

**Working Together to
End Sexual Violence**



Annual Report 2019-2020

Mission Statement: WORKING TOGETHER TO END SEXUAL VIOLENCE



Established in 2007, the Rape and Sexual Abuse Centre, Perth and Kinross (RASAC P&K) aims to relieve the distress of women and young people affected by rape, sexual abuse or exploitation through the provision of emotional and practical support, information, and advocacy.

Furthermore, our services reach out to supportive partners, families, friends who seek information or support around any issues relating to sexual violence. We are proactive in our activities to raise awareness and advance education amongst professionals, the general public, and young people. By focusing on the causes, nature, prevalence, and effects of abuse we seek to prevent sexual violence and challenge harmful societal attitudes that exist.

Our Vision:

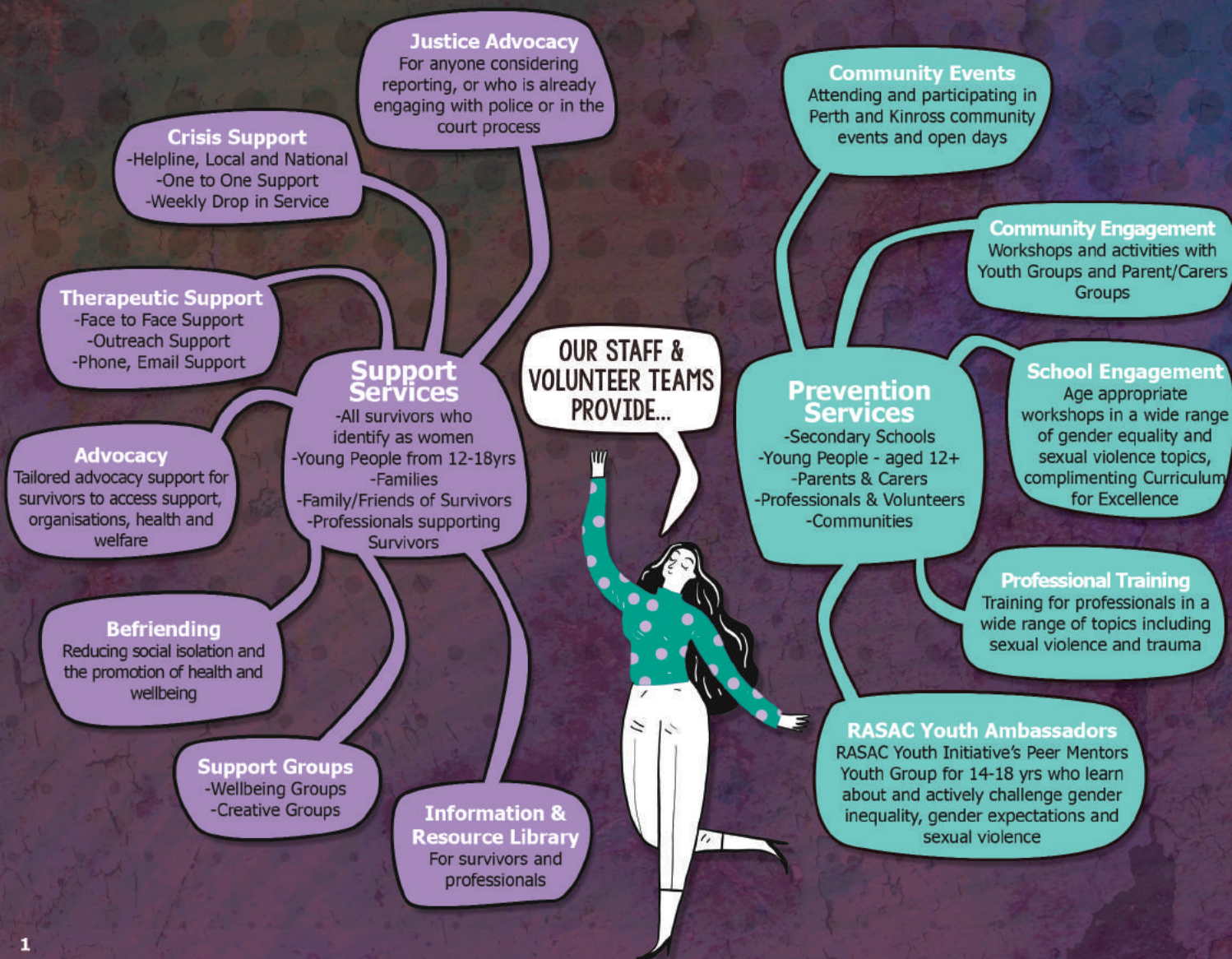
Prevention To change societal attitudes and beliefs through awareness raising events, campaigns and education as well as working in collaboration with relevant agencies to eliminate gender based violence against women.

Provision To continually grow and adapt our services in response to those who need us.

Participation Overcoming all barriers to give survivors a voice through the promotion of service user involvement.

