

I Am Me Scotland

Promoting Diversity and Inclusion in Education

National Online Education Platform Guidebook

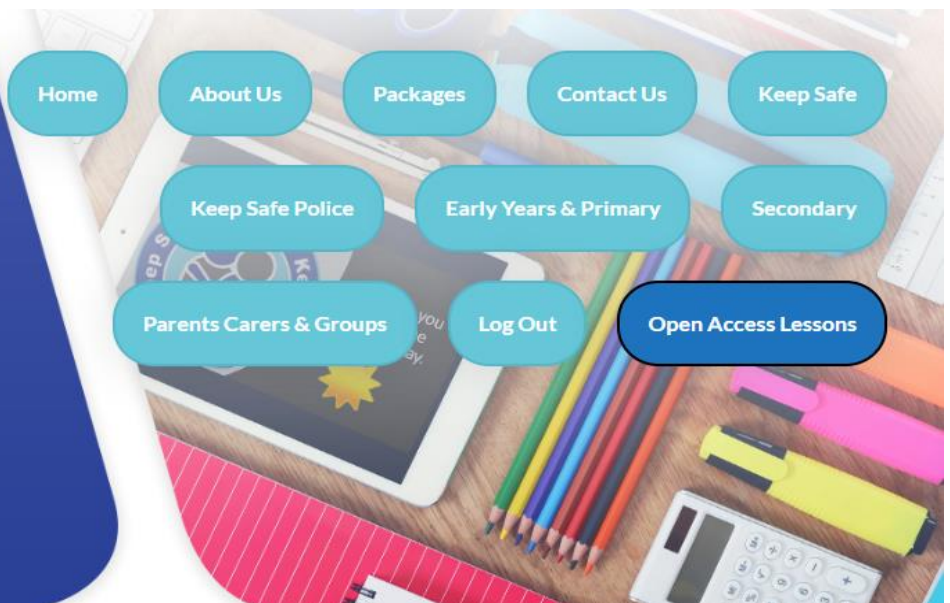


Register for access at
iammescotlandeducation.org.uk



I Am Me Scotland Learning Platform

An exciting suite of online resources supporting the Health & Wellbeing Experiences and Outcomes for Early Years, Primary & Secondary schools. Developed with, and for, children & young people.




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This is an interactive document. Click on the images to view the videos

Education is the most powerful weapon that you can use to change the world – Nelson Mandela



Introduction

I Am Me Scotland is an award-winning charity that was developed to work in partnership with Police Scotland to raise awareness of, and tackle, Disability Hate Crime. The charity has two key initiatives; Keep Safe and I Am Me.

KEEP SAFE works with Police Scotland and local businesses to create safe places for anyone feeling lost, frightened, or vulnerable when out in the community.

I Am Me works collaboratively with a range of partners to develop new innovative and engaging ways of raising awareness of difference, disabilities, hate crime, bullying and many more topics which focus on harm reduction.

When designing and developing our resources, we work with children, young people, and people who have lived and living experience, as well as a range of partners and key stakeholders.

Our school lessons are designed to complement the experiences and outcomes set out in the Curriculum for Excellence (CfE). All lessons/training modules have teacher notes and additional activities, to facilitate ease of delivery. The lessons are engaging and fully accessible with audio voice overs throughout.

This guidance book gives an overview of the resources held within the National Online Education Platform, guidance on how to use the platform, as well as links directly to short videos/animations that may help you.

The platform has 6 sections:

- 🌐 **Keep Safe** – for businesses who are signed up to the Keep Safe Initiative.
- 🌐 **Keep Safe Police** – for Police Officers who have taken part in additional training for Keep Safe sign-up training and Keep Safe Ambassador training (*verified Police email address required*).
- 🌐 **Early Years & Primary** – designed to support Police Officers and teachers, covering many topics facilitating discussion in an interactive and an age-appropriate way (*verified school/police email address required*).
- 🌐 **Secondary** - designed to support Police Officers and teachers, covering many topics in an interactive and an age-appropriate way (*verified school/police email address required*).
- 🌐 **Parents, Carers & Groups** - highlights some areas where parents/carers or organisations such as disability groups, or youth organisations may like a little assistance in starting conversations that are paramount to keeping children, young people, and vulnerable people safe.
- 🌐 **Open Access Lessons** – for anyone to access to gain more knowledge about Keep Safe and ongoing campaigns (*no registration required*).



