



LISTEN BELIEVE SUPPORT

WOMEN WORKING TOWARDS FREEDOM FROM RAPE AND SEXUAL ABUSE



Annual Report 2015-2016

Charity Reg No; SC037982 Co Ltd Reg No; SC389959

Women Working Towards Freedom from Rape and Sexual Abuse

Established in 2007, Rape and Sexual Abuse Centre Perth and Kinross (RASAC P&K) aims to relieve the distress of women and young people affected by rape or sexual abuse through the provision of emotional and practical support, information and advocacy. Furthermore, our services reach out to supportive partners, families and friends who seek information or support around any issues relating to sexual violence. We are proactive in our activities in raising awareness and advancing education among professionals, the general public and young people. By focusing this on the causes, nature, prevalence and effects of abuse we seek to prevent sexual violence and challenge harmful societal attitudes that exist.

Across RASAC P&K Support Services, Youth Initiative, Training, Campaigning and Awareness Raising, our visions and values are strongly embedded throughout the work we do in striving towards freedom from rape and sexual abuse.

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

Our Values








We believe that all women, young people and children, regardless of ethnic background, culture or sexuality, should have access to non judgemental, confidential support at any given time.

We believe that no woman, young person or child regardless of behaviour, dress or lifestyle is to blame for any form of rape, sexual abuse or sexual assault.

We believe that it is everyone's responsibility to adopt zero tolerance to any form of rape, sexual abuse and sexual assault of any woman, young person or child.

RASAC P&K Services

These are the services we delivered in the last twelve months which will be explored in more depth throughout this Annual Report

Awareness Raising  Partnership Work Delivering Training Talks & Presentations and Events	Face to Face Support and Advocacy  Therapeutic Support Practical Support Crisis Support Advocacy Support	Tailored Support  Telephone Email/Letter Resource Library	Helpline  RASAC Helpline Rape Crisis Helpline
Group Support  Wellbeing Based Groups Support Based Groups Creative Based Groups	RASAC Youth Initiative  TESSA Schools Programme Community Engagement and Groups Youth Ambassador Programme	Volunteering  Comprehensive Training Roles in RYI, Support, Befriending and Admin Board of Directors (Governance)	

Yearly Overview

Directors' Report—Alison Irvine

It has been another successful and busy year for us at RASAC Perth. There has been a significant increase in the demand (79%) for Support Services. The reasons for this appear to be diverse but include the impact of our awareness raising work undertaken in schools which has encouraged young people who have experienced abuse, harassment and sexual assault to access support to address these issues. Additionally high profile media attention to the issues, and a continuing change in societal tolerance of sexual violence appear to have also encouraged survivors to come forward.

We continue to be funded by a wide range of much valued local and national funders who are essential to the continued delivery of the service. The Scottish Government VAW fund, Rape Crisis Specific Grant, Henry Smith, Forteviot Trust, Robertson Trust, Comic Relief, BIG Lottery, Perth and Kinross Council all fund particular aspects of the service allowing continued responsive developments to meet the changing needs of women. In addition Choose Life funding enables specific support to those affected by suicide and self harm.

RASAC Perth has also been successful in the last year in gaining new funding for specific projects. Firstly we secured an award for five years funding from the Big Lottery to develop a more holistic Children, Young People and Families project. It also provides continuing support for the crucial core infrastructure. Funding has also been made available by the Scottish Government specifically to develop Advocacy Services. Both of these new elements will contribute to RASAC Perth being able to provide a comprehensive service to those affected by Rape and sexual assault.

'Prevention', however, remains an important aspect of the service and a an amazing amount of work continues with young people in schools and community groups. A number of young people have been trained as Youth Ambassadors, to support the profile of the service with young people, and contribute to the development and delivery of services. We are proud and delighted to have them within RASAC.

Volunteers are of vital importance to the service. Their hard work and commitment is invaluable for those seeking support. All volunteers undergo training and 5 new volunteers have completed a comprehensive training programme this year.