Protection Creating a safe environment where women and young people can freely express themselves

So what does that look like in practice?



Director's Report

Our first full year in the new premises has been exceptional with the increased number of support rooms and meeting spaces to fully support the delivery of RASAC P&K services. Whilst securing long-term, sustainable funding continues to be a challenge for us we continue to apply to a range of funders seeking support for the delivery of vital rape crisis services across Perth & Kinross whilst facing unprecedented demand.

Within support, RASAC P&K have experienced a 95% increase in demand for support services across the last 5 years. This year alone, 172 referrals were received and a total of 311 survivors living in P&K accessed our services. Having access to responsive and survivor-centred support remains a key priority for us. We recognise the strength it takes for survivors to make contact and feel privileged that we have the opportunity to walk alongside so many incredible women and young people every day on their journey of recovery.

Highlights across the year within the service include; the delivery of resourcing workshops to multi-agency staff working in P&K supporting frontline staff who are working with trauma survivors; addressing Child Sexual Exploitation by participating in a learning visit to Bath's Trauma Recovery Centre alongside Perth's Family Change Project, looking at good practice, other models of support and the support of children under the age of 12, kindly funded by the Child Protection Committee; providing trauma informed practice training to Fencing Coaches from across Scotland during their national conference in Perth as well as presenting our experiences of the Fencing project with the hope that other areas of Scotland benefit from this successful project.

With a growth 111% in young people participating in our Sexual Violence Prevention programme, engaging with over 6,000 secondary school pupils, delivering 442 workshops across 14 Perth & Kinross schools our RASAC Youth Initiative's staff and volunteers incredibly busy; we welcomed the opportunity to take part in Blairgowrie High School's Respect event, with 148 pupils taking part in sexual harassment and bullying workshops; we were thrilled when a group from Perth Grammar School participating in the Youth Philanthropy Initiative won £3000 for our organisation; we are forever grateful for the activism and dedication of our 23 RASAC Youth Ambassadors, taking part in a number of equality projects including this year's 'Girls Rights UK' initiative, the production of a DVD on sexual violence prevention in partnership with Y-Media and participation in a Sexual Harassment Consultation day facilitated by Rape Crisis Scotland.

We continue to participate in awareness raising events such as Perth & Kinross's Third Sector Child Protection Development Day, Perth's Women of the World Festival and GIRFEC events. Furthermore, 338 professionals participated in 18 training sessions across the year on topics such as Dealing with Disclosure, Suicide and Self-Harm and Trauma Informed Practice.

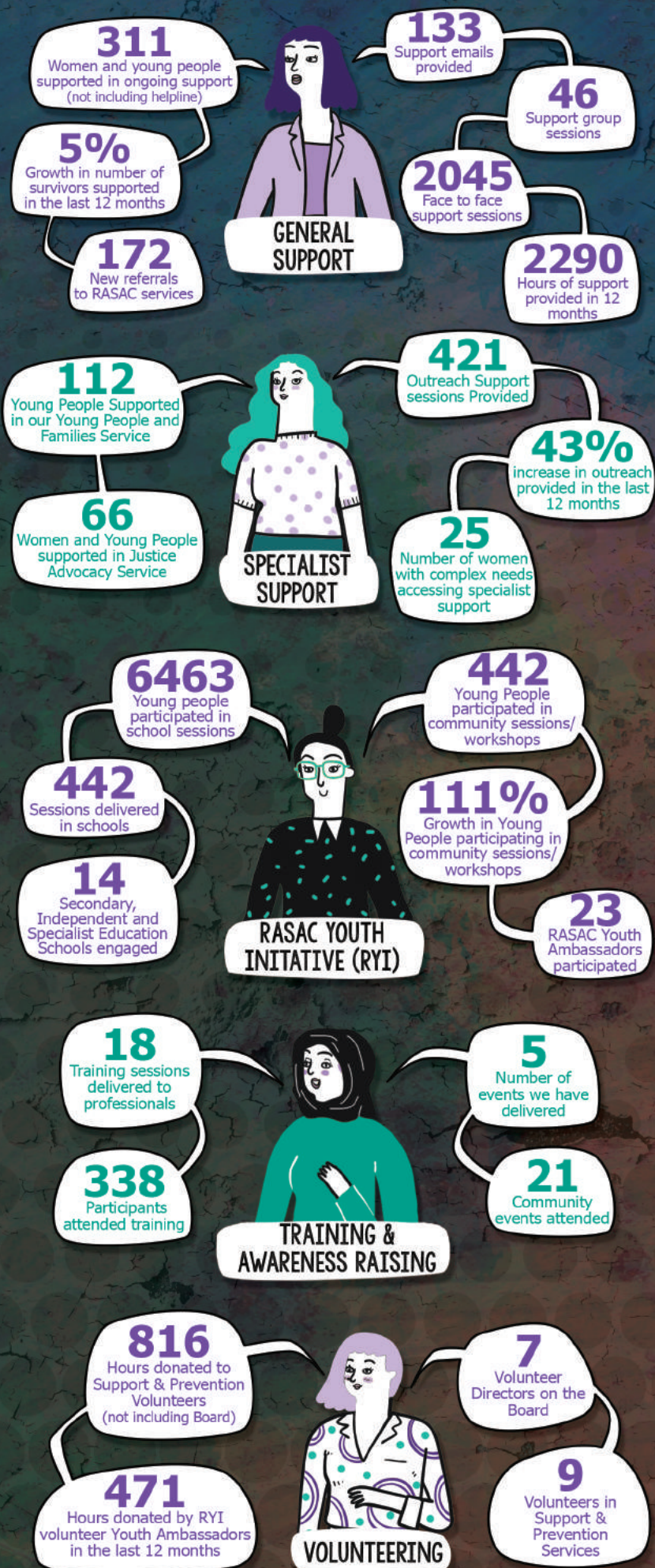
Partnership work remains an important aspect of our work and we continue to value all the national and local groups and organisations we work alongside; Perth & Kinross Violence Against Women Partnership, Child Protection Practice Sub-Group, Suicide Prevention Group, Third Sector Children, Young People and Families Group and the National Children and Young People's Prevention Network, Sexual Offences Operational Delivery Group for the CMO Taskforce which has enabled us to engage in productive dialogue with other key partners improving access to forensic medical services for survivors following sexual assault.

