

Violence Prevention in Schools

Schools Directory

**Violence Prevention
Programmes and
Resources in Scotland**

2025-2026

- Universal Generic Violence Prevention
- Bystander Training
- Targeted 'At Risk'
- Bystander Intervention (Gender Based Violence)
- Universal Intervention Misogyny and Online Radicalisation

Introduction

Scotland is committed to becoming the safest place in the world to grow up. Preventing violence starts not only in homes and communities but critically within our schools. This directory has been created to support schools across Scotland in accessing high-quality, universal violence prevention resources and tools developed by a wide range of trusted partners.

Across the country, schools are increasingly recognising their vital role in addressing the root causes of violence and creating environments where all children and young people feel safe, respected, and included. National strategies such as Equally Safe, Getting It Right for Every Child (GIRFEC), and Scotland's Violence Prevention Strategy highlight the importance of early intervention, trauma-informed approaches, and the promotion of equality and wellbeing in education. These policies, alongside rising concerns about gender-based violence, knife carrying, bullying, online harms, and mental health challenges, have created both a need and an opportunity for schools to act as key drivers of change.

The services and programmes listed in this directory offer universal and targeted prevention tools that can be embedded in the curriculum, delivered as part of whole-school approaches, or used to support staff training and development. These programmes are designed to help children and young people build healthy relationships, resolve conflict non-violently, challenge harmful attitudes, and develop empathy, resilience, and respect for others.

Teachers, school leaders, and support staff are in a powerful position to foster safe, nurturing learning environments. By engaging with the programmes in this directory, schools can actively contribute to reducing violence in all its forms. We want to create a culture where every child and young person can thrive, free from fear and harm.

Together, through education and partnership, we can make Scotland a safer, fairer place for everyone.

Partners in Violence Prevention

- No Knives Better Lives
- Scottish Violence Reduction Unit
- Fearless
- Medics Against Violence
- Mentors in Violence Prevention
- Rape Crisis Scotland
- Civic Digits
- Zero Tolerance
- Equally Safe
- Education Scotland
- Scottish Government



Why this directory?

Teachers across Scotland are already working hard to create safe, inclusive school environments, but many face a common challenge: finding the right resources to support violence prevention work can be time-consuming and frustrating.

While there is no shortage of excellent tools and programmes available, they are often scattered across different platforms and websites, making them difficult to locate or compare. As a result, educators can end up spending valuable time searching for materials or developing their own, sometimes duplicating work that has already been done, and done well.

This directory was created to solve that problem and we see it as an evolving document. It brings together a wide range of evidence-based, proven violence prevention resources in one accessible place. Each programme included here has been developed by experienced organisations working in Scottish schools, and aligns with national priorities for health and wellbeing, relationships education, inclusion, and safeguarding.

By streamlining access to trusted tools and programmes, this directory helps teachers focus their time and energy where it matters most: delivering meaningful learning experiences that build respect, empathy, and safety in the classroom and beyond. Whether you're looking to embed prevention in the curriculum, deliver a targeted intervention, or support a whole-school approach, this resource makes it easier to act, and to do so with confidence.

In short, this directory exists to make it simpler for educators to do what they do best: support young people to grow, learn, and flourish in a Scotland where everyone feels safe.

Universal Generic Violence Prevention

– ORGANISATION:

YouthLink Scotland: No Knives Better Lives

~~No knives~~
Better lives

– SCHOOLS OFFERING:

Better Lives: Understanding Violence Prevention and Knife Carrying – A holistic, prevention-focused toolkit and accompanying E-Learning accredited CPD that supports practitioners and educators to engage young people in conversations around knife carrying, violence, and conflict resolution.

– BRIEF DESCRIPTION:

The Better Lives toolkit provides practical guidance, theory-informed insights, and structured activities to help young people understand the risks of knife carrying. The toolkit centres young people in prevention work and supports the development of positive social norms through reassurance, not fear. It is grounded in 15 years of learning from the No Knives Better Lives (NKBL) programme and includes updated material on the current context of violence prevention in Scotland.

– PURPOSE OF INTERVENTION:

To reduce the incidence of knife carrying and violence among young people by:

- Promoting non-violence as a social norm
- Offering alternatives to fear-based messaging
- Supporting schools and partners to challenge the social and cultural factors that contribute to youth violence
- Strengthening multi-agency approaches that put young people's voices at the centre

– ANY COSTS:

Free to access and use.

