We’re here for every child and every school

The NSPCC is the UK’s leading child protection charity, and we’re committed to helping schools around the country keep their pupils safe.

Discover our range of products and services, all designed to help support school staff, parents and children.
How we’re working with schools in Scotland

In this booklet, you’ll find information on all the different support and services the NSPCC offer in Scotland.

We’re committed to providing comprehensive services that help schools protect their pupils. We go into schools to present assemblies and workshops to children, and produce teaching resources and lesson plans for teachers. We also offer specialist tools and training courses to ensure additional support is there for those who need it.

NSPCC Learning is our website for professionals, with all the information, training and resources you need to keep children safe.

To find out more about any of the services and resources mentioned in this booklet, visit nspcc.org.uk/learning
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Resources for children and young people with ASN (Additional Support Needs) are highlighted in this format throughout the booklet
Our training, resources and additional support for schools have been specifically designed to help you keep children safe within the Getting It Right for Every Child (GIRFEC) framework, and are invaluable in helping your school meet its child protection inspection requirements.

- Face-to-face and online training
- Child protection information and guidance
- Lesson resources and guides for teachers
Face-to-face training courses for school staff

Our face-to-face training courses take place across Scotland and are led by experienced professionals. You can choose to book one of the standard courses on our national training programme, or get in touch to discuss a bespoke session, tailored specifically to your organisation.

**Child protection in schools**
For anyone working in schools or colleges, our 1-day course will help you develop or refresh your awareness and understanding of child protection.

**Safer recruitment in education**
Recruit safely with our 1-day course for anyone working in education, or recruiting for roles in the education sector. **Bespoke only - a general safer recruitment course is available through our national programme.**

**Designated child protection officer in Scotland (and refresher course)**
Gain the skills to act appropriately and confidently to protect the children you work with in a designated child protection role with our 2-day course. A 1-day refresher course is also available.

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**Benefits of bespoke face-to-face training:**
- tailored content in line with your school’s child protection policies
- delivered at a time and date that suits you
- delivered by experienced professionals

**Harmful Sexualised Behaviour (HSB)**
This 1-day course will explore the background and characteristics of young people who display HSB, and will help you identify and respond to such behaviours.

**Managing allegations of abuse**
An advanced 1-day course on how to effectively manage allegations of abuse against staff and volunteers.

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**ASN**
**Introduction to child protection for children with ASN**
This introductory course will improve your awareness, knowledge and understanding of the additional barriers, assumptions and attitudes that may impact the safety of d/Deaf and disabled children and young people.
We also offer 1-day training sessions led by NSPCC practitioners.

For all school staff who come into contact with children, including teachers, teaching assistants and child protection officers (please be aware that these workshops require completion of an NSPCC eLearning package prior to the session):

- Harmful Sexual Behaviour (HSB) primary school workshop
- HSB secondary school workshop
- HSB special education needs workshop

For a multi-agency audience (participants do not need any prior knowledge of the issues but would benefit from general child protection knowledge):

- Child Sexual Exploitation (CSE) foundation workshop
- Child Sexual Abuse (CSA) foundation workshop
- Neglect training workshop

Please get in touch at scotlandtraining@nspcc.org.uk to discuss our bespoke face-to-face training offer. National courses can be registered for at nspcc.org.uk/training.
Online training courses
for school staff

Our expert online training can take place anytime, anywhere and as many times as you like within one year. The courses are regularly updated to reflect changes in legislation, guidance and best practice, so you’re up-to-date with the latest child protection developments. All our online training courses are CPD certified.

**Child protection in schools**
To develop or refresh your awareness and understanding of child protection.

**Safer recruitment in education**
For recruiting, shortlisting and vetting the right people to work with children.

**Managing sexualised behaviour in schools**
Choose from a course for primary schools or secondary schools, and increase your confidence in recognising and responding to sexualised behaviour.

**Keeping children safe online**
A course developed in association with the Child Protection Unit of the National Crime Agency (CEOP), to help you understand the risks children may face online.

**Child protection for school governors**
Understand your role in creating a safer culture for the children and young people in your school.

**ASN**
Safeguarding children and young people with SEND
For identifying child protection concerns when working with children who have additional support needs.

For further details and to register for an online course, please visit [nspcc.org.uk/training](http://nspcc.org.uk/training)

You can also find out about our child protection packages for primary or secondary schools. Purchase four online courses and get the cheapest for free: [nspcc.org.uk/schoolspackages](http://nspcc.org.uk/schoolspackages)
Child protection information and guidance

We can help you set up and follow good child protection policies and procedures within a GIRFEC framework.

**Child protection consultancy**
Trained NSPCC Scotland consultants will work with you to build your confidence and strengthen your child protection policies and procedures.

We offer tailored child protection reviews, audits and development for all types of schools and groups.

For more information please contact the training and consultancy team for Scotland at scotlandtraining@nspcc.org.uk

**Education update**
Subscribe today and we’ll send you a free monthly email with the latest child protection news. Sign up at nspcc.org.uk/educationupdate

**Safeguarding in Education Self-Assessment Tool (ESAT)**
Use our tool to audit your school’s current child protection arrangements in line with the latest statutory and recommended child protection practices.

