



Profiling provision that supports the delivery of RSHP education

respectme, Scotland's anti-bullying service

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About the service

respectme, Scotland's anti-bullying service, is funded by the Scottish Government and is managed by SAMH (Scottish Association for Mental Health) in partnership with LGBT Youth Scotland.

Our vision is of a respecting, just, equal and inclusive Scotland in which all children and young people can live free from bullying and are encouraged to reach their full potential. Our work is driven by a focus on children's rights.

We aim to build the capacity of adults to effect change and challenge bullying and stigma at an individual, school, family, community and societal level. We also campaign at a national level to raise awareness of the service and the impact that bullying can have.

We work with all adults involved in the lives of children and young people to give them the practical skills and confidence to promote positive relationships and an ethos of respect in their setting, support children and young people who experience bullying and address the behaviour of those who bully others.

respectme can support the work of education establishments through: A programme of free anti-bullying training for educators; Free anti-bullying information sessions for parents and carers; Our website provides educators with a range of definitions, information, policy, resources, activity plans, videos, and a guide for parents and carers; Policy support for local authorities and young people's organisations; Annual anti-bullying campaigns with opportunities for local engagement.

Links to further information

The Scottish Government has set out anti-bullying in guidance in [Respect For All: the national approach to anti-bullying of Scotland's children and young people](#).

There are a number of resources for educators available on our website to download including

[Addressing Inclusion: effectively challenging homophobia, biphobia and transphobia](#)

[Addressing Inclusion: effectively challenging racism in Schools](#)

[Policy through to practice – getting it right](#)

[Bullying – a guide for parents and carers](#)

During our 2018/19 campaign, Choose Respect, we worked with a range of partners to develop a number of activity plans that can support educators to explore themes of self-reflection, celebrating difference, building empathy and positive relationships. The activity plans can be accessed on www.chooserespect.scot