one another.”

The school has taken the pledge to Choose Respect, and will kept up-to-date with new learning resources each time a new stage of the campaign is launched.

Our materials help to start proactive and beneficial conversations in schools across the country, prompting improved understanding among young people's about the impact of the decisions they make on others. Currently, over 700 schools, youth groups and clubs from across Scotland have pledged to support the campaign, and we are encouraging even more to sign up and help get the whole of Scotland to choose respect.

## **BOYS BRIGADE COMPANY PLEDGES TO ADDRESS BULLYING BEHAVIOURS WITHIN COMPANY**

'As phase two of our #ChooseRespect campaign draws to a close we want to take a look back at some of the groups who are getting involved, pledging to address bullying across Scotland.



A rural group of The Boys' Brigade pledged their commitment to #ChooseRespect by integrating anti-bullying workshops and exercises into its meetings in Millport, on the Scottish island of Cumbrae.

The group, made up of young people aged between 11 and 18, have been using the free teaching and learning resources to highlight and discuss anti-bullying themes such as inclusion, acceptance, celebrating difference, self-reflection and respect.

Jackie Wilson, Boys' Brigade Development Worker and also a volunteer leader with the Millport group, said: "It's really important for all young people to learn about respect and inclusion of their peers and community but especially so for young people who live in rural communities or, like ours, island communities.

"For The Boys' Brigade, we want young people to discover more about themselves and the world around them, realise what they are capable of and how their voice can be heard – and that has to include self-respect and respecting others.

The Boys' Brigade (BB) is a national Christian children's and youth work organisation, giving young people aged 5 - 18 the fun place to learn and develop skills and interests through an informal, progressive and varied programme.

Jackie continued: "When young people from Millport go to secondary school they join mainland schools and young people from different backgrounds, and we want to make sure that our young people are as aware of different cultures and people in different circumstances as anybody on the mainland.

"But let's not forget, young people these days are in no way unaware of diverse issues – social media and the internet has really helped to make the island's young people more connected to the wider world.

"I believe these sessions are a great way to reinforce to young people the model behaviours they should be mirroring in their real lives and the respect they should be showing to everybody that they come into contact with."

Our 2019 anti-bullying campaign, #ChooseRespect, builds on last year's Anti-Bullying Week conversation about what respect means to young people and adults. The campaign this year launched during Anti-Bullying Week in October 2018 and runs until June 2019.

Split across four stages, the campaign aims to build young people's understanding of key behaviours including respect and how to address bullying behaviours that they might witness. The four stages of the campaign are: Self Reflection (launched in October 2018), Celebrating Difference (launched in January 2019), Building Empathy (launching in March 2019) and Positive Relationships (launching in June 2019).

By signing up to this year's campaign, education and youth work practitioners will gain access to new tools that help young people fully understand what respect means, and the impact it can have on others.

Those who 'pledge' their support are also encouraged to nominate others who work with young people to ensure a far a reach as possible.

## **SOUTHSIDE SOCCER SCHOOL DELIVERS ON ANTI-BULLYING PLEDGE**

The transfer window may have slammed shut more than a month ago but that didn't stop us from unveiling our latest #ChooseRespect signing last night.

We are delighted to add Pollok United Soccer Academy, one of Glasgow's biggest football schools, to our list of supporters as we continue to dial up our campaign to get Scotland's youngsters engaged with the #ChooseRespect message.

Katie Ferguson, director at *respectme*, visited Pollok United Soccer Academy on Wednesday 6 March to attend the first #ChooseRespect anti-bullying workshop with the 2006 and 2007 age groups, as the football group commits to integrating regular anti-bullying sessions into its training programme.



Pollok United Soccer Academy is affiliated with the iconic Glasgow club Pollok FC, which has plied its trade in the city's Southside for over a century. The club works with hundreds of children aged eight onwards from across Glasgow through its boys, girls and disability football teams.

Pollok United Soccer Academy's Andy Elliott spoke about why they were so keen to get involved with the campaign saying: "It is a great opportunity for the academy to engage with our members and ensure this anti-bullying campaign reaches as many young folk in our community as possible.

"Pollok United Soccer Academy are delighted to be able to engage with respectme through football and hope that other community based clubs sign up for this campaign"

The workshops form part of the #ChooseRespect campaign which is currently in its second stage, 'Celebrating Difference'. The sessions ask young people to explore their attitudes to difference as well as thinking about what they can do contribute towards a culture of respect and inclusion in their communities.

The quick and engaging sessions can be delivered by anyone working with children from school teachers and youth workers to football coaches and Scout leaders using the range of free resources available.

With two stages of the campaign, 'Building Empathy' and 'Positive Relationships' still to come before the end of the school year and football season, there is still plenty of time for others to get involved.

The materials for all stages of the campaign are suitable for young people of primary and secondary age and are all free to download [here](#).