



#### PSE – Curriculum Resource Pack

Our Digital Content and services are ideally suited to support the Curriculum for Excellence Third Level Health and Wellbeing (Personal and Social Education) Benchmarks.

This resource provides guidance on how to embed our quality-assured youth information into lessons and suggested activities to consolidate learning.

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Planning for Choices and	Experiences and	Benchmarks
Changes	Outcomes	
Expectations and	I am investigating different	Explores a range of
Aspirations	careers/occupations, ways	learning opportunities and
	of working, and learning	career pathways.
Relevance of learning to	and training paths. I am	
future choices	gaining experience that	
	helps me recognise the	
	relevance of my learning,	
	skills and interests to my	
	future life.	
	HWB 3-20a	

Suggested campaigns/articles to signpost learners to or use in daily lessons.

W.O.R.K	W.O.R.K stands for Working, Opportunities, Rights & Knowledge	
(National Campaign)	and is an information source for young people, created by	
	Young Scot, in partnership with Developing Young Workforce.	
	Articles include:	
	Understanding Different Employment Contracts	
	Tips for Networking Online	
	Your Rights When Fired from A Job	
	Your Rights as an Apprentice	
	Pros and Cons of a Part-Time Summer Job	
	Becoming a Teacher in Scotland	
<u>Apprenticeships</u>	Our Apprenticeships campaign allows learners to discover	
(National Campaign)	how they can earn money, learn skills and get into a career	
	they love with an apprenticeship.	
	Articles Include:	
	Benefits of Doing an Apprenticeship	
	How to Find an Apprenticeship	
	Find Apprenticeship Opportunities	
	How My Apprenticeship Helped Me	
	Apprenticeship Job Alert	
	Your Rights as an Apprentice	
	<u>Hear From an Apprentice</u>	





#YSNext (National Campaign)	YSNext is our 'next steps to employment' package of support for young people not in employment, training or education. It's designed to support you to develop new skills, make everyday living easier, and promote health and wellbeing.
Stand-alone articles	Subject Choices and Digital Careers
	Digital Careers
	<u>DigiKnow Cyber Career Paths</u>
	Jobs In the Music Industry
	Choosing the Right Career for You
	Five Questions to Ask Yourself About Your Career
	What to Expect at Your New Job
	<u>Career Support</u>
	Six Jobs You Can Do Abroad
	A Guide to Writing the Perfect CV
	3 Reasons Why Women in STEM Are Important
	How Maths and Science Can Kick-Start Your Career
	Make Your STEM Job Application Stand Out
	Work Experience Can Be a Foot in the Door
	A-Z Interview Tips
	Working at the Scottish Youth Theatre
	How to Answer Those Tough Interview Questions
	Getting Your Results – What's Next?
	How to Get Started in Sound Production
	Volunteering in the Creative Industry
Activities	Submit: Scottish Career Information Survey (2022) – 150
	Reward Points
	Apply: Take Part in Work Experience Opportunities at Speakers
	for Schools – 25 Reward Points
	Read: Achieve a Saltire Volunteering Award at Saltire Awards
	- 25 Reward Points
	Read: Apply for SAAS Funding Early in May at SAAS – 750
	Reward Points





# Activity 1

Fill in the first three boxes, then use the information on <u>young.scot</u> and other websites such as <u>www.myworldofwork.co.uk</u> and <u>www.prospects.ac.uk</u> to research the steps you need to take to achieve your career goals.

Interests My interest e.g. art, gaming.	
Strengths My strengths e.g. presenting, leading, organisation.	
Careers Careers am I interested in pursuing.	
Next Steps Skills/experience/ results I need to achieve my career goals.	





Physical Activity	Experiences and	Benchmarks
	Outcomes	
Diet, rest and sleep.	I can explain why I need to	Evaluates own lifestyle in
	be active on	respect of daily
	a daily basis to maintain	physical activity, diet, rest
	good health and try	and sleep and
	to achieve a good	impact on health and
	balance of sleep, rest and	wellbeing.
	physical activity.	
	HWB 3-27a	

Suggested campaigns/articles to signpost learners to or use in daily lessons.