How to use the Platform.

The National Education Online Learning Platform hosts lessons and training modules on Keep Safe, Disability Awareness, Bullying, Hate Crime, Children's Rights, and topics which focus on harm reduction, such as Alcohol & Substance Awareness and Anti-Social Behaviour Awareness. All resources are available for each lesson, to ensure ease of delivery. Each lesson comes with:

- Information on the content of the lesson, aims, links to the Curriculum for Excellence, benchmarks, learning outcomes and details of additional resources required throughout the lesson.
- Teachers notes (available from the resources section at the top of the lesson).
- Additional activities are available at the bottom left-hand side of the lesson (Early years & Primary) or from the "Resources" section at the top of the lesson (Secondary).
- Outline section for ease of movement throughout the lesson.
- A notes section for use by the facilitator, particularly if the lesson narration is not used.

[CLICK HERE to watch a short advert about the platform.](#)

Additional resources and teacher note available to print from the "Resources" section

Outline available to allow you to pick up where you left off, with a notes section for facilitators.

Audio options can be turned on or off here to suit facilitator

Activity Pages

Additional Activities available to print from here

Information on the content of the lesson, aims, links to the curriculum for excellence, benchmarks, learning outcomes and details of additional resources required can be found here.

There are also Safeguarding prompts at the beginning of some of the lessons to ensure the facilitator has considered the appropriateness of the lesson alongside the intended audience

Keep Safe



KEEP SAFE

Keep Safe is a national network of safe places for people to go if they feel lost, frightened, or vulnerable within their community.

This section of the platform supports Keep Safe places who have signed up for this initiative. This section requires a password which will be given to employees at the initial Keep Safe Training.

WHAT'S INCLUDED?

Videos



*Keep Safe/
Disability Hate Crime*



*Keep Safe/
Disability Hate Crime
(BSL version)*



*Keep Safe Scotland
(Describer Video)*



*Keep Safe Scotland
(Cartoon Video)*



*Keep Safe Scotland
App (Video)*

Lessons/Training Module



KEEP SAFE REFRESHER/INDUCTION TRAINING. This interactive online module has been created to facilitate refresher training for existing staff, or induction training for new employees of Keep Safe places. The training takes around 25 minutes.



KEEP SAFE

Supporting Documents



**Keep Safe
Cards.**



**I Am Me
Booklets.**



**I Am Me
Leaflets.**



**Social media
posts.**



**I Am Me
Posters.**

The I Am Me Scotland Team are always here to support our network of Keep Safe Places.

If you require any assistance or have any questions, please do not hesitate to get in touch with the team at iamme@renfrewshire.gov.uk

Keep Safe Police



KEEP SAFE POLICE

Keep Safe is a national network of safe places for people to go if they feel lost, frightened, or vulnerable within their community.

This section of the platform is available to support Police Officers to deliver Keep Safe sign-up training and the Keep Safe Ambassador Programme. This section requires a password available to officers who are Keep Safe trained (Train the Trainer Training).

WHAT'S INCLUDED?

Videos



***Keep Safe/
Disability Hate Crime***



***Keep Safe/
Disability Hate Crime
(BSL version)***



***Keep Safe Scotland
(Describer Video)***



***Keep Safe Scotland
(Cartoon Video)***



***I Am Me Film
used in Keep Safe
Ambassador Training***

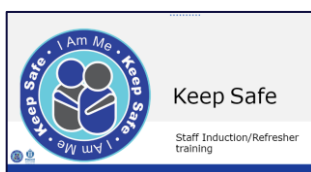


***Keep Safe Scotland
App (Video)***



KEEP SAFE POLICE

Lessons/Training Modules



KEEP SAFE REFRESHER/INDUCTION TRAINING. This interactive online module has been created to facilitate refresher training for existing staff, or induction training for new employees of Keep Safe places. The training takes around 25 minutes and officers can use this for Keep Safe sign-up training.