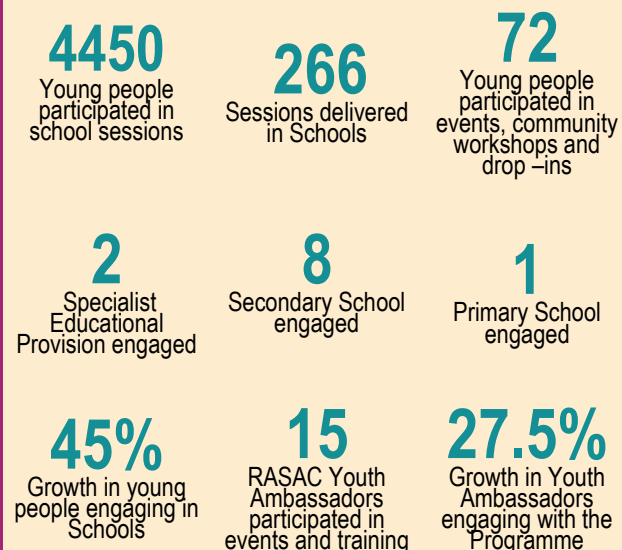
The Board has continued its support to the service, now meeting more regularly on a monthly basis. In addition the Board members participated in a Development Day in August, identifying their priorities for the year. Inevitably a key priority is to support financial soundness in particular for the core service. Whilst the organisation manages its funding very effectively, we remain short in our target for Reserves, which are currently less than 3 months running costs for the service. A further priority for this year has been Pension Reform, ensuring that we are working to meet these requirements. Membership of the Board has seen change and further recruitment of new Trustees is a continued necessity.

Within this Annual Report you will read detailed information on the aspects of this essential service. It tells a story of hard work and achievement by dedicated staff and volunteers, but most importantly it tells of the improvement in the lives of those whom RASAC Perth seeks to support

Support Services



RASAC Youth Initiative



Training & Awareness Raising



Volunteering



DID YOU KNOW?

At RASAC we believe that gender based violence and sexual violence are a direct result of living in a society which still has significant gender inequality. Society's expected gender roles assigned to men and women, boys and girls from birth, with the unrelenting portrayal of women as sexual objects in the media, defines and reinforces what is seen as appropriate gender behaviours, leading to inequalities in society.

Ultimately these inequalities manifest as a wide range of violence against women and children including, child sexual abuse, rape and sexual assault, sexual harassment, stalking, commercial sexual exploitation, domestic abuse, and harmful practices such as forced marriage, child marriage and female genital mutilation.

Strategic and Multi-Agency Work
Together we can be the change we want to see

We are great believers in the power of working together to achieve common goals and this approach is crucial for our work toward eradicating sexual violence and gender based violence in Scotland.

We recognised the positive value of sharing our experience and knowledge with others, supporting the development and improvement of survivor's experiences in the local and wider community. We do this through actively working with local and national, multiagency and strategic partnerships as well as through delivering training and sharing our good practice with others.

We are very thankful for the opportunity to work with local and national groups, organisations, partners and individuals. They bring a wealth of knowledge and experience into our work and services as well supporting our goal towards being change makers.

Across this funding period we have continued to work alongside and participate in a number of local and national groups in order to promote the needs of survivors, explore partnership working opportunities, share good practice and highlight development needs.

Who we have worked with in the last 12 months

Partnerships

- Crown Office and Procurator Fiscal Service Quarterly Meetings (COPFS)
- LINC Clinic – NHS Young People's Sexual Health
- MARAC (Multi Agency Risk Assessment Conference)
- Perth Grammar School Integrated Team Meetings
- South Perth Community Planning Partnership
- North Perth Community Planning Partnership

Multi Agency Groups

- Minority Ethnic Access Development (MEAD)
- P&K VAWP Services Working Group
- Multi Agency Prevention Network
- Commercial Sexual Exploitation Group
- PKC Child Sexual Exploitation – Prevention Workstream
- PKC Child Sexual Exploitation – Recovery Workstream
- Ritual Abuse Peer Meeting – Rape Crisis Network
- Suicide Prevention Steering Group
- Voluntary Sector Child Protection Network
- Volunteer Manager's Network
- Young People's Forum - Kinross

