

## Suggested Further Reading and Resources

### Support and Helplines

If you are experiencing low mood or other mental health needs, please consider accessing support from:

- Breathing Space <https://breathingspace.scot/> Phone support available on 0800 838587 from 6pm to 2am Monday – Thursday, 6pm to 6am Friday – Sunday
- Samaritans <https://www.samaritans.org/?nation=scotland> Phone support available on 116 123 24 hours a day, 365 days per year

Other support and advice can be sought from:

- Cruse Bereavement Care Scotland <http://www.crusescotland.org.uk/>
- Equality Advisory & Support Service [www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)
- LGBT Health & wellbeing – organisation working to improve health, wellbeing and equality of LGBT people in Scotland <https://www.lgbthealth.org.uk/>
- Miscarriage Association <https://www.miscarriageassociation.org.uk/>
- SANDS (Stillbirth and Neo-natal Death) charity <https://www.sands.org.uk/>
- Scottish Association of Minority Ethnic Educators (samee) <http://samee.org.uk>
- Scottish Refugee Council <https://www.scottishrefugeecouncil.org.uk/>
- The Scottish Domestic Abuse and Forced Marriage Helpline [www.sdafmh.org.uk](http://www.sdafmh.org.uk) Phone 0800 027 1234 available 24/7
- **Victim Support** - providing support to anyone affected by crime (regardless of whether it has been reported to the police). [www.victimsupport.org.uk](http://www.victimsupport.org.uk) 0808 168 9111 Mon-Fri: 8pm-8am; Sat & Sun: 24hrs

### Suggested Resources for Further Reference

- Action on Prejudice <https://actiononprejudice.info/speak-up/>
- Better Relationships, Better Learning, Better Behaviour, (Scottish Govt 2013) <https://education.gov.scot/parentzone/Documents/BetterRelationships.pdf>
- Care Information Scotland – support and resources for carers including young carers <https://www.careinfoscotland.scot/topics/support-for-carers/>
- Definition of Disability <https://www.gov.uk/definition-of-disability-under-equality-act-2010>
- Developing the Young Workforce: embedding equality in resources for learning <https://education.gov.scot/media/Oddfwen2/equalitiesguidingprinciples.pdf>
- Different types of discrimination - <https://www.citizensadvice.org.uk/law-and-courts/discrimination/what-are-the-different-types-of-discrimination/harassment/>
- Digital Participation and Digital Poverty – information and resources about increasing digital equality in Scotland <https://digitalparticipation.scot/>
- Disability Information Scotland – guides and information for disabled people in Scotland <http://www.disabilityscot.org.uk/>
- Dyslexia and Inclusive Practice: Professional Learning Resource <http://addressingdyslexia.org/sites/default/files/resources/Education%20Scotland%20Inclusive%20Practice%20Professional%20Learning%20Resource%20January%202020..pdf>

- Education (Additional Support for Learning) (Scotland) Act (2009) [http://www.legislation.gov.uk/asp/2009/7/pdfs/asp\\_20090007\\_en.pdf](http://www.legislation.gov.uk/asp/2009/7/pdfs/asp_20090007_en.pdf)
- Education Scotland: Supporting Young Carers in Education <https://education.gov.scot/improvement/learning-resources/supporting-young-carers-in-education/>
- Equality Act 2010 <http://www.legislation.gov.uk/ukpga/2010/15/contents>
- Equalities Human Rights Commission website <https://www.equalityhumanrights.com/en>
- Improving gender balance 3-18 <https://education.gov.scot/improvement/learning-resources/improving-gender-balance-3-18>
- Intercultural Youth Scotland <https://interculturalyouthscotland.org/>
- Introduction to gender stereotyping <https://education.gov.scot/improvement/documents/gender-stereotyping-intro.pdf>
- LGBT Youth Scotland – resources for teachers <https://www.lgbtyouth.org.uk/resources/>
- National Framework for Inclusion <http://www.frameworkforinclusion.org/pages/index?category=4>
- Protected characteristics <https://www.equalityhumanrights.com/en/equality-act/protected-characteristics>
- Perceptions and experiences of Black, Asian and Minority Ethnic young people in Scottish Schools, November 2019 <https://kevinguyan.com/2019/11/06/bame-young-people-share-their-experiences-of-scottish-secondary-schools/>
- Race Equality Framework <https://www.gov.scot/publications/race-equality-framework-scotland-2016-2030/>
- Racial Equality and Scottish School Education: Ensuring today's young people are tomorrow's confident citizens <http://www.ceres.education.ed.ac.uk/wp-content/uploads/ONLINE-VERSION-IAA-Briefing-Racial-Equality-and-Scottish-School-Education.pdf>
- 'Social Justice Re-examined: Dilemmas and Solutions for the classroom teacher' (Trentham books 2019) – resources to support this book available on <http://www.ceres.education.ed.ac.uk/social-justice-re-examined/>
- Stonewall Scotland resources for teachers and schools <https://www.stonewallscotland.org.uk/schools-colleges>
- Teaching in a Diverse Scotland Report <https://www2.gov.scot/Resource/0054/00543091.pdf>
- Time for Inclusive Education – resources for teachers <https://www.tiecampaing.co.uk/resources>

United Nations Equality and Non-discrimination – resources on various aspects of equality and discrimination <https://www.un.org/ruleoflaw/thematic-areas/human-rights/equality-and-non-discrimination/>