KEEP SAFE REFRESHER/INDUCTION TRAINING FOR POLICE STAFF. This interactive online module has been created to facilitate refresher training for existing POLICE staff, or induction training for new POLICE employees. The training takes around 30 minutes.

Supporting Documents



SPOC Guidance.



Sign up documents.



Intelligence checks & training.



Annual checks.



Ambassador documents.



Keep Safe Cards.



I Am Me Booklets.



I Am Me Leaflets.



Social media posts.



I Am Me Posters.

Early Years and Primary

Every child has the right to an education journey that focusses on their abilities and nurtures their individual differences! Diversity Kids



Early Years & Primary Resources

Our school lessons are designed to complement the experiences and outcomes set out in the Curriculum for Excellence (CfE). All lessons/training modules have teacher notes and additional activities, to facilitate ease of delivery. The lessons are engaging and fully accessible with audio voice overs throughout.

CLICK THE PICTURES TO WATCH THE ANIMATIONS THAT ACCOMPANY THE LESSON.

#MAKEADIFFERENCE



Early Years & Primary. It's Okay to be Different.

Every page displays a person or animal with characteristics or feelings that are unique, making each one extra special.



Primary 1. Andy's First Day.

Andy is worried about starting his new school as he thinks that people may laugh at his prosthetic ear. After making a mistake with his sums and realising he does not have a rubber, he uses his prosthetic ear to rub out his mistake. All the other children think his ear is cool and want to have a shot.



Primary 2. My Name is Charlie.

Charlie has Autism and has always found it difficult to make friends. When his cat Sparky goes missing, Charlie makes his first "real" friends, Molly and Colin.



Primary 3. The Present.

A short story about a young boy who is given a dog as a gift from his mother. The dog is disabled and initially rejected by the boy, but after seeing how determined and playful the dog is, the little boy makes a new friend.



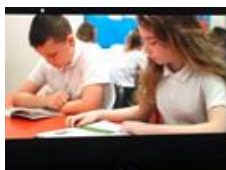
Primary 4. Tamara.

A short animation about a little girl called Tamara. We see Tamara open her music box and dance along to the tune, but when the tune stops, Tamara carries on dancing, watched by her mother, who seems sad at first. She then tells Tamara to "Dance until the stars don't shine!"



Early Years & Primary Resources

#MAKEADIFFERENCE



Primary 5. Judged.

Chloe struggles with dyslexia. As her father has travelled extensively with the Army, Chloe has not settled for any length of time within a school and has not had her dyslexia recognised. Feeling lonely and believing she is 'stupid' she has learned to hide her difficulties by memorising and/or displaying disruptive behaviour.



Primary 6. Happiness Heroes.

Macey educates her father on acceptable use of language and behaviour around people with disabilities after a young boy, Bobby, is mocked and bullied because of his epilepsy.



Primary 7. Lucky Break.

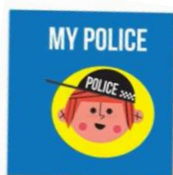
Find out about the struggles of a young carer, Emily, who cares for her grandmother who has dementia. Emily's frustration at her own situation builds and she takes this out on a disabled peer, Matthew. The film raises awareness of bullying and how incidents can quickly escalate to a hate crime.



Keep Safe Kids App (RENFREWSHIRE SCHOOLS)

A short video about the Keep Safe Kids App. Developed by young people to allow them to seek support, guidance and advice from national organisations as well as allowing them to report bullying directly to their school. This can be done anonymously at a time they feel comfortable. The App has been designed to be easily replicated for other local authorities.

