























**73%** of teachers have experienced **more workplace stress** in the last 12 months

Teachers say that their job is impacting negatively on their **health and wellbeing**





**55%** of teachers in the last year have considered **quitting teaching** altogether

**52%**

of women teachers

**40%**

of black and minority ethnic teachers

**29%**

of young teachers

# TACKLING WORKLOAD

Support for the NASUWT's industrial action campaign continues to grow.

At a time when teachers are deeply concerned about excessive workload, only the NASUWT's action short of strike action instructions on cover, planning, preparation and correction (PPC) time, working time and administrative and clerical tasks are providing protection for members and preventing the situation from being even worse.

It is vital that the action instructions are implemented fully in your school.

For more information go to  
**[www.nasuwt.org.uk/IndustrialActionScotland](http://www.nasuwt.org.uk/IndustrialActionScotland)**

# WHAT YOU CAN DO

## Cover

Members should not exceed the contractual 22.5 hours contact time to provide cover.

## Planning, Preparation and Correction Time

Members should refuse to teach their timetabled lessons if they do not have one third of their class contact time as timetabled PPC time.

## Working Time

Members should not exceed their contractual working time of 35 hours per week.

## Administrative and Clerical Tasks

Members should refuse to undertake any clerical and administrative tasks as defined in Annex E of the Teachers' Agreement.