(Printed versions or customised in-person training may incur additional costs—contact YouthLink Scotland for details.)

– **EXPECTATION OF PARTICIPATING SCHOOL:**

- Embed the toolkit within health and wellbeing or wider curricular planning
- Engage youth workers or other partners in delivery where possible
- Commit to sustained, relational approaches to violence prevention
- Collaborate with local NKBL partners, Police Scotland, and community services where appropriate

– **EXAMPLE OF PRACTICE:**

A secondary school in the west of Scotland partnered with their local youth work team to co-deliver sessions from the Better Lives toolkit as part of their PSE programme. Young people explored the 10 R's of prevention (e.g. Rights, Responsibility, Relationships) and took part in peer-led activities, which contributed to increased awareness and reduced tolerance of knife carrying behaviours.

– **CONTACT DETAILS:**

- **Email:** nkbl@youthlink.scot
- **Website:** noknivesbetterlives.com
- **Links to Resources:** [Better Lives Toolkit](#), [Better Lives E-Learning](#)

Universal Generic Violence Prevention

– ORGANISATION:

Medics Against Violence (MAV)



– SCHOOLS OFFERING:

- MAV Academy Violence Prevention Workshop (S1–S4)
- MAV Interns Programme (S5–S6 peer education training)

– BRIEF DESCRIPTION:

The MAV Academy programme delivers engaging, interactive, discussion-based violence prevention sessions in secondary schools, led by volunteer healthcare professionals. The workshops are designed to prompt reflection and open dialogue around the causes and consequences of violence.

We also offer the MAV Interns programme, again delivered by volunteer health professionals which trains senior pupils to deliver some of the MAV content to younger year groups, supporting peer-to-peer learning and leadership development.

MAV volunteers are all trained and PVG checked, and all materials used are mapped to the Curriculum for Excellence.

– PURPOSE OF INTERVENTION:

To educate young people about the impact of violence on individuals and communities and support them to make safe, informed decisions. By hearing directly from professionals who witness the effects of violence in their work, pupils gain insight into real-life consequences and develop empathy and confidence to seek help or support others. The MAV Academy programme can also be useful for young people undertaking the Modern Studies course.

The MAV Interns programme further empowers older pupils to take ownership of this message and share it with their peers to keep the whole school safe.

– ANY COSTS:

Free

– EXPECTATION OF PARTICIPATING SCHOOL:

- Coordinate with MAV to arrange workshop or training session dates
- Provide access to relevant classes or pupils and a suitable space and IT for delivery
- Support sessions by supervising where required and enabling evaluation feedback
- For Interns: commit to 5–6 training sessions or one full day of training and support pupils in delivering follow-up lessons to the younger pupils in the school

– OUTLINE OF LESSON:

The core MAV Academy session is typically delivered to S1–S4 pupils and runs for around 50 minutes (one classroom period). The lesson is delivered by volunteer health professionals all of whom have first-hand experience of treating injuries due to violence the course of their daily jobs in hospitals. They open the lesson by introducing themselves and telling the young people about their work in healthcare. Each lesson incorporates a powerful video produced by MAV featuring two young people sharing their experiences of involvement in violence and custody. The two speak very eloquently about the incident that led to them losing their liberty and which has impacted on their lives as well as that of the victim's family. The film also features testimony from one of the A&E doctors speaking about his experience treating victims of violence and the impact that has had on him as a health professional. This is followed by a guided group discussion on the risk factors that lead to violence, its personal and social consequences, the role of alcohol and ways to stay safe. The young people are encouraged to ask questions, come up with solutions and interact with MAV volunteers, who share insights from their frontline experiences in healthcare. The lesson finishes with each group of young people feeding back their thoughts on one aspect of the discussion to the rest of the class.

– EXAMPLE OF PRACTICE:

At a school in West Dunbartonshire, MAV delivered S1 sessions as part of a wider "Choices" day. Pupils watched the MAV video, then took part in a discussion with volunteer medics about peer pressure, decision-making and support networks. The sessions were well received, with pupils actively engaging and reflecting on the real-life consequences of violence.