#Ayefeel	#AyeFeel is a collection of information and resources that	
(National Campaign)	support young people's emotional wellbeing.	
	The site and its content help young people to understand that	
	it's perfectly normal to be dealing with fear, uncertainty,	
	anger or sadness during difficult circumstances. It contains	
	quality-assured information, expert advice and content made	
	for young people by young people. It covers topics such as	
	how to improve sleep, managing stress, productive ways to	
	spend time online and coping with conflict.	
	Signature of the signat	
	Articles related to diet, rest and sleep:	
	How to Improve Your Sleep Routine	
	Sport, Physical Activity and Mental Health	
	Get Active for Your Mental Health	
	<u>Healthy Eats</u>	
	Relaxation Exercises	
	<u>How Stress Affects You</u>	
#MakeTimeTo	#MakeTimeTo is a campaign to raise awareness of #AyeFeel	
(National Campaign)	and encourage young people to make time to look after their	
	mental health and emotional wellbeing. The campaign has	
	been created with input from young people from the Young	
	Scot Health Panel and builds on our initial campaign 'Make	
	Your Mental Health a Priority'.	
	Articles related to diet, rest and sleep:	
	Make Time to Look After Your Mental Health	
	Get Involved in #MakeTimeTo	





Stand-alone articles	How to Include More Plant-Based Foods In Your Diet	
	Having a Sustainable Scottish Diet	
	How to Eat Healthy	
	<u>Keep Your Plants On</u>	
	Healthy eating & exercise for young people	
	13 Ways to Keep Healthy	
	Five Ways to Reduce Screen Time Before Going to Sleep	
	Sleep Depravation	
	Getting a Good Night's Sleep	
	How to Not Let Studying Take Over Your Life	
Activities	Your Mental Health and Wellbeing Survey – 150 Reward Points	
	<u>Find Out About the Benefits of Meditation</u> – 25 Reward Points	
	<u>Participate: Keep the Heid Pledge</u> – 150 Reward Points	
	Tell Us: What Kind of Mental Health Content Would You Like to	
	See? – 150 Reward Points	
	Read: 9 Tips for Reducing Stress – 25 Reward Points	

# Activity 2 – Teacher's Note

- 1. Print activity below double-sided.
- Ask learners to read the article "Sport, Physical Activity and Mental Health" at young.scot/campaigns/national/aye-feel.
   A printable copy of this article can be found in appendix 1.
- 3. Ask learners to use what they have learned to complete the quiz.







# Sport, Physical Activity and Mental Health Quiz

	Ų			_
	1.	The mental health campaign; "Feel Your Best" completed a stu showing 81% of people believed what?	dy	
	_			_
2	2a.	Which type of exercise can relieve stress?		
				_
	2b.	Can you find 3 examples of this type of exercise in the text?		
				_
	3.	How much exercise does the NHS recommend young people ha per day?	ve	
	4.	Explain some of the benefits of swimming according to Laura? Try to use your own words.		
				_
				_
	50	How did Ben feel when he was injured?		_
	ou.	Tiew and Berricer when he was injured:		
	5b.	Why do you think Ben felt that way?		_
				_





6.	Why does the Young People's Sport Panel plan to improve inclusion
	within sports.

7a. Name 3 examples of sports which can be adapted for young people with disabilities.

7b. Why is this important?

8. Where can you find more information to help you look after your mental health and wellbeing?







If you're a Young Scot Member you have earned 100 Rewards points for taking part in the Sport, Physical Activity and Mental Health Quiz.

Log in to redeem your points or enter your points code: 85603T8N







Substance Misuse	Experiences and Outcomes	Benchmark Examples
Use of substances	Understand the positive effects that some	Explains the benefits     of substances in
Informed Choices	substances can have on the mind and body	supporting good health, for example,
Risk taking	but I am also aware of the	prescribed
Behaviour	negative and	medication.
Action in unsafe	serious physical, mental, emotional, social	<ul> <li>Gives examples of current laws and</li> </ul>
situations	and legal consequences	advice in relation to
	of the misuse	substance use, for
	of substances.	example, units of
	HWB 3-38a	alcohol, tobacco
	HWB 3-39a	sales.
	HWB 3-40a	
	HWB 3-40b	
	HWB 3-41a	
	HWB 3-41b	
	HWB 3-42a	
	HWB 3-43a	
	HWB 3-43b	





Suggested campaigns/articles to signpost learners to or use in daily lessons.