MY POLICE SERIES



Early years (Nursery). My Police.

A short animated story about My Police. Written and narrated by DC Fleming (Police Scotland).



Early years (Nursery). My Police, My Community.

A short animated story about My Police, My Community. Written and narrated by DC Fleming (Police Scotland).



Early years (Nursery). My Police, My Community. BSL VERSION.

A short animated story about My Police, My Community. Written and narrated by DC Fleming (Police Scotland), signed by Judy (17)

Early Years & Primary Resources

CHILDREN'S RIGHTS



Primary 1-4. Children's Rights

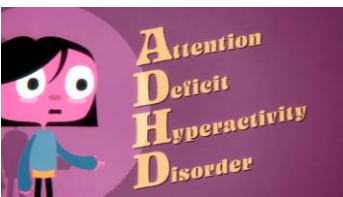
Sebastian and his friends tell you what your rights are as a child. Introducing the United Nations on the Rights of the Child (UNCRC).



Primary 5-7. Children's Rights.

Ellie, Amira and Nessie talk about the United Nations on the Rights of the Child (UNCRC). They also explore the lack of children's rights in some countries.

DISABILITY AWARENESS



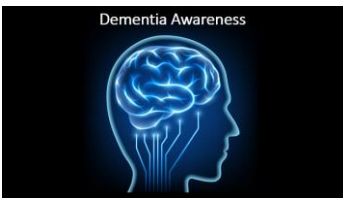
Primary 4-7. ADHD Awareness

An animation and lesson that explains ADHD. This lesson is led by children with ADHD explaining what would help them in different situations.



Primary 4-7. Down's syndrome Awareness

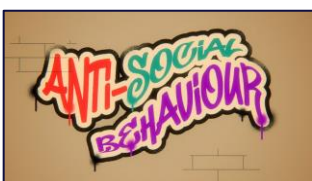
An animation and lesson that explains Down's syndrome. This lesson has been developed with children who explain how each of them is unique.



Primary 4-7. Dementia Awareness

A lesson that includes an animation from Dementia UK explaining a little bit about Dementia, who it affects and how you can help.

HARM REDUCTION



Primary 5-7. Anti-Social Behaviour (ASB)

A lesson and animation explaining what ASB is, the impact it can have on individuals and communities and how you can help. This lesson also includes 10 case studies which are loosely based on real life cases.



Early Years & Primary Resources

ALCOHOL & SUBSTANCE AWARENESS



Early Years (Nursery) – An animated book about Zac and Ella which reinforces the message about Keeping Safe.



Primary 1 - Zac and Ella talk about who keeps them safe at home and in their community. The animation introduces the emergency services as well as talking about unsafe situations.



Primary 2 - Zac and Ella talk about making good decisions. They find something in the park, and they are not sure what it is. The animation introduces medication, and the need to ask a trusted adult if you are unsure about anything.



Primary 3 – Zac and Ella talk about medication. They talk about the importance of medication for some people, and the importance of taking medication correctly. They also talk about how to contact the emergency services if required.



Primary 4 - Zac and Ella talk about decisions they make and the effect of peer pressure. They discuss different types of conditions that might need medication, and what to do in an emergency if someone takes unwell. They also talk about the importance of checking with an adult before taking medicine.



Primary 5 - Zac and Ella talk about the 4 types of substances, Drugs, Alcohol, Tobacco, and Solvents. The lesson also introduces vapes/e-cigarettes and the dangers of them. How substances affect your mind and body, and about these substances and the laws surrounding them.



Primary 6 – Substances & the risks that can be associated with them. Different kinds of medications, their effects & what they are used for. Illegal substances & the consequences (physical, emotional, financial, and social) to taking these. Ways to prepare to say no to things you may be offered by others.



Primary 7 - Different types of substances, the law, and the risks associated with substances. Q&A session with local police about substances & how this can affect individuals/family/communities/emergency services. Peer pressure, what anti-social behaviour is, & how to report this safely.