We are very aware that we are approaching challenging times and as we come to the end of this reporting year, we have entered lockdown as a result of the COVID-19 pandemic. We have spent the last month preparing for this in order to ensure we can continue our much needed service delivery and partnership work.

The Board of Directors would like to thank all staff and volunteers for their continued hard work and dedication. Volunteers have donated 816 hours of their time to the delivery of our services in the last year and their contribution makes a significant difference to the work that we do. We are also ever thankful to those who have supported our work, both continued and new; The Scottish Government, The Gannochy Trust, The Big Lottery, The Clothworkers Foundation, Perth & Kinross Council, Forteviot Charitable Trust, Corra Foundation (Henry Duncan), and BBC Children in Need. Also, to everyone who's donations across the year have supported our work, thank you for all you do.

Snapshot 2019-2020

WHAT WE HAVE BEEN UP TO...



RASAC Support Services

THE IMPACT OF SEXUAL VIOLENCE



WHAT SURVIVORS & THEIR SUPPORTERS TELL US...

"My life was over, I couldn't see a future. I am not exaggerating when I say that I almost died. People don't realise the impact of rape and abuse. They say 'get over it', 'move on', 'don't dwell on it'. They have no idea how it kills you on the inside, what it does to you and your family"

Survivor

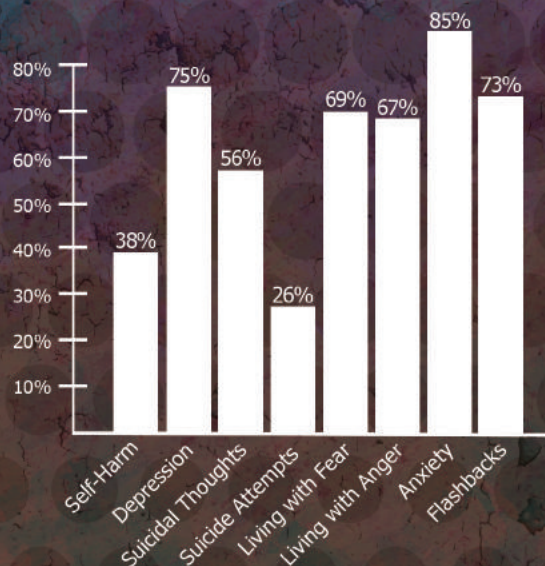
"Working with the homeless community, I can't tell you how many people I've worked with who have hit rock bottom with addiction and not being able to cope with life, who disclose that they are a survivor of sexual violence. Sexual violence is not only interpersonal violence, it is societal violence, it effects everyone in one way or another."

Community Worker

"It was simply devastating when I found out my daughter was hurt. It was so hard to keep being brave and strong for her when I had all these awful feelings of sadness, anger and anxiety. Her experience affected the whole family and affected my view of the world and people."