Choices for Life	'Choices for Life' aims to raise awareness amongst young	
(National Campaign)	people aged 11-18, about the dangers of smoking, alcohol	
	and drugs as well as online safety and information on how to	
	deal with negative peer pressure.	
	Articles Include:	
	Three Ways the Tobacco Industry Targets You	
	What to Do If You Feel Pressured to Smoke	
	Choices: An Interactive Short Film	
	Alcohol: The Myths	
	All About Alcohol	
	What Alcohol Does to Your Body	
	<u>Video Dramas: Dealing with Peer Pressure</u>	
	My Friend Has Drunk Too Much, What Should I Do?	
	Where Do NPS Or 'Legal Highs' Come From?	
	Smoking: The Myths	
	<u>Wider Costs of Smoking</u>	
	What Smoking Does to Your Body	
	What Booze Does to Your Looks	
	<u>Drink Driving: The Myths</u>	
	What Drugs Do to Your Body	
	What is Shisha Smoking?	
	4 Ways to Keep Cigarette Cravings at Bay	
	Drugs: The Myths	
North Ayrshire Drugs &	DASH is a drugs and alcohol information campaign created	
<u>Alcohol Information</u>	by young people and experts in North Ayrshire.	
(Local Campaign)	This campaign includes an animated video series informing	
	young people of the risks of alcohol and drugs.	
<u>Drugs and Alcohol – Angus</u>		
(Local Campaign)	people in Angus.	
Stand-alone articles	Glasgow City Youth Health Services	
	Staying Safe – Perth and Kinross	
	We Are With You – East-Dunbartonshire	
	Drug and Alcohol Information for Young People - Inverciyde	
Activities	Quiz: Getting Home Safe on a Night Out – 25 Reward Points	
	<u></u>	





## Activity 3 – Lesson Plan

Sophie's Story HWB 3-41b

Suggested LI: I understand how the use of alcohol can affect behaviour.

Suggested SC: I can explain how substance misuse can affect judgement and impair ability to make responsible decisions.

#### Resources needed

- Pencils/pens
- Paper
- Smart Board
- Alcohol and Behaviour PowerPoint
- 1. Begin the lesson by introducing the learning intention and discussing success criteria using the presentation above.
- 2. Ask the learners to divide their page into two sections with the headings as seen below.

What do I already know about the effects of alcohol on behaviour?	What have I learned?

- 3. Ask the learners to fill in the first box on their own, drawing on their previous knowledge of how alcohol can affect a person's behaviour and making connections to what they might have seen in the media, what they may have heard from their friends or family and other examples.
- 4. Give the learners the opportunity to share any of their ideas with the class and take some time to dispel any common myths and misconceptions.
- 5. Now show the class the video of <u>Sophie's Story</u>.

  Ask them to write at least one example of how Sophie behaved differently compared to the start of the video

One example of how Sophie's behaviour put her in danger Give them the chance to share their examples with the class.





- 6. Work through these questions as a class.
- How does Natasha influence Sophie's decision about going to the party?
- Why is Sophie concerned about having alcohol before or at the party?
- What impact could alcohol have on Sophie's decision ability to make decisions?
- What were the physical signs that Sophie had been drinking?
- What could Natasha do to help Sophie when she becomes ill?
- Why does Ben decide that he does not want anything else to drink?
- What could happen to Sophie as a result of drinking at the party?
- 7. Work through the PowerPoint to inform learners of the facts around alcohol and how it can affect the body. Allow them to take notes which can be added to the column on the right of their page.
- 8. Ask them to write down anything else they might have learned from this lesson.
- Ask learners to create either a poster illustrating what they have learned which
  can be used to inform their peers
  or
  a comic strip with a similar story to Sophies

#### Suggested activity

For the comic strip, ask learners to divide their page into six boxes. In the top 3 boxes they could create a story where a person has a negative experience due to the effects of alcohol. In the bottom 3 boxes they could illustrate someone enjoying themselves at a party without alcohol.





Relationships, Sexual Health and Parenthood	Experiences and Outcomes	Benchmark Examples
Positive Relationships	I understand the importance of being cared for and caring for	<ul> <li>Explains why commitment, trust and respect are</li> </ul>
Physical changes	others in relationships and can explain why.	central to being cared for and
Sexual health and sexuality	HWB 3-44a	caring for others.
Role of parent/carer	HWB 3-44b HWB 3-44c	<ul> <li>Demonstrates respect and</li> </ul>
Role of parelly care	HWB 3-45a HWB 3-45b	understanding of the diversity of
	HWB 3-46a HWB 3-46b	loving and sexual relationships, for
	HWB 3-46C HWB 3-46C	example, LGBTI relationships,
	HWB 3-47a HWB 3-47b	marriage, living together, co-
	HWB 3-48a HWB 3-49a	parenting.
	HWB 3-49b HWB 3-51a	
	HWB 3-51b	

Suggested campaigns/articles to signpost learners to or use in daily lessons.

mt 11 N1 1 G1	
<u>That's Not Ok</u>	That's Not OK is our campaign against gender-based
(National Campaign)	violence, in partnership with the Scottish Government, which
	has been running for the last two years. We have worked with
	partner organisations including Rape Crisis Scotland and
	Scottish Women's Aid to create an information resource for
	young people in Scotland on this topic, via our website and
	social media channels.
	Content Warning: These articles & links mention domestic
	abuse, violence, sexual abuse and controlling behaviour,
	which may be upsetting for some readers.
	,
	Articles Include:
	Information on where to get support
	Healthy Relationships
	Personal safety apps and tech