Early Years & Primary Resources

ALCOHOL & SUBSTANCE AWARENESS

Additional Videos



P7 – Police Scotland – Q&A

Children ask Police Scotland questions about alcohol and drug use, and the impact this can have on individuals and the wider community. This can be accessed through the lesson.



What is a cigarette?



What is peer pressure?

Secondary Resources

Diversity is not about how we differ, it is about embracing one another's uniqueness! Ola Joseph



Secondary Resources

DISABILITY AWARENESS

Videos

These videos give personal experience of disability, learning difficulty, and being different (ADHD - this video can be access through the platform, Autism, Nocturnal Epilepsy, Borderline Personality Disorder, Cerebral Palsy, Dyslexia, Race and Physical Differences).

JEN



KIERAN



MEGAN



OLIVER



PAUL



RORY



KIERON

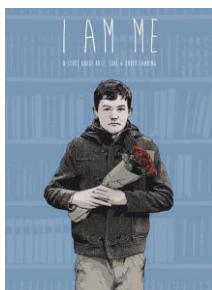




Secondary Resources

DISABILITY AWARENESS

Lessons/Training Modules



Age 13 & above. Disability Awareness / Hate Crime.

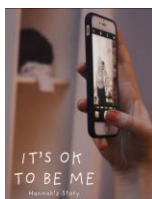
These 4 lessons accompany the I Am Me Film to Discuss different disabilities (visible and hidden). The lessons discuss what hate crime is and how you can help.

Click the picture to watch the trailer for the film.



Autism Awareness Training Module.

The lesson has been developed by an individual who has Autism. The aim is to raise awareness of what Autism is, the impact it can have on individuals and to create an understanding that everyone's journey with Autism is unique.



It's Ok to be Me.

These 2 short videos facilitate discussion about mental health, social media, sexual orientation, perceptions, image, inclusion and friendship.

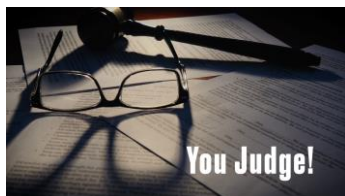
Click the pictures to watch Lewis and Hannah's Stories.

Hannah

Lewis

HATE CRIME

Lessons/Training Modules



You Judge. Hate Crime Resource.

You Judge is a suite of lessons that focus on hate crime and the journey through the criminal justice system, covering all 5 strands of hate crime.

Click the picture to watch the trailer for the resources.

Secondary Resources

ALCOHOL & SUBSTANCE AWARENESS

Videos



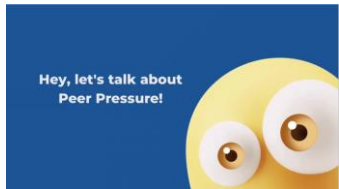
What is a drug?



Why do people take drugs?



UK misuse of Drugs Act



What is peer pressure?



Stigma



Benzos in Scotland



What is alcohol?



Addiction



Cannabis



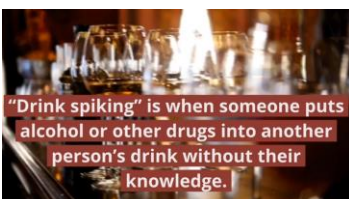
What is a vape?



County Lines



How to call an ambulance.



Spiking



The Teenage Brain



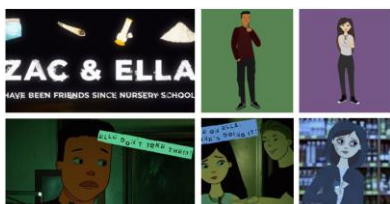
What is Naloxone?



Secondary Resources

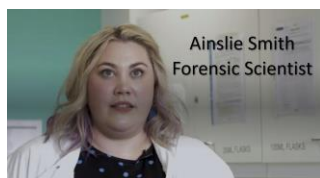
ALCOHOL & SUBSTANCE AWARENESS

Additional Resources and Q&A's



ALL Lessons – Zac & Ella

Follow Zac and Ella now they are teenagers. The animation is shown in all secondary lessons with different themes being highlighted in each lesson.



