

respectme
Scotland's
Anti-Bullying
Service



We've been busy!

Here are some of our key statistics

17,090

adults across
Scotland trained

19
national
campaigns

3,817
eLearners

697,156

children and young
people engagement with
campaigns and live
lessons

2,629

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.

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 Scottish Action for Mental Health (SAMH) and LGBT Youth Scotland, we 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 and 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 on the annual Anti-Bullying Week programme for Scotland



Scottish Government
Riaghaltas na h-Alba
gov.scot





Training and 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 empower them to prevent and respond to bullying effectively.

Our **FREE** eLearning courses cover valuable foundational training in **Understanding Bullying** and **Responding to Bullying**, and our new short modules include:

- Bullying and Trauma
- School Transitions
(Relationships and Bullying)
- Power of Peers (Youth-Led Anti-Bullying Work)
- Bullying – A Guide for Parents and Carers
- Online Bullying
- Body Image and Bullying

From mid-2026

- Relationships in the Early Years
- Bullying and Mental Health
- Neurodiversity and Bullying

Webinar Events/ Workshops

respectme hosts webinar events across the year for professionals and practitioners working in schools or youth settings, and for parent or carers. Our webinar calendar is on Eventbrite.



Bespoke training and information webinars/workshops can also be developed in partnership with organisations.



To get started with eLearning, register for a free account at

www.respectme.org.uk/elearning

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 unflinchingly 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.respectme.org.uk/reward

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.

Bullying – The Power of One¹

Looking for somewhere to start? Our anti-bullying film series **Bullying – The Power of One¹** and supporting learning resources for Primary 4 up to Secondary age groups, explores bullying and its ripple effect. The film shows the perspectives of the main character ‘Noah’, his best friend ‘Ava’, ‘Grace’ who is bullying him, his parents’, and the class teacher.



Watch the film here



Download resources for this, and our other timeless anti-bullying campaigns, at www.respectme.org.uk/campaigns

Get in touch - find us at www.respectme.org.uk or email the team at enquire@respectme.org.uk.

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

 [@respectme-scotland.bsky.social](https://bsky.app/profile/respectme-scotland.bsky.social)  [@respectmescotland](https://www.youtube.com/@respectmescotland)
 [@respectme.scotland](https://www.facebook.com/respectme.scotland)  [@respectme-scotland](https://www.linkedin.com/company/respectme-scotland)
 [@respectmescot](https://www.instagram.com/respectmescot)

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