At another school, S6 pupils were trained as MAV Interns over six sessions, learning to deliver the same workshop content to younger year groups. This not only reinforced the violence prevention message but helped build confidence, communication skills and a sense of responsibility among the senior pupils.

– CONTACT DETAILS:

- **Email:** schools@mav.scot
- **Website:** mav.scot

Bystander Training

– ORGANISATION:

YouthLink Scotland: No Knives Better Lives

~~No knives~~
Better lives

– SCHOOLS OFFERING:

Nae Danger: Active Bystander Schools Package (including mobile phone game and VR game)

– BRIEF DESCRIPTION:

A flexible suit of interactive resources designed to help engage young people aged 10–16 in understanding and practising safe, effective active bystander behaviours. It includes ready-to-use resources, staff guidance and interactive activities based on the STEPS approach.

– PURPOSE OF INTERVENTION:

To build young people's confidence and skills to challenge harmful behaviours, support peers and seek help safely. The package promotes a whole-school approach to violence prevention and helps embed pro-social behaviours in line with Curriculum for Excellence and GIRFEC principles.

– ANY COSTS:

Free

– EXPECTATION OF PARTICIPATING SCHOOL:

- Identify a lead staff member to deliver or coordinate the package.
- Embed the toolkit within PSE, health and wellbeing or wider pastoral care provision.
- Support peer-led delivery where appropriate.
- Participate in evaluation to support ongoing development.

– EXAMPLE OF PRACTICE:

We were approached by a secondary school concerned about rising youth violence and knife carrying in their community. Staff wanted to equip pupils with practical strategies to keep themselves and others safe. As part of a whole-school approach, they implemented the Nae Danger: Active Bystander package by embedding sessions into PSE lessons (where they played the Nae Danger game followed by a discussion) and displaying supportive messaging and STEPS posters around the school. Pupils explored real-life scenarios and learned how to assess risk, take safe action and support their peers.

The intervention helped create a safer school environment, where young people felt more confident and empowered to challenge harmful behaviour, contributing to positive change.

– **CONTACT DETAILS:**

- **Email:** nkbl@youthlink.scot
- **Website:** noknivesbetterlives.com
- **Links to Resources:** [Nae Danger](#)

Bystander Training

– ORGANISATION:

Fearless



the youth service of independent charity Crimestoppers

– SCHOOLS OFFERING:

Education toolkit comprising of six activities to support positive dialogue around speaking up about crime

– BRIEF DESCRIPTION:

A flexible education resource designed to help young people aged 11-18 explore the barriers, attitudes and myths surrounding the reporting of crime. Co-produced with young people across Scotland, the resource includes engaging, reflective activities that empower young people to understand their relationship with crime reporting and build confidence in using the anonymous Fearless.org service.

– PURPOSE OF INTERVENTION:

To encourage young people to think critically about crime and the importance of reporting; to build understanding of the Fearless.org service; and to support young people in making informed choices about speaking up. The resource helps to challenge misconceptions and stigma around 'grassing'.

– ANY COSTS:

Free

– EXPECTATION OF PARTICIPATING SCHOOL:

- Staff wishing to deliver the lessons should familiarise themselves with Fearless; how the charity's reporting service works and their promise of anonymity. They can do this by reading the 'Be Fearless Guide for Professionals' on the link below.
- Promote awareness of Fearless.org with pupils, colleagues, parents and caregivers. Free posters can be requested through the website.

– EXAMPLE OF PRACTICE:

In autumn 2024, a Scottish secondary school used the Fearless Scotland resource with S3 pupils during a health and wellbeing project. Staff facilitated the activities, encouraging pupils to discuss attitudes to crime reporting and critically explore the concept of 'grassing' vs 'speaking up'. Pupils reflected on local community issues and how reporting could potentially change their community and the lives of their peers. The project culminated in designing an 'ideal reporting service' – then introducing Fearless.org as a real-world, anonymous option. The activities built young people's confidence and understanding of how and why to report safely, and supported wider community safety and wellbeing conversations. In addition to learning within the classroom, posters were displayed around the school and a text message was sent home to parents and caregivers with information about the charity's 100% anonymous reporting service.