	How to be a good ally to women	
	The Girls Fighting Against Gender-Based Violence in the Live	
	<u>Music Scene</u>	
	How to support a friend	
	<u>Digital Wellbeing Toolbox</u>	
That's Not Ok Scenarios	Do any of these situations sound familiar? Click on the	
(National Campaign)	scenarios to find out why that's not OK.	
	Content developed in partnership with Rape Crisis Scotland	
	and Scottish Women's Aid. Part of the That's Not OK	
	campaign.	
	Articles Include:	
	<u>Microaggressions</u>	
	"My partner keeps making sly digs at me."	
	Someone shared your private photo without your consent	
	Sexual Harassment	
	"Someone has said things to me or about me of a sexual	
	nature that made me feel uncomfortable."	
	Physical Violence	
	"My partner slapped me during an argument."	
	Coercive Control	
	"My partner wants to talk to me on the phone all day and	
	night and demands to know who else I have been speaking	
	to."	
	Verbal Abuse	
	Stalking	
	Gaslighting	
	Spiked	
LGBT+ (National	Information on coming out, questions you may be asked,	
Campaign)	myth busters and more!	
. 0,	,	
	Articles Include:	
	Coming out as Gay, Lesbian or Bisexual	
	Video: A History of LGBT Rights in the UK	
	Everything you need to know about pride	
	Supporting a Friend or Family Member Who Has Just Come out	
	Where to meet other LGBT+ Young people	
	What is Homophobia?	
	A coming out guide for Trans people	
	What is Transphobia?	
	All about Asexuality	
	Gender Identity Terms	
	<u> </u>	





Consent (National	What is consent and why is it important? Find out more about	
Campaign)	what it means to say yes or no to sex or being intimate with	
Campaign)	someone in any way.	
	Someone in any way.	
	Articles Include:	
	What is consent?	
	Feeling pressured to have sex	
	Sex and Personal Safety	
	What is New Rules?	
Sexual Health (National	Information about sex, contraception and sexual health for	
Campaign)	young people.	
	This content has been developed in partnership with HIV	
	Scotland.	
	Articles include:	
	Keep your sexual health in check	
	Everything you need to know about STI's	
	What Happens When You Go for an STI Test	
	The difference between HIV and AIDS	
	Where to get emergency contraception	
	Sex: Myths and Facts	
Periods (National	There's a lot of stigma surrounding periods but there doesn't	
Campaign)	have to be! It's something that half the world's population will	
	have to deal with at some point in their life. You're not alone	
	and here we answer many of the common questions	
	Articles include:	
	What are periods?	
	Periods: What should I use?	
	<u>Is my period normal?</u>	
	Period myths busted	
	How does PMS affect people?	
	How to deal with your period	
	Video: My first period	
Ping Pregnancy and	Ping is the digital information resource for young people in	
Parenthood (National	Scotland who have experience of pregnancy and	
Campaign)	parenthood.	
	Articles include:	
	Announcing your pregnant	
	Your options when you become pregnant	
	10 Tips for Pregnancy & Maternity at Work	
	Your Guide to Maternity and Paternity Rights	
	What being a young parent is really like	





	The positives and negatives of being a young parent	
	Your rights and responsibilities as a young dad	
	5 Ways to look after your wellbeing during pregnancy	
Activities	Read: Find Out About Sustainable Period Products – 25	
	Reward Points	
	Read: Find Out Where To Access Free Period Products – 25	
	Reward Points	

#### Activity 4 – Lesson Plan

"Learners develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health. They develop their understanding of the complex roles and responsibilities of being a parent or carer." (Health and Wellbeing: Experiences and Outcomes, p16).

For this activity, learners will explore the articles and videos on young.scot to research the different themes which link to the HWB contexts. They will then gather their information and present their findings. They will also evaluate their own values and beliefs, provide their own opinions and justify their reasoning.

Due to timetable restrictions, it may be best to complete this activity over two lessons.

Because of the sensitive nature of some of the themes/issues included in these topics, it may be useful to have a discussion around being respectful and appropriate and what that looks like in the classroom.

Please see below for lesson plan.





# **Activity 4**

Suggested LI: I understand how my attitude, values and beliefs influence my decisions about relationships and sexual health.

Suggested SC:

I can research information around relationships, sexual health and sexuality and present what I have learned.

I can evaluate my own opinions and beliefs about relationships, sexuality and parenthood and justify these with facts or explanations.