Strategic Groups

- National Children & Young people's Prevention Network
- P&K Child Sexual Exploitation Working Group
- P&K Sexual Health Strategy Group
- P&K Violence Against Women Partnership (P&K VAWP)
- Scottish Government Cross Party Working Group for Adult Survivors of Childhood Sexual Abuse
- National Whole Schools Approach to Sexual Violence Working Group
- GIRFEC Strategic Third Sector Group (CYPF)

Awareness Raising

Raising awareness of RASAC P&K Services, Gender Based Violence and Gender Inequality

Part of our role is to raise awareness of the support services available to survivors of sexual violence in Perth and Kinross, highlight the effects and damage gender based violence has on individuals and society and how ultimately gender inequality is the root cause of both gender based violence and sexual violence.

We do this in a number of ways; we actively engage in community events, setting up stalls, providing information and engaging with the public; we deliver our Prevention Programme in schools, youth settings and with carers (please see RASAC Youth Initiative page for more information); we develop tools and resources which can be shared with other organisations and groups looking to address sexual violence; we develop and host events highlighting and exploring issues; and we deliver a wide range of training to statutory and non-statutory organisation and community groups. In addition we have developed a quarterly publication, our RASAC Impact Newsletter, looking at the impact of sexual violence, the impact of our work and what is happening in Scotland in regards to policy development and national reports. The Impact Newsletter is available to all professionals and community workers in Perth and Kinross.

Awareness Raising Activities

Community Events

We have participated in or held stalls at the following events:

- Reclaim the Night March
- Perth College Volunteering Day
- Perth College Fresher's Week
- Perth College Student Information Days x 3
- Perth College Student Health and Wellbeing week
- Volunteers Fair for Young People, Perth Grammar School
- Perth City Volunteer Fayre
- Perth & Kinross Council's GIRFEC event for parent/carers
- Living Well Fair, Kinross

Tools and Resources developed and shared

- Resource Pack by RASAC Youth Initiative – a resource pack for teachers and youth workers. To find out more please see RASAC youth Initiative page.
- Consent in 5 Easy Steps Poster – distributed in Schools and Youth Settings
- Little Green Book – Trauma information booklet for survivors of sexual violence and professional working with them
- Info Graphic information on the statistics surrounding rapes and attempted rapes in Scotland 2013-14
- Voices of Hope—written words, poems and stories produced by RASAC survivors looking at the impact of sexual violence and being a survivor

Impact Newsletters

- A new development for this year, in the last 12 months we have developed and published 3 Impact Newsletters which have looked at a range of issues including; RASAC developments, child sexual exploitation, consent and the reporting process

"Well done, what a fantastic report" (PKC Head of Service)

"Thank you for sending on this information, your work is inspiring". (Community Worker)

Events

We have delivered:

- RASAC Volunteer Open Day – open day at RASAC with staff and volunteers setting up the centre to welcome potential volunteer and anyone interested in finding out more about our services
- Consent Table Top Training - as part of the 16 Days of Action in partnership with Perth and Kinross Violence Against women Partnership, we facilitated training looking at issues surrounding consent. The event focussed around the Channel 4 docu-drama 'Consent' enabling participants to see first-hand the impact of rape on survivors in terms of reporting and the court process. The event was attended by 40 individuals from statutory and non-statutory agencies. **73%** of participants told us their knowledge in the subject area of consent, reporting to police and/or the court process increased due to the training
- Support and Advocacy Service Launch - highlighting RASAC new service providing practical and emotional support to women and young people who are engaging or considering engaging with the criminal justice system. The launch was followed by a talk and panel discussion with John Malpass from the Procurator Fiscals looking at the process of reporting and a wonderful and inspiring one woman performance by Naomi Breeze, 'One Lonely Word'. Over 30 people attended.



RASAC P&K Training

Supporting others to better understand the Impact of sexual violence

Our training programme aims to support professional, carers and volunteers working with communities to better understand the impact of sexual violence and how to better support survivors in everyday services.