Parent of a survivor

SOME OF THE EFFECTS SURVIVORS LIVE WITH AS REPORTED TO US IN SUPPORT



ATTEMPTING TO KEEP UP WITH THE NEED



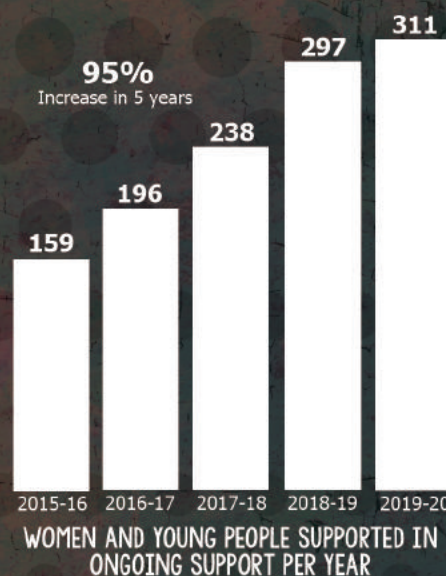
WAITING-LIST FEEDBACK

"I waited for just over 6 months on the waiting list. It was awful, it made me feel that I didn't deserve support, that I was being punished again. Some days I coped okay, others I didn't know if I was going to make it to tomorrow. I know that RASAC are doing their best and other women are waiting too, but it was horrible."

Survivor

"Each year we work with more women and young people, each year we work so hard to get that waiting list down to a couple of weeks, each year we don't get there. Saying that, I am really proud that we are increasing our service provision year on year as it is really needed."

Support Service Volunteer



REFERRALS TO RASAC P&K IN 12 MONTHS



REFERRAL FEEDBACK

"Making a referral was simple. I gave them a call asked about RASAC what they did and how it worked. The person I spoke to was really considerate and listened to me and what I needed. There was no pressure and once I was ready she took my referral over the phone and told me all about the different support I could access while I was on the waiting list, such as the RASAC Drop-in, Helpline and online resources."

Survivor

"I'd been working with a young person for a while who needed support with her experiences. However she was really anxious and worried about speaking to someone. RASAC Staff took the time to speak to us about what support was like and what type of things they discussed in support. I think the most important thing the young person found out was that she didn't have to talk about what happened, the focus was on how to manage the feelings and effects of what happened."

School Worker



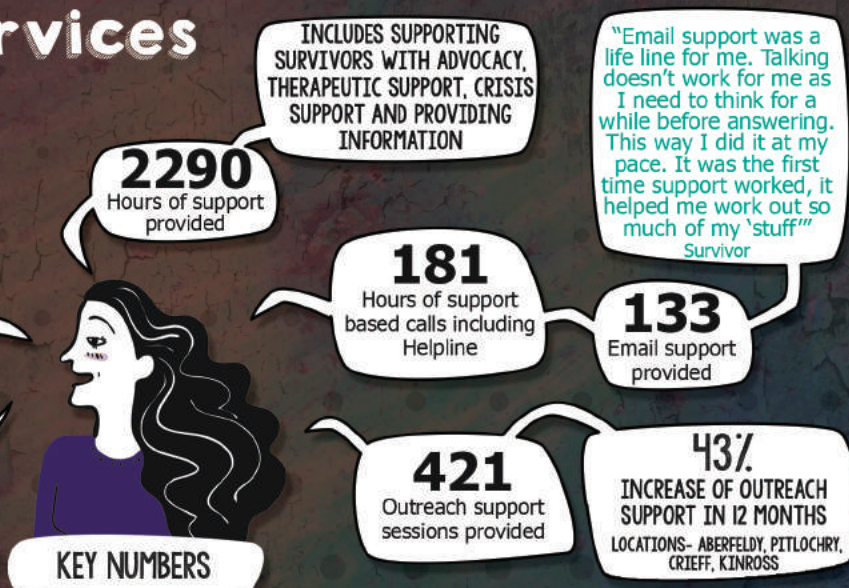
* Please note that all Survivor Feedback in our annual report has been anonymised and permission granted to use.