It can also help you to identify areas for development, so you can make any necessary changes. Register at nspcc.org.uk/esat
Lesson resources and guides for teachers

We offer a suite of free teaching resources and lesson plans to help your school keep children safe. To find out more, visit nspcc.org.uk/schools

Talk PANTS resources
A range of resources for talking to children about sexual abuse, including a lesson plan, teaching guidance, and guidance for early years and childcare settings.
For ages 4–8

Primary AGENDA
A toolkit for adults to help children explore ideas around positive relationships.
For ages 7–11

Making sense of relationships
Lesson plans covering the transition to secondary school, healthy and unhealthy relationships, online safety and consent.
For ages 10–16

It’s Not OK
Films and accompanying lesson plans to reinforce the importance of building and maintaining positive relationships.
For ages 11+

Let children know you’re listening resources
Helping adults respond to children who are disclosing abuse.
For all ages

ASN
Love Life: Resources for young people with learning difficulties
Three films and activities for children with ASN which explore emotions, relationships and identity.
For ages 11+

Looking for more?
For the latest research, child protection statistics, leaflets, practical guidance, briefings and evaluations, search NSPCC Learning at nspcc.org.uk/research
Guidance on Personal and Social Education (PSE)

Although it is not mandatory to teach PSE, the Scottish Government has issued guidance on relationships, sexual health and parenthood education, which is now taught in most schools.

Comprehensive and inclusive education on relationships and sex is of vital importance – and our free lesson plans and resources can help your school continue to deliver a high-quality programme of teaching on this crucial topic. This should be supported by a whole-school approach which champions peer respect and encourages help-seeking for any worries or concerns.

Why does PSE play a key role in schools?

- From the most recent UK-wide prevalence study, we know that one in five children has experienced severe maltreatment, and further child protection research suggests that roughly a third of all child sexual abuse is perpetrated by other children.

- We know that education programmes can improve children’s understanding of what constitutes abuse or inappropriate behaviour, and can also increase the likelihood of young people coming forward to disclose experience of abuse.

- Evidence from research carried out with over 16s found that those who participated in these programmes were more likely to feel that the timing of when they first had sex was right and that both partners were equally willing, than those who did not.

- Please visit [npscc.org.uk/schools](http://npscc.org.uk/schools) for our full list of PSE resources for schools.
Services for children and young people in schools

We also offer universal services directly to children and young people in the school setting. These services are created for all children at certain ages and stages.

+ Universal services
  Speak out. Stay safe.
  assemblies and workshops
  Childline
Universal services

**Speak out. Stay safe.**
Our *Speak Out. Stay Safe.* programme is for children aged 5-11. The programme includes child-friendly, interactive assemblies and workshops, delivered by specially trained staff and volunteers who help children:

- understand abuse in all its forms and recognise the signs of abuse
- understand that abuse is never a child’s fault, and they have the right to be safe
- know how to get help, and the sources of help available to them, including our Childline service.

To request a visit for your school, please visit nspcc.org.uk/speakout

“The pupils all carried a very positive message home with them and they had the opportunity to really think about who they might talk to about their worries if and when they need to.”

Acting principal

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**ASN**
Please note, we offer an adapted version of the programme for special schools, and also for EOTAS (Education Other Than School). Please contact schools@nspcc.org.uk for more information.
**Childline**

If a child at your school is worried about anything, they can always talk to Childline: the UK’s free 24-hour helpline and online service for anyone under 19.

Children and young people can contact Childline about any worry, whether it’s big or small – from abuse and bullying to exam stress and relationships. They can get in touch with a trained counsellor over the phone, by email or through our 1-2-1 online chat.

Young people can also access the Childline website, which provides advice on a huge range of topics, plus a space for peer support on the message boards. There’s also a section designed for children under 12, where they can receive age-appropriate advice, play games, visit the ‘Calm zone’ and create art.

**Childline posters and wallet cards**

Our posters and wallet cards let children and young people know that Childline is always there if they need to talk.

Download or order from [nspcc.org.uk/childlineposters](http://nspcc.org.uk/childlineposters)

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**ASN**

**Childline deaf zone**

For children and young people who are d/Deaf or hard of hearing, we’ve got lots of advice and support in British Sign Language (BSL).

“**I just wanted to let Childline know that I started my new school on Monday and I love it. I am not afraid anymore. Thank you for helping me to deal with all my worries and fears.”**

Girl, 11

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**Children and young people can get in touch via the website or helpline:**

- [childline.org.uk](http://childline.org.uk)
- [childline.org.uk/kids](http://childline.org.uk/kids)
- [0800 1111](http://0800 1111)
Services and resources for parents

We know that parents often turn to schools for advice and support. We can help, with services and resources created especially for parents.

+ Talk PANTS
+ Online safety resources
+ Helplines
Talk PANTS
Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides a simple but valuable rule that can help children understand what abuse is and how to speak out about it. And with the help of our materials and friendly dinosaur, Pantosaurus, it can be roarsome fun too!