In the past year we have developed training and delivered training to a wide range of statutory and non-statutory organisations and professionals including; Police Scotland, prison staff, NHS, teaching staff, youth workers, family support organisations, social workers, parents and foster carers. Our training is tailored to each group according to identified training needs of the participants. In addition we have delivered 3 rounds of our robust 60 hour internal training programme to all our volunteers and staff.

Our training programme covers a wide range of subjects and issues including; Gender based violence, the impact of sexual violence, rape and childhood sexual abuse, self-harm and suicide, the effects of pornography on young people, commercial sexual exploitation, child sexual exploitation, organised and ritual abuse, consent, confidentiality and boundaries as well as honour based violence- forced marriage and female genital mutilation.

*"I feel more confident about working with abused children than I have for a very long time, Thank you"
Effects of Sexual Violence on Young People Session*

*"(The training will change my practice as I will)
be more able to better support the families I
work with using my new knowledge"
Suicide and Self Harm Session*

26
Number of training
sessions delivered

189
Number of
participants who
attended training

742
Number of hours
participants
attended training

*"The trainers delivered (the) training events in a
knowledgeable, friendly, open manner, encouraging
foster carers to participate and engage in discussion.
The uptake from foster carers for this type of training has
been very positive and I have been requested to enquire
about further events."
PKC Social Work – Family Placement Team*

RASAC P&K Support Services

2015-2016 Developments

With the continued increasing demand for our support services, an increase of 79% in our referrals on the previous year, we have had an exceptionally busy year. With the increase in demand for support services there was a large increase in waiting times for support with some individuals waiting up to six months for a support worker.

This was clearly an issue we needed to address. In line with other services across Scotland RASAC-PK made the decision to move to a time limited service. In practice this means that our support service offers up to 21 sessions of support. We recognise that for some individuals that 21 sessions will not necessarily be enough and there is an option for survivors to re-refer into our support services.

We have sought to maximise and increase the amount of support available, our Support Services Team Leader came into post in August and we have an additional part-time support worker (currently funded until March 2017) on board. In September 2015 we also heard, from Rape Crisis Scotland, that all Centres would be receiving funding from the Scottish Government and Police Scotland to develop a Support and Advocacy project, with a Support and Advocacy Working coming into post in November 2015. This has enabled us to develop and improve our capacity to provide information to support survivors, whether the incident has been recent or historical.

Due to the increasing demand for our service from young survivors (40% of all referrals are for young people under the age of 24) we applied to the BIG lottery fund, we have been successful and the year ahead will see the ongoing development of this essential service that will develop support services for young survivors and their families.

We continue to ensure that our support workers continually develop new skills and this year we have seen workers training in the Comprehensive Resource Model, Emotional Freedom Technique, Eye Movement Desensitisation and Reprocessing therapy. In the coming year we hope to develop further these and other therapeutic interventions to benefit our service users.

This year also saw our Service User Forum established – we have had a number of meetings and it is a great way for those of you who use our service to have a say in how we develop, to find out more about what we are doing and have your voice heard.

With the increased demand for one to one services we have also reviewed the provision of our helpline service. Out of 20 hours a week of provision on average there was less than 2 hours per week being utilised. In consultation with survivors, staff, volunteers and funders we proposed and will implement in 2016-2017 a reduced helpline service of a minimum of 6 hours per week. This will also enable us to increase capacity to support survivors on a one to one basis.

At the end of March we were planning a consultation on the potential of developing drop in services. We are still waiting to hear about two sources of funding we have applied to in order to maintain our support services at the current level.

Over the coming year we will continue to monitor waiting times for support, review the feedback from the drop in consultation and develop new and existing services. It is an exciting and challenging time for us.