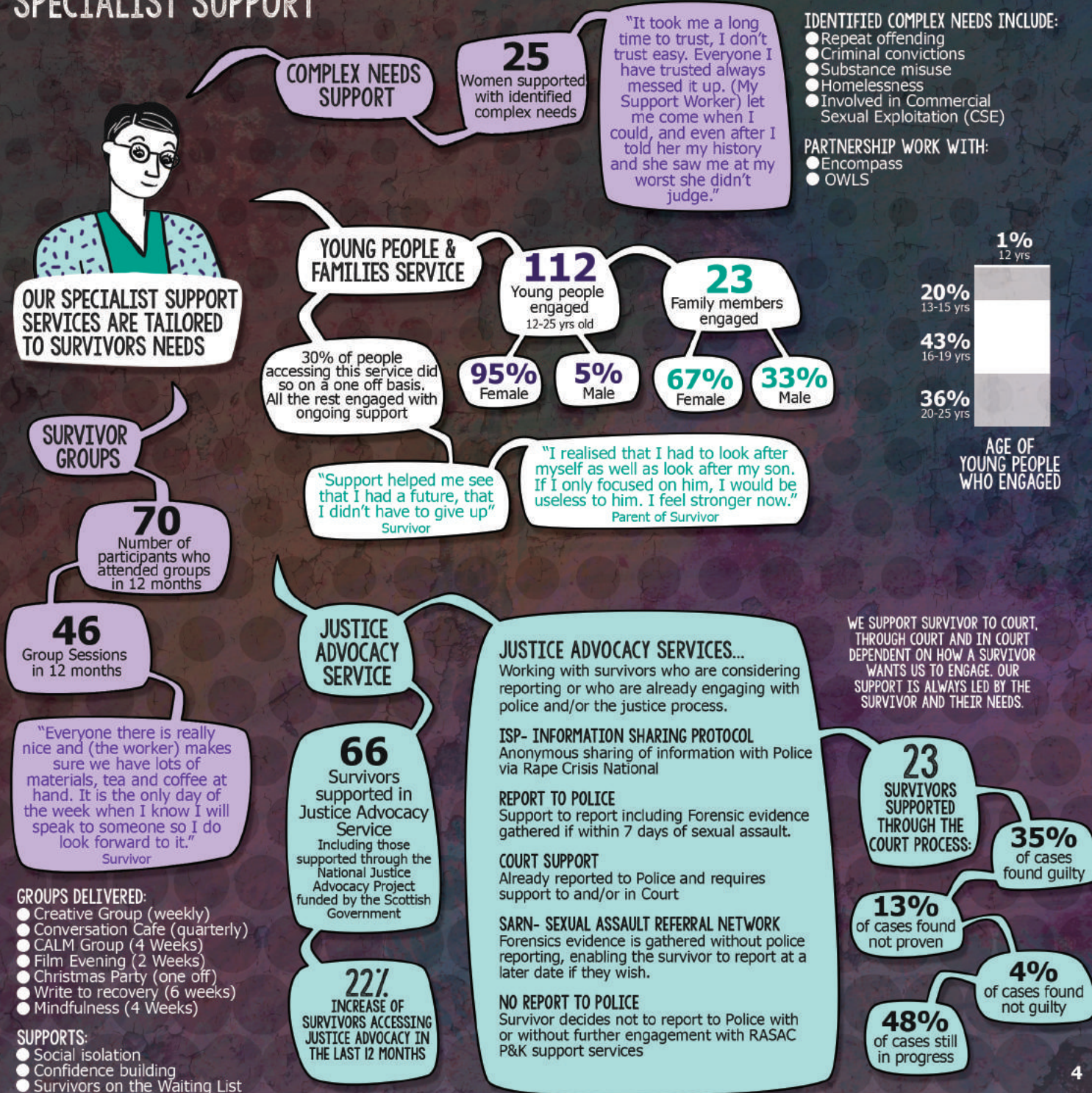
RASAC Support Services

OVERALL SUPPORT SERVICES

Crisis, Therapeutic & Advocacy Support



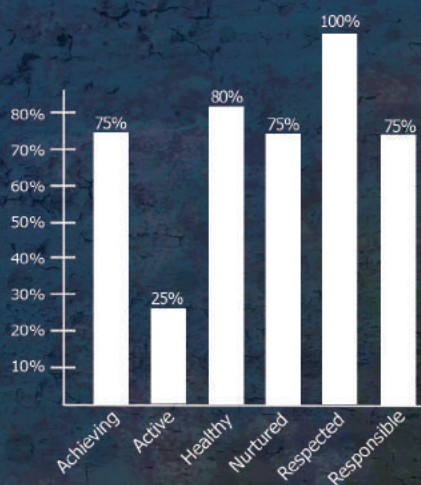
SPECIALIST SUPPORT



RASAC Support Services

THE DIFFERENCE SUPPORT CAN MAKE

Percentage of young survivors reporting improvements in...
(Within Young People and Families Service)



"Support gave me a space to see things differently. I went from wanting to die, to seeing hope, to seeing a life for myself."

Survivor

"I feel like I can go out and be my normal self again, like it's okay and I will get through this. I don't feel so angry and scared all the time and that feels good"

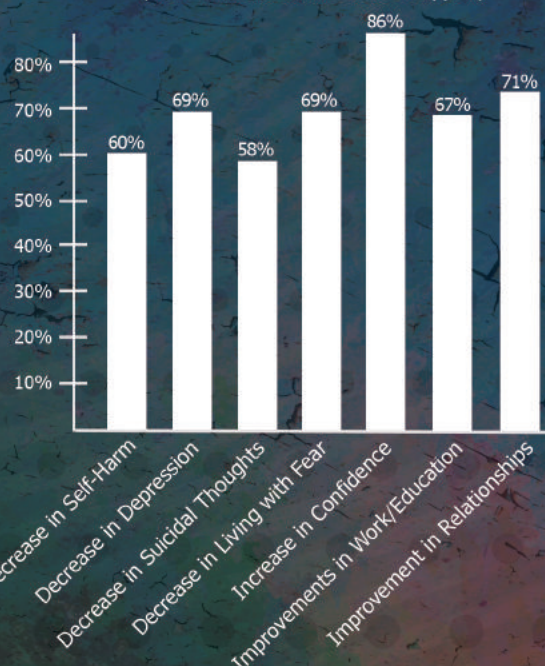
Young Survivor

We use our in-house 'Wheel Evaluation Tool', enabling us to ensure our Support Services provide a person centred approach, for each survivor we support.