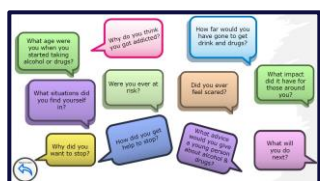
S1 – Forensic scientist – Q&A

Ainslie tells you about her work as a Police Forensic Scientist and how she helps Police Scotland in the analysis of substances found, and the effects that drugs can have on the mind and body.



S3 – Life Library – From Addiction to Hope.

The living library has been developed with 10 people who have experience of addiction and recovery. The aim of the library is to tackle stigma and prejudice associated with addiction.



S3 – Life Library – Q&A

People who participated in the lived library answered some questions that young people had about alcohol, drugs, addiction and recovery.



S4 – PC Hannah Mitchell – Q&A

PC Hannah Mitchell explains her role as a Police Officer in relation to the use of drugs and alcohol.



S5 – Impact – Q&A

Q&A with Police, Paramedic, Emergency Department Consultant and a Youth Navigator highlighting the impact drug and alcohol use can have on the NHS, Police, and the wider community.



Secondary Resources

ALCOHOL & SUBSTANCE AWARENESS

Lessons/Training Modules

S1

Lesson 1 – What is a drug?
Lesson 2 – Why do people use drugs?
Lesson 3 – Peer Pressure.

S2

Lesson 1 – Names, Effects & Potential Harms of drugs.
Lesson 2 – Drugs & the Law.
Lesson 3 – Alcohol.
Lesson 4 – Risks & Safeguarding.

S3

Lesson 1 – Addiction.
Lesson 2 – Helping others.
Lesson 3 – Smoking, Attitudes, Myths & Facts.
Lesson 4 – Risks & Safeguarding.

S4

Lesson 1 – Cannabis – The Facts.
Lesson 2 – Risky Situations.
Lesson 3 – Keeping Safe.
Lesson 4 – Social Implications of Misusing Alcohol & Drugs.

S5

Lesson 1 – Alcohol & Advertising.
Lesson 2 – Trouble in Town.
Lesson 3 – Alcohol & Drugs – What do you think?
Lesson 4 – Alcohol/Drugs & Driving.

Parents/Carers & Groups

It's time for parents to teach young children early on that in diversity there is beauty and there is strength. Maya Angelou



Parent/Carer/Groups

CHILDREN'S RIGHTS

Videos



Primary 1-4. Children's Rights

Sebastian and his friends tell you what your rights are as a child. Introducing the United Nations on the Rights of the Child (UNCRC).



Primary 5-7. Children's Rights.

Ellie, Amira and Nessie talk about the United Nations on the Rights of the Child (UNCRC). They also explore some rights that some children do not have in the country they were born in.

DISABILITY AWARENESS

Videos



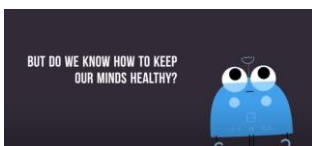
Primary 1-4. Autism - My Name is Charlie.

Charlie has Autism and has always found it difficult to make friends. When his cat Sparky goes missing, Charlie makes his first "real" friends, Molly and Colin.



Primary 5-7. Dyslexia. Judged.

Chloe struggles with dyslexia. As her father has travelled extensively with the Army, Chloe has not settled for any length of time within a school and has not had her dyslexia recognised. Feeling lonely and believing she is 'stupid' she has learned to hide her difficulties by memorising and/or displaying disruptive behaviour.