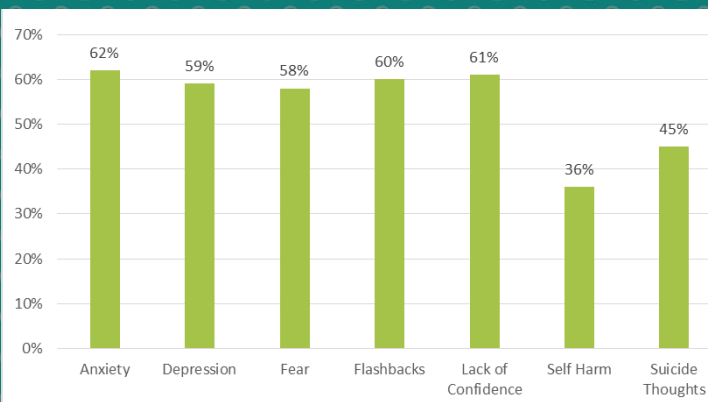
DID YOU KNOW?

At RASAC we do not use the word 'victim' when referring to the women and young people we work with who have experienced sexual violence. The word 'victim' according to the Oxford Dictionary means; a person harmed, injured, or killed as a result of a crime, accident, or other event or action; a person who has come to feel helpless and passive in the face of misfortune or ill-treatment.'

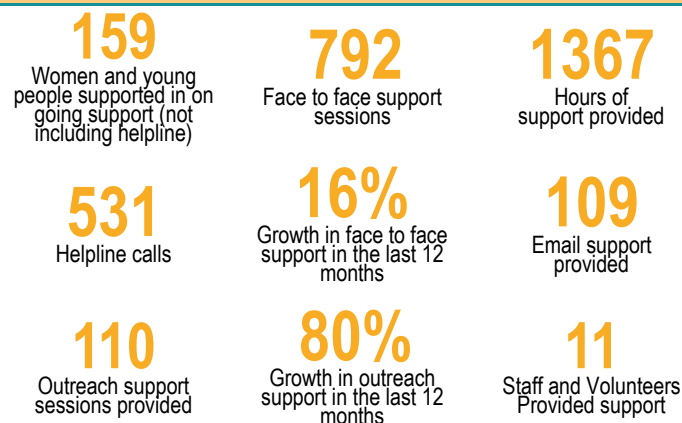
We use the word 'Survivor' as according to the Oxford Dictionary, survivor means; 'a person who survives: especially a person remaining alive after an event; a person who copes well with difficulties in their life'.

The women and young people we work with are inspirational and are the reason why our support team come in every day and deliver the services they do. Each one of them is a Survivor and although sexual violence can have devastating long term and short term effects and consequences, the women and young people we work with show us recovery is possible.

The effects survivors live with as reported to us in support



Key Support Services Numbers



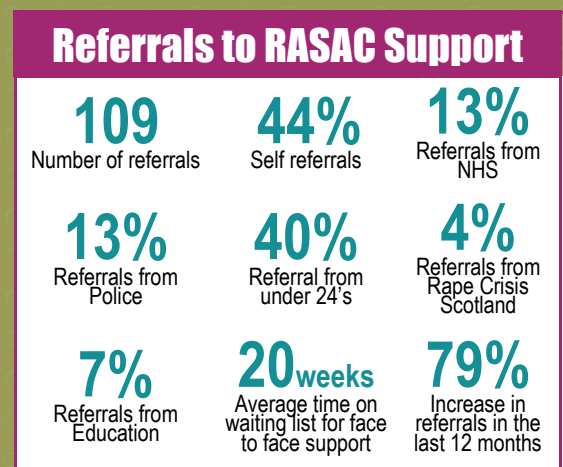
"I often feel alone in what I'm going through, but my support worker always reminds me RASAC is there for me. She doesn't make me feel ashamed of who I am, I feel safe for the first time in my life. For the first time in my life I've spoken about what's been haunting me for years. I finally feel validated. I'm learning to be a survivor, a life without abuse is a life for everyone – including me
RASAC Survivor

Improved Survivor Accessibility and Inclusion

Part on improving our accessibility is to ensure that we improve our communication and consultations with survivors currently in RASAC support as well as survivors who do not wish or do not need to engage in support services. In addition we have also identified the need to ensure professionals working in Perth and Kinross know of our work and how to refer into our service.