“We can’t afford to shy away from conversations that feel scary – they don’t have to be if you just talk PANTS!”
Carol, a mum who talked PANTS

Online safety resources
Net Aware
Net Aware is an online tool created in partnership with O2 that informs parents and carers about popular sites, apps and games that children use. They can also sign up to our online safety newsletter to keep up with digital trends. For more information visit www.net-aware.org.uk

Online safety printable resources
The NSPCC and O2 have also created resources to help parents and carers kick start conversations with their child about staying safe online. They can set new rules with our family agreement template, or use our colouring in sheets to find out how much their child really knows about the online world. Available in nine different languages from www.net-aware.org.uk/resources

Keeping children safe online – workshops and webinars
The NSPCC offers workshops and webinars for parents and carers, which cover the positive aspects of children using the internet, as well as the potential risks and concerns that families might have. To organise a session, please contact parentworkshops@nspcc.org.uk

ASN
We have a range of Talk PANTS guides (suitable for children ages 4-8) for parents and carers, including guides for parents of children with learning difficulties and autism – all in different languages.

We also have a Talk PANTS British Sign Language (BSL) video available for parents and carers of children who are d/Deaf or hard of hearing.

Find out more and see all the Talk PANTS resources at nspcc.org.uk/pants
Helplines

Whether you’re looking for advice, or are worried about a child, we’ve got a range of helplines to support you.

The NSPCC helpline
While we understand that your school will have procedures and policies in place for child protection issues, we recognise that if you’re working with and supporting children and families, sometimes you might need to talk through concerns with a specialist outside of your organisation. Our helpline is open every day and is staffed by trained child protection professionals.

0808 800 5000
help@nspcc.org.uk
nspcc.org.uk/helpline

FGM helpline
Offering advice, information and support to anyone concerned that a child is at risk because of female genital mutilation.

0800 028 3550
fgmhelp@nspcc.org.uk

Whistleblowing advice line
If you’re worried about how child protection issues are being handled in a school or another organisation, you can talk to us in confidence.

0800 028 0285
help@nspcc.org.uk

Gangs helpline
Our helpline offers advice, information and support to anyone concerned that a child or young person is involved in or at risk from gangs.

0808 800 5000

“We all know the impact we collectively can have when acting to protect children. Our helpline provides the very best opportunity for adults concerned about the welfare of children to seek advice and assistance.”

Kamaljit Thandi,
Head of NSPCC Helpline and CTAC
Supporting our work

Whether you get the whole school involved in our exciting fundraising events, or tackle a challenge yourself, you can raise money to help us be there to protect more children and prevent abuse.

+ **Fundraising as a school**
  - Fundraise with Buddy
  - Number Day
  - Childhood Day

+ **Do your own fundraising**
  - Runs, cycles, treks and challenges
  - Whatever you do, do it for the NSPCC
Fundraising as a school

**Fundraise with Buddy**
We can build in all sorts of fundraising activities as part of *Speak out. Stay safe.* and use Buddy (our *Speak out. Stay safe.* mascot) for this - whether it’s getting active for Buddy’s Workout or tackling Buddy’s Wordplay.

**Speak to us about this when you sign up for *Speak out. Stay safe.***

**Number Day (February)**
It’s maths, but not as you know it! We provide the resources, you deliver the lessons. It’s a fun way to celebrate the importance of maths, all while fundraising to support our work to protect children.

[nspcc.org.uk/numberday](http://nspcc.org.uk/numberday)

**Childhood Day (June)**
Childhood Day is a time for us to stand together for childhood and against abuse.

[nspcc.org.uk/childhoodday](http://nspcc.org.uk/childhoodday)

Do your own fundraising

**Runs, cycles, treks and challenges**
You can help change children’s lives by joining #TeamNSPCC and tackling a personal challenge. Whether you’re a seasoned athlete or you’ve never taken part in an event before, there’s a challenge for you. Will you run, trek, or how about a skydive?

[nspcc.org.uk/events](http://nspcc.org.uk/events)

**Whatever you do, do it for the NSPCC**
Whether you bake up a storm or dive right in with a swimathon, do your own fundraising for the NSPCC and every pound you raise will help protect children and prevent abuse. We’ve got lots of fundraising ideas to get you started.

[nspcc.org.uk/diy](http://nspcc.org.uk/diy)

“I recently changed career from pharmacy to primary school teaching, and now that I am in a profession working with children I felt the NSPCC would be the perfect charity to run for, as it is close to me.”

Sarah Dooey,
Half Marathon participant
NSPCC Learning is here to provide professionals with all the tools, training and resources needed to keep children safe. To find out more, visit nspcc.org.uk/learning

To find out more about anything in this booklet, please get in touch.

▸ Email schools@nspcc.org.uk

If you can’t find what you are looking for on NSPCC Learning, or have a question about child protection, please contact the Knowledge & Information Service. We provide quick and easy access to the latest information, guidance and research to help you keep children and young people safe.

▸ Visit nspcc.org.uk/informationservice