#### Resources needed

- Laptops/computers/l-pads (2 per group if possible)
- Paper
- Pens/pencils
- Presentation paper if needed
- 1. Begin the lesson by sharing the learning intention and success criteria.
- 2. Split learners into 4 teams and assign the following roles. Some roles may need to double up.
  - Researcher Uses laptop or other device to research information on young.scot
  - Scribe Takes notes of key facts as well as team members opinions and beliefs
  - **Designer** Creates PowerPoint or paper presentation to present findings
  - **Manager** Ensures every member of the team has the opportunity to contribute and that the task is completed on time.
  - Whole Team Everyone is responsible for research, contributing to the overall look of the presentation and communicating with each other respectfully.
- 3. Provide each team with a focus/theme as well as one or more young.scot campaigns to research.
  - Positive Relationships <u>That's Not Ok</u> and <u>Consent</u>
  - Physical Changes <u>Periods</u>
  - Sexual Health and Sexuality Sexual Health and LGBT+
  - Role of a parent Ping





4. Ask learners to work in their teams to complete their research and begin work on their presentations. Here are some suggestions on how they might structure their presentations.

#### Introduction (1-2 slides)

- Which theme have you researched?
- What did you already know about this theme?
- What are the key ideas/issues you will cover in your presentation?

# Key ideas/issues (More than 1 or 2 slides)

- Present the key facts/issues around the theme
- Provide any quotes you found interesting/inspiring from the articles or videos you have researched
- Provide any opinions you might have around these and justify them

#### Conclusion (1-2 slides)

- What was the most important thing you learned from your research?
- Have your opinions/thoughts/feelings/beliefs changed? Why?
- Were there any myths around this theme which you now know to be untrue
- Give your audience time to ask any questions or make any comments
- Plenary Ask learners to write down one thing they have learned from this
  activity on a post-it note or whiteboard.
   Revisit the success criteria and ask learners to decide if they have achieved
  this using traffic lights.

Green - I have researched information around relationships, sexual health and sexuality and presented what I have learned.

I have evaluated my own opinions and beliefs about relationships, sexuality and parenthood and justified these with facts or explanations.

Yellow – I have attempted to research information around relationships, sexual health and sexuality and can answer some questions on what I have learned.

I have started to think about my own opinions and beliefs and why I think/feel this way.

Red – My team researched information around relationships, sexuality and sexual health however I did not contribute as much as I could have.

I don't believe I have any opinions/thoughts around these topics.





#### **Appendices**

# Appendix 1

# Sport, Physical Activity and Mental Health

This article has been created by members of Young Scot and sportscotland's Young People's Sport Panel.

Activity is important as it can improve both mental and physical health. Studies produced by the mental health campaign "Feel Your Personal Best" demonstrate that mental health has become even more of a priority given the ongoing COVID-19 pandemic. This campaign was even supported by Sir Chris Hoy! The study showed that 81% of people said being more active positively impacted on their mental wellbeing, over 50% said that it helped them feel more relaxed, while over 33% said that it made them feel less anxious.

When we talk about sport we often go along the lines of competitive sports such as football, rugby, athletics and so on, however simple exercise like walking, running, and cycling to the shop, rather than taking the car can help relieve stress. This can give a sense of calmness and give you a feeling of achievement after completing these tasks. We must make sure that the exercise is enjoyable, so we want to get active time and time again.

## What activities count?

The NHS advise that young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate intensity physical activity a day. This might sound a little intimidating, but you might be surprised by what actually counts as moderate physical activity. Walking the dog, walking to school, skateboarding and cycling on level ground all count! Alternatively, more intense activities like football, swimming or tennis are also great!



## How can you get involved?

Your school, college or university can be a great way to get active and/or start a new sport. They will also have lots of information on clubs that you can join in the local area.

There are so many sports out there that you can try! You might not enjoy the first thing you try but that doesn't mean you should write off all sport/physical activity. Lots of clubs run taster sessions, so you can go and try something without a large cost. You can also get involved with sport through coaching and officiating. This can be very rewarding and can have its own physical, mental and social benefits. Personal Experience





Laura, 24, West Lothian says,

"Swimming has given me goals to aim towards and a drive to improve each day, as well as meeting new people across the country. It allows me a place away from everything when I have had a bad day and I feel so much better for it afterwards."



Cricket has given me so much over the past few years. Having a game at the weekend is really something I look forward to, during the week. I feel a great sense of achievement when I play well and make progress with my game. – Louis, 18, Perth & Kinross Social Sports

The social benefits of sport aren't spoken about enough, in our opinion. Team sport in particular can provide a great space for people to make friends and enjoy themselves amongst people with similar interests.



"Football has always been a massive part of my life, it allowed me to build relationships between myself and individuals with similar interests. Unfortunately I suffered an injury where I was away from the team, at this point I felt isolated. This put emphasis on how important sport can be socially and I would encourage anyone to take any opportunity that they are given," says Ben, 20, South Lanarkshire.