- **Service Users Forum** – facilitated 2 forums looking at subjects such as; Change of service, promoting groups, how to improve our services and our new befriending service
- **Consultations** – facilitated /supported 3 consultations looking at accessibility of RASAC services and change in service, review of Helpline, and proposed drop in service
- **Distributing information on RASAC Services in Perth and Kinross** – Annual Report, Quarterly Newsletters x 4, Impact Newsletter x 3, Facebook and social media interaction, Leaflets, Banner Pens, Wrist Bands, Postcards and Business Cards
- **RASAC Multi Agency Visits** - In addition one of the key methods of ensuring survivors have access to support services is To ensure professionals and volunteers working in P&K know about our work , enabling them to refer survivors to our services. To improve the knowledge surrounding our services and to deal with the increasing demand in professionals wishing to come to RASAC for a visit, we have now developed a RASAC Multi Agency Visit Calendar which is widely advertised throughout Perth and Kinross. We have had 3 multi agency visits this year with medical practitioners, addiction counsellors, support staff from a wide range of organisation and university students attending and positively engaging.

"Great chance to find out more about your services and how I can refer our clients to you. Thanks"
Feedback from attendee



Multi Agency Commercial Sexual Exploitation Group

In ensuring that we have an inclusive support service we aim to continually identify and address the issues that women involved in commercial sexual exploitation have to experience on a daily basis. In last year's annual report we revealed our intention to bring together a range of relevant partner agencies to develop a Multi-Agency Commercial Sexual Exploitation (CSE) Group for Perth and Kinross. This was to create an opportunity for professionals to share their knowledge, skills and experience on the issue of CSE to try to establish an improved understanding of the needs of those involved in CSE in Perth and Kinross as well as to engage in work to try to make the current situation of those involved safer and healthier, whether they are ready or able to leave CSE or not. Key services involved in the group include sexual health, adult protection, drug and alcohol, police, homeless services, and youth and support services, the group have also been fortunate enough to receive invaluable input from the Woman's Support Project and women previously involved in CSE. As a group we were also keen to look at the national picture and find out what was happening in regards to legislation and laws to protect the interests of those involved.

Information received from Police Scotland, our own statistics and the experiences of our colleagues in other organisations along with national and local media reports pointed us in the direction of initially focusing on off-street prostitution. With this in mind the group decided to develop a small discreet folding leaflet containing safety advice and information on local and national services, and now that they have been printed they will be distributed next year. The group have also explored the various routes for people being exploited through CSE to move to safe accommodation and identified gaps in service provision for those involved. Future aims of the group include the distribution of a questionnaire to other workers within the support and information services in Perth and Kinross to gauge their abilities and training needs regarding their level of confidence and skills at working with people involved in CSE. Following this it is our intention to design a postcard for workers with information to how to identify and positively respond to CSE.

In May 2015 following the group receiving local press coverage we were contacted by MSP Rhoda Grant who then come to visit RASAC P&K to hear about the work we were doing within the CSE group and also as an organisation to address the issue of CSE. Rhoda is also a firm advocate of introducing the Sex Buyer Law, this would see the buyers of sex being prosecuted and those involved in selling sex be decriminalised, RASAC P&K also strongly support this view. As an organisation opposed to any form of violence against women and girls, we support any changes in the law that would protect vulnerable people from commercial sexual exploitation. We believe in the majority of cases it is previous abuse, addiction, mental health issues or a real lack of realistic alternative choices that drive already vulnerable people into the hands of those who are looking to exploit them, and with this in mind it is the buyers of sex and pimps who have the choice and control in these situations.



RASAC P&K Support Services

New Project

Support and Advocacy Support Service

The Rape and Sexual Abuse Centre, Perth & Kinross officially launched its Support & Advocacy Service in March 2016 at the AK Bell Library in Perth. The launch, which comprised of a presentation by the Centre's newly appointed Support & Advocacy Worker and welcomed guest speaker John Malpass (Procurator Fiscal Depute) and playwright, Naomi Breeze, ensured that a powerful and informative afternoon took place for attendees from a range of sectors.