– CONTACT DETAILS:

- **Email:** Fearless@crimestoppers-uk.org
- **Website:** fearless.org
- **Link to Resources:** [Fearless Scotland](#) | [Crimestoppers](#)

Targeted 'At Risk'

– ORGANISATION:

Medics Against Violence (MAV)



– SCHOOLS OFFERING:

On The Edge 12-Week Group Work Programme (S2–S4)

– BRIEF DESCRIPTION:

On The Edge delivers a structured, 12-week group intervention focused on raising awareness of the impact of drugs, alcohol, and violence on young people's lives and futures. Sessions are facilitated by a School Navigator, who builds trusted relationships with pupils to guide meaningful conversations around risk, choice, and change. The programme is designed to raise aspirations, build resilience, and support young people to imagine and work towards a more positive path.

– PURPOSE OF INTERVENTION:

To reduce risk-taking behaviours and increase protective factors in young people through early intervention. The programme supports pupils to:

- Understand the personal and social consequences of substance use and violence.
- Reflect on their own choices and influences.
- Develop coping strategies, self-awareness, and emotional regulation.
- Build confidence and hope for their future.

It aligns with the curriculum for excellence and a whole-school approach to wellbeing, prevention, and inclusion, contributing to positive behaviour and engagement.

– ANY COSTS:

Free

– EXPECTATION OF PARTICIPATING SCHOOL:

- Identify and refer pupils who would benefit from support (typically S2–S4).
- Provide a consistent space and time slot for weekly sessions
- Support communication between the School Navigator and wider pastoral/guidance staff
- Allow opportunities for evaluation and ongoing partnership working

– **OUTLINE OF PROGRAMME:**

The Edge programme runs over 12 weekly sessions, typically lasting 50–60 minutes each.

Topics include:

- Drugs and alcohol awareness
- Violence and peer influence
- Relationships, trauma, and emotional wellbeing
- Aspirations and future planning

The approach is interactive and relational, using storytelling, media clips, real-life case studies, and creative exercises. Each session is designed to prompt reflection, dialogue, and personal goal setting. The final weeks focus on building self-belief and identifying next steps in education, training, or personal development.

– **EXAMPLE OF PRACTICE:**

In a school in North Lanarkshire, The Edge team worked with a group of S3 boys identified as being at risk of disengagement. Over 12 weeks, they explored themes of substance misuse, peer pressure, and violence using honest, real-world examples and discussion. The sessions created a safe space for the boys to share their experiences, challenge one another, and support change. In the final weeks, they worked on setting personal goals and mapping out positive future options. School staff reported improved attendance, reduced behaviour concerns, and stronger relationships between the pupils and support staff.

– **CONTACT DETAILS:**

- **Email:** callum@mav.scot
- **Website:** mav.scot

Bystander Intervention (Gender Based Violence)

– ORGANISATION:

Education Scotland: Mentors in Violence Prevention



– SCHOOLS OFFERING:

Mentors in Violence Prevention Programme

– BRIEF DESCRIPTION

Mentors in Violence Prevention (MVP) is an effective bystander intervention programme for secondary schools that gives young people the opportunity to take on a leadership role in challenging gender-based violence. It utilises a peer mentoring approach in which senior students are trained as mentors to deliver sessions to younger students.

– PURPOSE OF INTERVENTION

MVP gives young people the chance to explore and challenge the attitudes, beliefs and cultural norms that underpin gender-based violence. It uses a 'bystander' approach where individuals are not looked on as potential victims or perpetrators but as active bystanders with the ability to support and challenge their peers in a safe way.

– ANY COSTS:

Free

– EXPECTATION OF PARTICIPATING SCHOOL

- At least 4 members of staff attend training to form the MVP Mentor Support Team.
- A school lead is identified to liaise with the local authority coordinator.
- Mentors receive training and support from MVP trained staff and the opportunity to practice prior to delivering sessions to an identified year group.
- MVP staff support mentors and evaluate the programme in their setting.

– EXAMPLE OF PRACTICE

- Senior students (typically S5/6) receive the equivalent of 2 days training from trained staff to become MVP mentors.
- MVP senior mentors deliver MVP lessons to an identified year group within the BGE (typically S1/2).
- Two core lessons covering gender stereotyping, bystander theory and the scope of violent behaviour are delivered prior to scenario-based lessons.
- Trained staff may also supplement lessons across the curriculum.
- The MVP glow blog has examples of models used by schools, accessed here.