MAKING A DIFFERENCE

Percentage of adult survivors reporting improvements in the effects they live with (assessed while in face to face support)



Volunteering



OUR VOLUNTEERS ARE AMAZING

Our volunteers are a vital part of our service delivery. They each bring with them a wealth of knowledge, experience and fresh ideas, adding to the buzz and energy in the organisation. We do not have the words to truly express our thanks to each of our volunteers.

Thank You!

All our Volunteers and Staff undertake **60hrs of Rape Crisis Training and 40hrs of induction** before working with Survivors or Young People

9
NUMBER OF VOLUNTEERS
(not including Board, some volunteers volunteer in more than 1 area)

6
Therapeutic Support Volunteers

THERAPEUTIC SUPPORT VOLUNTEERS
Providing one to one support face to face, on the phone and through email and in groups

3
Prevention Volunteers

PREVENTION VOLUNTEERS
Providing support to the Prevention Team in schools and in community settings

7
Volunteer Directors

BOARD OF DIRECTORS
Providing governance and guidance

816
Hours donated in 12 months
(not including Board)

56%
INCREASE IN VOLUNTEER HOURS BEING DONATED TO RASAC IN THE LAST 12 MONTHS.

Training and Awareness Raising

"The trainers took a very heavy subject and treated it with care and delicacy. They took us at a good slow pace and gave real world examples."

Attended the Rape & Justice System Session

"A really good session which explained the effects of trauma on young people's development and how we can support and understand their distressed & risk taking behaviour."

Attended Trauma Informed Practice Session

"Really good mix of video, statistics and group work. The training made me think about my everyday beliefs around gender, sexual violence and victim blaming. I feel challenged and surprised, but more aware and therefore, better equipped to support vulnerable people I work with who have experienced trauma and sexual violence. Thank you."

Attended a number of our sessions



SUPPORTING OTHERS TO BETTER UNDERSTAND THE IMPACT OF SEXUAL VIOLENCE

5
EVENTS
Delivered and/or organised....

EVENTS INCLUDE:

- **AGM**
Our yearly Annual General Meeting held for the first time in our new premises.
- **Reclaim the Night**
as part of the 16 Days of Action we once again, in partnership with OWLS, Police, PACT and the P&K VAWP delivered a successful march around Perth.
- **SARN Presentation**
Informed 50+ GPs on the Sexual Assault Referral Network as part of their PLT
- **Thelma & Louise**
Film screening in partnership with Perth Film Society & VAWP
- **Presentation at the Scottish Fencing Conference**
Presenting on the fencing pilot project and the effects of trauma on survivors

21
COMMUNITY EVENTS
Participated in...

EVENTS INCLUDE:

- Perth College Fresher's Fair
- Perth College info stalls x 5
- Blairgowrie High-Learning Festival
- Thursdays in Black event
- GIRFEC Cinema event (YA)
- Women of the World-WOW (YA)
- PKAVS Young Carers Consultation
- P&K Third Sector Child Protection Development Day
- Glenearn Wellbeing Day (YA)
- P7 Parents/Carers Social Media session-Oakbank Primary (YA)
- P&K Youth Voice Gathering
- Perth Grammar -Charity Fayre
- Info stalls held at Blairgowrie, Crieff, Pitlochry High Schools and Breadalbane Academy
- Rape Crisis Scotland Sexual Harassment Consultation Day

18
TRAINING SESSIONS
Delivered to professionals & RASAC Team...

338
People attended

41%
INCREASE IN PEOPLE ATTENDING IN THE LAST 12 MONTHS.

SESSIONS INCLUDE:

- Disclosure
- Trauma Informed Practice
- Gender Based Violence
- Rape & the Justice System
- Childhood Sexual Abuse
- Child Sexual Exploitation
- Suicide & Self Harm
- Organised & Ritual Abuse
- Honour Based Violence

PEOPLE TRAINED INCLUDE:

- Teaching and Support Staff
- Community Link Workers
- CLD Workers
- Social Workers
- Criminal Justice Workers
- Independent Advocacy
- Fencing Coaches

RASAC Prevention Services

SCHOOL SESSIONS

"Excellent as always... Important topics to make young people aware of. More relevant when delivered by non school staff."
Teacher

"(I am now more) aware that we should be more responsible for 'calling it out' when we know that sexual violence is happening to anyone"
S3 Male Pupil

"This lesson helped me a lot thank you. It has made me realise that I shouldn't feel pressurised to do things in porn films."
S5 Female Pupil

The workshops complement the Scottish Government's Curriculum for Excellence and can be incorporated within the PSE - Sexual Health and Relationships curriculum.