Funded by the Scottish Government and in partnership with Rape Crisis Scotland, RASAC P&K's Support & Advocacy Service is delivered as part of a National Advocacy Project operating across Scotland's 14 Rape Crisis Centres. The overall aim of the project is to provide a consistent service which improves the support available to victims of rape and serious sexual crime as well as improving their experience of the criminal justice process.

While evidence from the Scottish Government's 2014/15 'Recorded Crime in Scotland Publication' indicates an increase in both the number of recorded sexual offences and convictions for sexual crimes, survivors are still significantly failing to get justice as rape/attempted rape and sexual assault are the two crime types receiving the highest 'not guilty' verdicts.

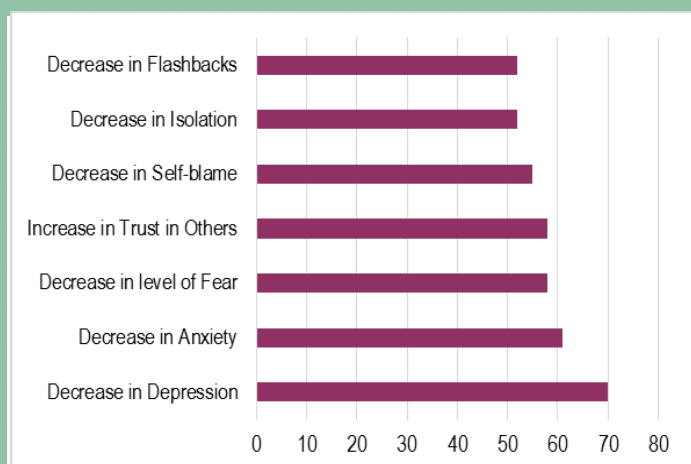
RASAC P&K have therefore welcomed the project and the Scottish Government's investment as the Support & Advocacy Service endeavours to meet survivor's needs while supporting them throughout the entire criminal justice process - from initial reporting to the police (if required), through to attendance at court, support while the verdict is given and beyond if necessary. A dedicated service, which will stand alongside a survivor from the initial report right the way through to court, will make a significant difference for those going through this process. The Support & Advocacy Service specialises in offering advocacy, information, emotional and practical support to women and young people aged 12 to 18 who have been affected by rape or sexual abuse. Survivors can make contact with the project at any time, irrespective of what stage they are at in the Justice Process.

The Support & Advocacy Worker, who has been in post since December 2015 is currently supporting survivors who are at various stages of the criminal justice process. Working alongside both statutory and third sector services, the service will enhance provision for survivors in Perth & Kinross, assisting and empowering them to become active participants in accessing their rights, to recover, seek justice and move forward from sexual violence. This is an exciting and welcome development in our service provision.



The difference Support makes...

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



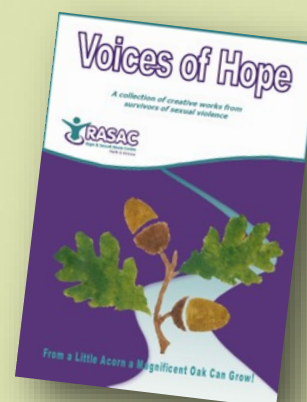
We continue to monitor the impact that using the service has for survivors. This enables individuals to see the changes that have happened and reflect on their healing journey. It can also help survivors identify specific areas and issues that they may want to explore and work on.

The collation of this information is also crucial for us in terms of being able to evidence to funders that the service does indeed make a difference.

Voices of Hope

At the beginning of 2016 survivors in RASAC service were asked if they would like to contribute to a collection of creative works which reflected their hopes and journey's.

The response we got was astounding, with some poems even submitted from survivors out with our services. There were many wonderfully powerful poems and written pieces that were submitted and collected together to form a booklet, which was named and designed by the RASAC Arts and Crafts Group.



Hope...

*Where there's life there's hope,
Hope for a safe place,
Hope for peace,
Hope for kindness,
Hope for self-belief,
Hope for friendship,
Hope for trust,
Hope for love,
Hope for happiness,
Hope for a future,
For a good life.*

A big thank you to all survivors who shared their wonderful, meaningful and inspiring words with all of us. THANK YOU!