#### Who is sport for?

Barriers must be broken down to create improved accessibility to sport and a place of comfort for those people involved, improving physical and mental wellbeing. "The Young People's Sport Panel has dedicated a group of the panel to focus more closely on inclusion. This includes equality regarding disability, race, implementing ways to prevent discrimination in sport and overall, to make sport as inclusive and equal as possible. Not only this group, but the whole panel has shown passion to focus on these issues." – Emmanuel, 15, Glasgow City

"There is a sport out there that can be adapted for all, whether this is, for example, boccia, swimming, athletics. Having access to sports with a disability can positively contribute to mental health and having adaptations within sport is important for individuals to feel included," says Laura, 24, West Lothian.



We at the YPSP are passionate about helping young people through sport. Helping people with their mental health is obviously a huge part of this and we look forward to working more with Young Scot to achieve this. For more information about supporting your mental health and emotional wellbeing visit young.scot/ayefeel.





#### Appendix 2

# **List of services**

Below is a list of organisations offering a variety of forms of support.

# **Anxiety UK**

Anxiety UK offers support, advice and information on a range of anxiety, stress and anxiety-based depression conditions.

Call: 03444 775 774 Text: 07537 416905

Helplines are open 9.30AM – 5.30PM, Monday – Friday (except bank holidays).

Visit their website to use Anxia - a chatbot that can help provide support.

# **BEAT**

Eating disorder charity who offer different support services depending on your age.

Call Youthline (Under 18s): 0808 801 0711 Call the Helpline (18+): 0808 801 0432

Helplines are open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Email support: scotlandhelp@beateatingdisorders.org.uk

Online chat room.

#### Breathing Space

Free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

Open Monday – Thursday 6pm – 2am and from 6pm on Friday to 6am on Monday.

Call: 0800 83 85 87

Calm Harm

An app to help teenagers manage or resist the urge to self-harm by providing a wide range of distraction techniques.

Childline

Support for anyone under 19 years old.

Open 24 hours a day, 7 days a week.

Call: 0800 1111

Visit the Childline website for a digital chat.

# <u>Cruse Bereavement Care</u>

Operates a free helpline for those dealing with the loss of a loved one.

Open Monday and Friday 9.30am – 5pm, Tuesday – Thursday 9.30am-8pm.

Call: 0808 808 1677

Email: helpline@cruse.org.uk

Cruse Webchat





#### LGBT Youth Scotland

Live chat on their website four times a week where you can chat directly with trained youth workers in real-time about whatever is on your mind.

Their session hours run from:

• Monday: 4pm to 8pm

• Tuesday: 6pm to 8pm

• Wednesday: 4pm to 8pm

• Thursday: 6pm to 8pm

You can also email info@labtyouth.org.uk outwith these hours if you need support.

#### **LGBT** Foundation

Operates a helpline offering non-judgemental support and advice on a range of topics.

Open weekdays 9am-9pm and weekends 10am-6pm.

Call: 0345 3 30 30 30

Email: helpline@lgbt.foundation (it can take up to 10 working days for a reply)

#### NHS Inform

Self-help guide on anxiety

#### **NSPCC**

Parental and child mental health support.

Open Monday to Friday 8am – 10pm or 9am – 6pm at the weekends.

Call: 0808 800 5000

Email: help@nspcc.org.uk

## PAPYRUS HOPELine

Young suicide prevention society.

9am – midnight every day of the year (weekends and Bank Holidays included).

Call: 0800 068 4141

Email: pat@papyrus-uk.org

Text: 07860039967

## Samaritans

Emotional support to anyone in emotional distress or at risk of suicide.

Open 24 hours a day, 365 days a year.

Call: 116 123

Email: jo@samaritans.org

#### <u>SAMH Information Service</u>

Seeking Support, information or for a chat about mental health. Open 9am - 6pm, Monday – Friday (closed Bank Holidays).

Phone: 0344 800 0500 Email: info@samh.org.uk





## Shout

Text service for anyone in crisis anytime, anywhere. A place to go if you are struggling to cope and need immediate help.

Open 24 hours a day, 7 days a week.

Text: SHOUT to 85258

## Sleep Scotland

If you're struggling with your sleep, Sleep Scotland can provide support. Email them initially to arrange a phone call.

Open Monday - Thursday 10am - 4pm. Email: sleepsupport@sleepscotland.org

## The Mix

Support for anyone up to 25 years old.

Their phone line is open 3pm - 12am every day of the year.

Call: 0808 808 4994

Their crisis text support service, is open 24 hours a day, 7 days a week.

Text: Text THEMIX to 85258

Email

#### Young Minds Crisis Messenger

Text message service for young people looking for help and support with mental health.