Primary 4-7. Mental Health Awareness

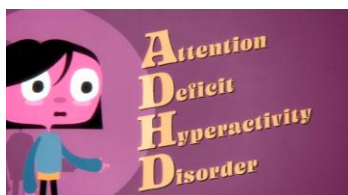
Discover that everyone has mental health. That it is ok to feel sad, scared or overwhelmed sometimes. But it is also important to speak to someone you trust if those feelings are having an effect on your day-to-day life.



Parent/Carer/Groups

DISABILITY AWARENESS

Videos



Primary 4-7. ADHD Awareness

An animation and lesson that explains ADHD. This lesson is led by children with ADHD explaining what would help them in different situations.



Primary 4-7. Down's syndrome Awareness

An animation developed alongside 7 children who have Down's Syndrome.



Primary 4-7. Down's Syndrome Awareness

A short video starring 7 amazing children highlighting that everyone is different.

EASY TO USE

Videos



What is Keep Safe?

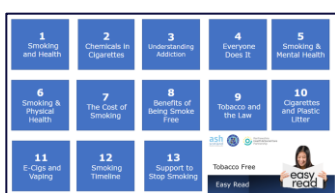
A short video explaining what Keep Safe is, why it is needed, and how you can ask for help if you ever feel lost, scared or vulnerable while in your community.



Parent/Carer/Groups

EASY TO USE

Lessons/Training Modules



Tobacco Free – Easy Read Resources Pack.

The resources have been developed from the ASH Scotland School Resource Pack. There are 13 short modules available. Each of these modules have been designed to be delivered by a facilitator.



Tobacco Awareness – Easy Read Training.

The resources have been developed from the ASH Scotland School Resource Pack. This module is interactive and has audio throughout to support inclusive learning.



Keep Safe Awareness Training for Groups.

Learn about what Keep Safe is and how you can identify Keep Safe Places in your community.

Parent/Carer/Groups

HARM REDUCTION – PRE SCHOOL AND PRIMARY STAGES

Zac and Ella Alcohol & Substance Awareness Series



Early Years/Nursery



Primary 1



Primary 2



Primary 3



Primary 4



Primary 5

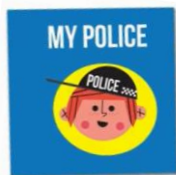


Primary 6



Primary 7

My Police Series



My Police



My Police, My Community



My Police, My Community
(BSL Version)

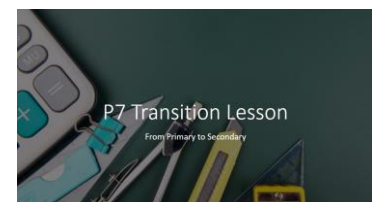
Other Videos/Lessons



What is Peer Pressure?



What is Anti-Social Behaviour?



P7 to Secondary Transition Lesson



Parent/Carer/Groups

HATE CRIME

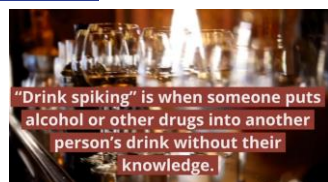
Videos



Explaining Hate Crime

SECONDARY STAGE RESOURCES

Videos



Spiking



What is Cannabis?



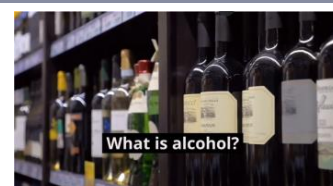
What is a Vape?



Stigma



Addiction



What is a Unit?



Benzos in Scotland



What is a Cigarette?



What is County Lines?



Parent/Carer/Groups

SECONDARY STAGE RESOURCES

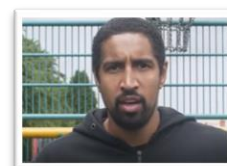
Videos



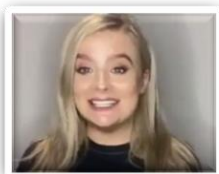
What is a Naloxone?