RASAC YOUTH INITIATIVE (RYI)

14

Schools engaged:
10 secondary schools
2 specialist provision
2 independent schools

- Balnacraig
- Blairgowrie High School
- Breadalbane Academy
- Bertha Park, Perth
- Crieff High School
- Kinross High School
- Navigate Educational Outreach facility
- Perth Academy
- Perth Grammar
- Perth High
- The Community School Of Auchterarder
- Kilgraston Girls School
- Morrison's Academy

442

Sessions/
Workshops
delivered

25%

INCREASE IN SESSIONS IN
THE LAST 12 MONTHS

- Gender Stereotyping
- What is Sexual Violence
- Social Media
- Consent
- Sexualisation in the Media
- Preventing Sexual Violence
- Child Sexual Exploitation
- Impact of Sexual Violence
- Harmful Effects of Pornography

80%

of educational staff who have accessed our workshops indicate that they have had their awareness of sexual violence extended

6463

Young people
participated

93%

of young people indicated that they could now identify different forms of sexual violence (after a workshop)

93%

of young people can now recognise the link between gender stereotypes and sexual violence as putting pressure on people.

COMMUNITY ENGAGEMENT

Community & Youth Groups workshops & School Events (not School Sessions)

1000

Approx number of Young People attended the NHS Tayside Drama Tour where we sat on the expert panel at 9 High Schools in P&K (S3 pupils)

68

Number of Adults engaging in community sessions/ workshops

442

Number of Young People engaging in sessions/ workshops

111%

INCREASE IN THE LAST 12 MONTHS

ENGAGING WITH:

- Young People
- Youth Group Staff/Volunteers
- Residential Support Staff
- Parents/Carers
- Young Mothers
- Foster Carers
- University/college Students
- Teaching/Support Staff
- School Pupils -Social enterprise

INCLUDING TO 200 YOUNG PEOPLE FROM:

- Alyth Youth Group
- Cedar Programme
- GLOW LGBT group
- Logos in Crieff
- PKAVS Young Carers Groups
- Speakeasy parent/carer groups
- Y Kinnoull Youth Group
- Y Princes Trust group

ENGAGING WHERE WE ARE NEEDED

"(I found it very helpful to understand how) trauma affects the brain development of children and teenagers which can explain distressed and risk taking behaviour"
Residential Staff

"Both nights were really worthwhile, even those who didn't engage with the workers then brought up things that they wanted to talk about afterwards so it sparked quite a lot of discussion"
Youth Group Staff

Big Thank you to the students of Perth Grammar who were awarded £3000 to donate to RASAC P&K... The money has been used to purchase resources for young survivors to support their journey of recovery and resources for informal youth /community group sessions

YOUTH AMBASSADORS

5

Student Ambassadors (18+ yrs)

23

RYI Youth Ambassadors (14-18 yrs)

Youth Ambassador (YA) programme is a peer mentoring and campaigning programme for young people from the ages of 14-18 years. The aim of the programme is to provide young people with the knowledge, experience and skills to raise awareness of sexual violence in their schools, social settings and communities and to support RASAC staff in their national campaigns to eradicate sexual violence

471

Number of hours of volunteering by Youth Ambassadors to RYI delivering and supporting workshops and events

6

Youth Ambassadors have received Saltire Awards for a total of
1000
hours voluntary work

BEING THE CHANGE THEY WANT TO SEE

"Being a YA has helped me access various opportunities and helped me on my road to becoming a Member Scottish Youth Parliament."
Youth Ambassadors

YOUTH AMBASSADORS WERE INVOLVED IN:

- Design and co- delivery of social media sessions to 2 Young Carers primary age groups.
- Research focus group for the Girls Rights UK initiative on the experience of young women today.
- One of two loneliness action team for the Young Scot Loneliness Project
- Supported the development of a digital concept for Young Scot to help prevent loneliness in young people

"I live in a small area and young people can have problems with feeling everyone knows their business. Accessing support is so important and young people should know about RASAC's services and opportunities for to do a different form of voluntary work"
Youth Ambassadors

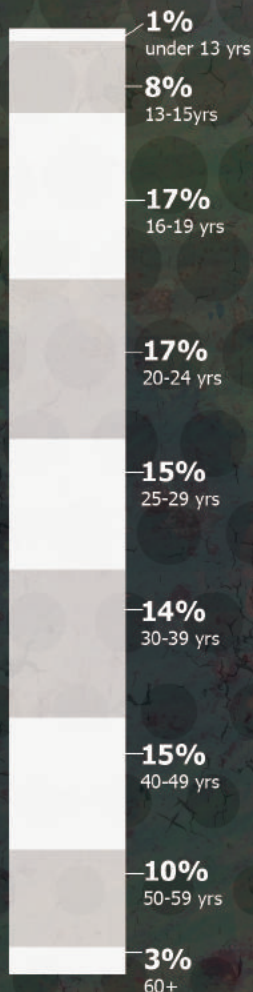
CONTINUED...