Open 24 hours a day, 7 days a week.

Text: YM to 85258

# CAMHS

If things are getting too much and you are struggling to cope, you can get help from Child and adolescent mental health services (CAMHS). You can find details of what your local NHS can do to help you here.

NHS Ayrshire and Arran

NHS Borders (Scottish Borders)

NHS Dumfries and Galloway

Bòrd SSN nan Eilean Siar (NHS Western Isles)

NHS Fife

NHS Forth Valley

NHS Grampian

NHS Greater Glasgow and Clyde

NHS Highland

NHS Lanarkshire

NHS Lothian

NHS Orkney

NHS Shetland

NHS Tayshire





#### Mental Health & Wellbeing Wakelet

You might also find it helpful to check out this Wakelet that shares support for practitioners, parents, carers & young people.

This is a collection of links to materials stored online that can be used to support the mental health and wellbeing of children and young people during COVID-19.

#### Abused Men in Scotland

Abused Men in Scotland is a national helpline to support men who have experienced abuse. You can contact them by phone from 9am to 4pm Monday to Friday. Phonecalls to this number are free from UK mobiles and landlines and do not appear on your phone bill. They are also available via email, Facebook and Twitter:

- Call: 03300 949 395
- Email: support@amis.org.uk
- Facebook
- Twitter

#### Amina: The Muslim Women's Resource Centre

Amina: Let's Talk is a service for Muslim women and girls aged 16-25 in Scotland. Their helpline runs every Wednesday 6pm-9pm.

- Call: 0808 801 0301
- Email: TalkToUs@mwrc.org.uk

#### Childline

Childline is a free and confidential service available to those 18 and under. You have to create an account and log in to use the 1-2-1 counsellor chat or email. You can use the 1-2-1 counsellor chat from 7:30am to 10:30pm Monday to Friday and from 9:00am to 10:30pm on Saturday and Sundays. If you join the queue for a chat with a counsellor before 10:30pm you will be answered by a counsellor, even if it's after 10:30pm.

You can call childline from 7:30am to 3:30am Monday to Friday, and between 9:00am and 3:30am on Saturday and Sundays. If you call Childline the number won't appear on your phone bill.

You can send Childline an email at any time and you should receive a reply within 24 hours.

- Call: 0800 1111
- Webchat or Email

Find out more about what happens when you contact Childline and how they can help or watch our IGTV with Lauren Burke, a Childine Counsellor as she answers questions submitted by young people about how to get in touch and the support you can receive.

Childline also has the Report Remove service. This is where you can report nudes images of yourself that have been shared online without your consent if you are under 18 or the images are of you when you were under 18. To find out more about the service visit the Report Remove information page on Childline.





If you are over 18 and images of yourself have been shared online without your consent, you can reach out to The Revenge Porn Helpline.

#### Dundee International Women's Centre

Dundee International Women's Centre offers support and opportunities for marginalised women in Dundee. They provide educational, recreational and social activities as well as employment training, and information and advice services. Their phone number is available from around 9:00am to 4:30pm Monday to Wednesday.

• Call: 01382 462 058

Email: mail@diwc.co.uk

# FearFree

FearFree offers support to any man or LGBTI+ person experiencing domestic abuse. The. contact information below will put you through to an office where you will be put in touch with someone who can help. This number is available from 9:00am to 5:00pm Monday to Friday.

• Call: 0131 624 7270

• Email: fearfreeinfo@sacro.org.uk

# Hemat Gryffe Women's Aid

Hemat Gryffe offers support for women experiencing domestic abuse, forced marriage or honour-based abuse. Their helpline is available Monday to Friday from 9:00am until 5:00pm.

Call: 0141 353 0859

• Email: womensaid@hermatgryffe.org.uk

# National LGBT <u>Domestic Abuse Helpline</u>

The National LGBT Domestic Abuse Helpline provide support services to LGBTQIA+ people. Their helpline is open Monday to Friday (10am - 5pm) with a later closing time of 8pm on Wednesday's and Thursday's.

Call: 0800 999 5428

Email: help@galop.org.uk

## National Stalking Helpline

The helpline is open daily from 9:30am - 4pm, except Wednesday when it's open 1pm - 4pm.

• Call: 0808 802 0300





#### Rape Crisis Scotland

Available for those aged 13 and over of any gender, open from 6pm until midnight every day and offers free language interpreters including British Sign Language service. Rape Crisis Scotland can put you in touch with your local Rape Crisis centre for support, they offer free and confidential support on many different topics as well as workshops in aromatherapy and relaxation techniques.

Call: 0808 801 0302

• Email: support@rapecrisisscotland.org.uk

• Text: 07537 410 027

Find the details of your local centre.