Zac & Ella



Kieron – Race/
Mental Health



Megan – Disability/
Mental Health



Paul - Dyslexia



Rory – Being Different /
Disability



Keep Safe Scotland



The Teenage Brain

TRAINING FOR ORGANISATIONS

Training Modules

**Social Care Worker
Hate Crime / Keep
Safe Training**

Social Care Worker Hate Crime/Keep Safe Training.

This training highlights what hate crime is, how to identify it, and how to report it safely in a social care environment.

Frequently Asked Questions



My log in is not working, what can I do?

There is a "Lost your password" button on the log in page. Or [CLICK HERE](#).

I have registered for access with my personal email address, why wasn't it approved?

For full access to the "Early Years & Primary" and "Secondary" sections of the platform you require a Police Scotland, Glow or local authority email address. This allows us to protect some of the sensitive videos and details within the lessons. If you do not have one of these email addresses, you could register for the "Parent/Carer/Groups" section of the platform instead.

Can we have a school log in instead of one per teacher?

We are unable to provide one log in for whole school access to ensure the platform and lessons run smoothly. This also protects your log in if a teacher/officer moves roles.

Why does it take a long time for lessons to load?

If the lessons are taking a long time to load, or if the videos are buffering, this will most likely be a Wi-Fi issue. If you are continuously having issues, please contact the team on iamme@renfrewshire.gov.uk

Can I have a downloadable version of the lessons instead of working on the internet?

Unfortunately, we are unable to send the lessons to download. The lessons are all converted to HTML5 which allows them to run online. The files are simply too large for downloading. If you are continuously having issues, please contact the team on iamme@renfrewshire.gov.uk

I am a police officer, and my laptop isn't great at working on the school Wi-Fi. Is there anything you can do to help?

Some officers have experienced issues with the platform on Police Scotland devices. We would suggest you use a school laptop and log in with your details as school laptops will automatically connect to school Wi-Fi.

If you are continuously having issues, please contact the team on iamme@renfrewshire.gov.uk

TESTIMONIALS

Presentation was really good and pupils enjoyed listening to it. They could relate to this and showed an understanding. Good discussion points took place. It is really important to discuss and raise awareness of Autism amongst pupils at this age. I have been a primary teacher for many years and this is the first time I have ever discussed it as a disability with my class. (P2 Teacher)

The real life interviews with police officers were excellent. (Teacher)

Again, a good lesson. I particularly enjoyed this one because people have often judged me without knowing my story. (Pupil)

Brilliant lessons, thank you so much for allowing Glenrothes High School access to these resources. The pupils have responded so well to the lessons and the teachers have found the resource pack so useful (Teacher)

Great resource - a gem amongst the mountains of poorly designed rubbish that's out there. Would love to see it extended to encompass whole HWB curriculum (Teacher)

A great platform which enables class teachers to cover many of the benchmarks for their age and stage. It's really helpful to have the information provided about the topic and links to the CfE curriculum. Activity pages are really helpful having a mix of activities and teacher's notes. Videos clips which children enjoyed watching and prompted good discussion (Teacher)

TESTIMONIALS

Our children engaged really well with the resources, particularly the where they related to the characters Zac and Ella. Many of the children were able to give examples of what we can do to keep ourselves safe (Teacher)

Using the questions to stimulate conversations throughout the story was an excellent way to encourage the children to listen and interact (Teacher)

I love that the lessons are narrated by young people as it feels like we are getting advice from a peer and not being told what to do (Pupil)

I liked that the teacher pack was included as this saved time. The resource is also really interactive and the class were very engaged. The people library was extremely well received by the young people and they were all very engaged throughout (Teacher)

These resources are excellent. All of the information is available and enables teachers to deliver the lessons with confidence. Thank you! (Teacher)

Really excellent. A lot of teacher's online resources are really clunky to use and full of waffle and irrelevant and unnecessary content. This was great because I could run the slideshow and talk through it with the class without having to wade through piles of teachers guides and resource packs. Really impressive and the way an online resource should be! Content was clear and well paced - would love to see this package extended to other parts of the Health and Wellbeing curriculum (Teacher).