– CONTACT DETAILS:

- **Email:** National Co-ordinator - Pauline.Lynch@educationscotland.gov.scot
- **Website:** [Mentors in Violence Prevention in Scottish Schools](#)
- **Links to resources:** [Mentors Support Team](#), [Mentors in Violence Prevention in Scottish Schools](#) (password provided after staff training)

Universal Intervention Gender Based Violence

– ORGANISATION:

Rape Crisis Scotland



– SCHOOLS OFFERING:

Equally Safe at School (ESAS)

– BRIEF DESCRIPTION:

Schools can sign up to a free ESAS account, giving access to resources such as teaching materials, e-learning modules and templates. The program offers a Senior Lead's Dashboard for school leaders to monitor progress, plan activities, and report. Staff and students work together to plan actions to improve their school culture and schools that sign up also have access to free staff training from local Rape Crisis Centres.

– PURPOSE OF INTERVENTION:

A suite of tools, guidance and training for secondary schools to embed a whole school approach on gender-based violence. It provides a framework to consolidate all efforts to tackle GBV within the school setting.

– ANY COSTS:

Free

– EXPECTATION OF PARTICIPATING SCHOOL:

ESAS works best when:

- School leadership are aware that GBV is present in their school and believe it is important to address it
- Sufficient time and resources are allocated
- Staff members leading on ESAS are well supported by Senior Leadership
- Staff training on GBV and gender equality is prioritised
- ESAS activities are embedded into existing school process and schools take a coordinated approach to delivering them

– **EXAMPLE OF PRACTICE:**

For examples of how ESAS can work in practice click on this link to read 3 case studies from participating schools.

– **CONTACT DETAILS:**

- **For more information about ESAS:** www.equallysafeatschool.org.uk
- **To sign up visit:** equallysafeatschool.org.uk/get-involved-sign-up
- **To contact us:** www.equallysafeatschool.org.uk/contact-us-general

Universal Intervention Misogyny and Online Radicalisation

– ORGANISATION:

Civic Digits C.I.C



– SCHOOLS OFFERING:

'Many Good Men' Teachers pack (available from 20th January 2026)

– BRIEF DESCRIPTION:

Many Good Men is a participant led digital forum theatre project, set and performed in football clubs, where young people create a drama about the radicalisation of two young football players after they witness an incel shooting in their hometown. The pack contains a 23-minute video about the making of two different versions of this show by a boys' group and a girls' group in Edinburgh 2024. It follows them exploring the reasons why someone might be radicalised online and shows how in production the audience are invited to explore how to change the outcome for that character. There is also a workshop plan for using drama exercises to start to explore this issue and signposting to more information about 'the manosphere' and incel culture.

Purpose of Intervention To use arts-based practice as an accessible route to talking about what it means to be a healthy and happy man, what online influences men experience, what could make some men vulnerable to radicalisation and to start to work towards addressing those issues.

– ANY COSTS:

- Pack will be freely available to schools/educators. Contact contact@cividdigits.com.
- Expectation of Participating School: To feedback to us on how you used the pack and if there are any improvements you can suggest

– EXAMPLE OF PRACTICE:

[Watch this 3 minute film to see Many Good Men at Hearts Football Club in February 2024](#)

– CONTACT DETAILS:

- **Email:** contact@cividdigits.com
- **Website:** cividdigits.com

Schools Directory

Violence is Preventable

Many thanks for all those who sent us their school offerings for inclusion in the School's Directory.

If you can contribute further and would like inclusion in the next edition, please contact us through NKBL. We envisage this directory as an evolutionary learning process as we gather more data on existing programmes and resources.



No Knives
Better lives



SCOTTISH
VIOLENCE
REDUCTION
UNIT



fearless
Part of Crimestoppers



MEDICS | AGAINST
VIOLENCE



MVP
Scotland
Mentors in Violence Prevention
Challenging Gender Based Violence, Everyone's Responsibility



RAPE CRISIS
SCOTLAND



civic
digits



Z | ZERO
TOLERANCE



EQUALLY
SAFE



S Education
Scotland
Foghlam Alba



Scottish
Government
gov.scot