- Working in collaboration with the Big Lottery and Evaluation Support Scotland in their 'involving young people in shaping evaluation'.
- Developing audio recordings for a DVD exploring on the topic of consent for school sessions to use with young survivors and in work with community groups.
- In partnership with P&K Soroptimists developing bookmarks with information about sexual violence and support available for distribution to young people throughout P&K schools.
- Participated in the RCS young people's sexual harassment consultation day
- Participated in P&K's Young People's CSE Advisory group providing information and support to a group of digital media degree students on the development of CSE resources for young people.
- Participation in P&K Council's Youth Voice forum at its Youth Gathering event

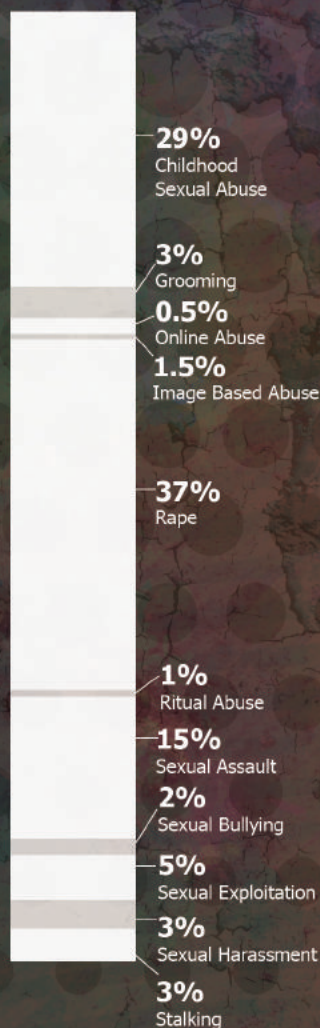
RASAC P&K Key Statistics

We thank all the survivors who share their information with us as we recognise that for many, this information is very personal and can be very difficult to talk about. This information is vital for us to identify gaps in our services, improve our practice, assess training needs for our staff and volunteers, and identify areas for us to address within society through our prevention and impact work.

SURVIVORS AGE (WHEN IN SERVICE)



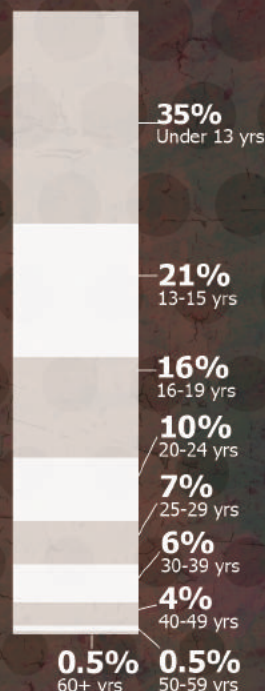
NATURE OF ABUSE



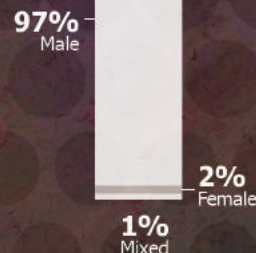
SURVIVORS AGE AT START OF ABUSE

55%
OF THE SURVIVORS WE WORKED
WITH WERE UNDER THE
AGE OF 16 AT THE
START OF THEIR ABUSE

82%
WERE UNDER THE AGE OF
25 AT THE START OF THEIR ABUSE



GENDER OF PERPETRATOR



GENDERED ANALYSIS OF SEXUAL VIOLENCE

The majority of victims and survivors of sexual violence in Scotland are women and children and the majority of their perpetrators are male. We describe this as gender based violence. We believe that gender based violence is a direct result of gender inequality and harmful gender roles and behaviours assigned to men and women, boys and girls. These inequalities ultimately enable violence against women and children. To combat gender based violence we must work towards changing societies attitudes towards gender for the benefit of men, women and children. This approach is known as a 'gendered analysis' and can be found at the core of all Rape Crisis centres in Scotland as well as the Scottish Governments Violence Against Women strategy 'Equally Safe'.

Board of Directors Thanks

-Michelle O'Neill - Chairperson
-Alison Irvine - Vice Chairperson
-Fiona Thomson -Treasurer
-Maxine Moy - Secretary
-Kerry Wilkie
-Dinah Fok
-Shiona McArthur

We are currently recruiting Board Members. An excellent opportunity for women 18+ who are interested and committed to the principles of feminist governance within a busy Rape Crisis Centre. Contact us for further information.

We are also ever thankful to everyone who has supported our work, both continued and new. From our wonderful volunteers and staff teams to all donations (including ASDA Perth), individual fundraisers, Charitable Trusts and the Government, we could not do what we do without your support. To the Women and Young People we work with, we extend the warmest of thanks to each and every survivor and family member who has contacted our service this last year. It is a privilege to meet you and walk beside you on this journey.



Charity Reg No; SC037982
Co Ltd Reg No; SC389959

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To donate to RASAC P&K please go to
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