Visit the Rape Crisis Scotland website for more information.

# Revenge Porn Helpline

If you're aged 18+ you can contact the 'Revenge Porn' Helpline (10 am to 4 pm, Monday to Friday excluding bank holidays) which provides advice, guidance and support with helping to remove intimate content which has been non-consensually shared online. You can also email them or contact them through Facebook Messenger.

• Call: 0345 6000 459

• Email: help@revengepornhelpline.org.uk

Facebook Messenger

# SARCS

If you have experienced sexual violence and you are 16 or over you can phone the sexual assault self-referral phone service. The service can help to arrange care for you in the days following a rape or sexual assault. If you have experienced sexual violence in the past 7 days they may be able to arrange for you to have a forensic medical examination without making a report to the police. The service runs 24 hours a day, 7 days a week and calls are free from landlines and mobiles.

• Call: 0800 148 88 88

## Scottish Domestic Abuse and Forced Marriage Helpline

The Scottish Domestic Abuse and Forced Marriage Helpline is run by Scottish Women's Aid and can offer private support to anyone with experience of domestic abuse or forced marriage. They are open 24 hours and they have a translator service available if you'd rather speak to someone in a different language.

Call: 0800 027 1234

• Email: helpline@sdafmh.org.uk

Webchat

# Scottish Women's Aid Groups

There are 36 Women's Aid groups all over Scotland that can offer you support in your local area. Find your nearest by entering your postcode on the Scottish Women's Aid website.

Each Women's Aid service has specialised workers who understand the confusing issues around domestic abuse. They support women, children and young people in





one to one meetings or in group settings. You can speak to a member of Women's Aid staff confidentially. They will never tell anyone what you say unless they think you or another person is at serious risk of harm. If you can't find your local Women's Aid or they don't open at a time that suits you, you can phone the National Helpline that is available 24 hours a day on 0800 127 1234.

## Shakti Women's Aid

Shakti provides help for black minority ethnic (BME) women, children and young people who are experiencing or who have experienced domestic abuse. Their helpline is available Monday 9:30am - 4pm, Tuesday 1pm-4pm, and Wednesday to Friday 9:30am-4pm.

• Call: 0131 0475 02399

Email: info@shaktiedinburgh.co.uk

#### Survivors UK

Survivors UK helps male, trans, and non-binary victims of sexual abuse as well as their friends and family. If you're aged 13 - 18 you can get support Monday - Sunday between 12pm and 8pm via:

Online chat

WhatsApp: 07491816064

Text: 020 3322 1860

If you are aged 18+ you can support Monday - Sunday between 12pm and 8pm via:

Online chat

WhatsApp: 07491816064

Text: 020 3322 1860

## The Child Exploitation and Online Protection (CEOP)

Child Exploitation and Online Protection (CEOP) is a law enforcement agency that helps keep young people safe from sexual abuse and grooming online. You can report something that has happened to you on their website.

#### The Internet Watch Foundation

The Internet Watch Foundation works to remove private images of under 18-yearolds from the internet. Coming across private images of a young person, whether it's yourself or someone else, can be really upsetting but it's important to report. You can find out more about making a report to The Internet Watch Foundation here. Find out more about The Internet Watch Foundation by visiting their homepage.

#### The Scottish Child Law Centre

The Scottish Child Law Centre can offer free confidential legal advice service on any issue to do with children and young people in Scotland. There service is available for under 21's. You can call them between 9:30am and 4pm Monday to Friday but they have a dedicated "Youth Hour" on Tuesdays and Thursdays between 12pm and 1pm where they only take called from young people.

Call: 0300 330 1421





• Email: advice@sclc.org.uk

## The Young Scot LawLine

The Young Scot LawLine offers free, confidential, 24-hour legal advice on any legal issue or problem for anyone aged 11 to 26, in partnership with JC Hughes Solicitors in Glasgow.

• Call: 0808 801 0801

#### Victim Support Scotland

Victim Support Scotland offers free confidential to support to anyone affected by a crime. Their website offers a postcode checker where you can find face-to-face support near you. Their helpline is open Monday to Friday 8am-8pm.

• Call: 0800 160 1985

## Getting help at your local pharmacy

Ask for ANI stands for Action Needed Immediately. It is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help at their local pharmacy. This scheme is available throughout all Boots stores and some independent pharmacies. This means that if you are suffering any kind of domestic abuse you can go into your pharmacy and if you ask for ANI you can receive a safe space to let staff know that you require an emergency police response or help to contact a helpline or specialist support service.

To find out where your nearest pharmacy is, use the NHS postcode checker. If your local pharmacy is not a part of the Ask for ANI scheme they should still have other support available to assist you.