RASAC Support Groups

Our support groups are a crucial part of our pathways to support. They provide a space where women can build skills, confidence, meet new people and find different ways to express their feeling in a creative and safe place.

Groups we have delivered in the last 12 months;

Creative Based Groups

Art and Craft Group
Cross Stitch and Embroidery Group

Wellbeing Based Groups

Stress Relief and Relaxation Group
Mindfulness Group
Laughing Therapy Group

Support Based Groups

Friends and Family Members Support Group

Family Members Support Group

One of the developments in our groups this year was our new Friends and Family Members Support Group. This group aim to provide peer support to friends and family members of survivors enabling them to better speak and process their feelings about their loved ones experiences. Ultimately we hope this will lead to them being better able to support the survivor in in their lives as well as looking after their own wellbeing.



Photos from the
Laughing Therapy Group
and the Arts and Craft

"Since I am coming to this group I am sleeping better, it may be a silly thing to you but sleeping better is making such a difference in my life"

"I never thought I could do something like this, you and this group has taught me I can do things I never thought I could, I feel more open to try things out now"

"I normally struggle to relax but when I come to this group I can let go of everything for the hour and I feel refreshed afterwards"

What Survivors Tell Us...

"Lovely welcoming place. The staff are all wonderful, amazing and caring to even the tiniest detail. All in all a true safe heaven."

"I love all the pretty things - warm lights & colours - at the door - in the room - so welcoming & makes you feel good. The calm way everyone talks - easier to talk of feelings. I like that somehow the support is just at the right level - extremely supportive & helpful but helping me to get strong rather than dependent. Thank you."

"I don't even have words. I am more confident; I am believed; I am treated like a human being rather than a broken person to be danced around. I can say how I feel without fear of judgement. I can cry without feeling like I'm letting someone down. I can laugh without feeling guilty. I have never felt so accepted, I have never felt like I was worth anything other than abuse. In RASACPK I not only found my strength but I found my soul, my spirit. I found a life outside of rape. And I cannot thank you all enough"

"I feel safe in here can open up about anything and not get judged, feel I can move onto another chapter in my life."

RASAC Youth Initiative (RYI)

Prevention is a key part of our work at RASAC and the RASAC Youth Initiative works towards eradicating sexual violence through delivery of a wide range of workshops for young people within schools and community groups. All our sessions are age appropriate and workshops delivered in schools compliment the Curriculum for Excellence.



The workshops we deliver aim to develop young people's understanding of the gendered nature of sexual violence and focus on aspects of society which we believe contribute to the prevalence of it. Issues explored range from gender stereotypes to sexualisation; from healthy relationships to sexual consent; from online safety to the influence of the media. A theme explored throughout the workshop programme is the negative gender stereotypes which permeate society and lead to inequality. Information on where young people can access support for themselves and their peers is always provided.

As a reflective organisation we continually review evaluations and feedback received from young people, teachers/youth workers, schools and community groups, to enhance our workshops and future delivery. We want to thank all the schools and community groups who have engaged with us and have provided us with valuable feedback enabling us to support and educate young people on issues related to sexual violence.

Our team are inspired by the young people we meet and their enthusiasm for learning, debating and questioning which is crucial if we want to ensure an equal and safe society. If we want to live in a world free from sexual violence it is imperative that as an organisation we not only support survivors but enable the future generation to be champions against sexual violence. With this aim in mind we also operate a Youth Ambassador programme. Read on to find out more.

RYI School Engagement

11
Schools Engaged

266
Sessions delivered in Schools

4450
Young people engaged with in Schools

Schools Engaged...

45%
Increase in the number of young people we have engaged with in schools in the last 12 months

Perth Grammar
Perth Academy
Pitlochry High School
Blairgowrie High School
Creiff High School
Kinross High School
Breadalbane Academy
Morrison's Academy
Balnacraig School
Navigate Educational Outreach
Goodlyburn Primary School

TESSA

The workshops we deliver are based on the Argyll and Bute Rape Crisis TESSA Programme. All the sessions are age appropriate, informative and interactive and can compliment the Curriculum for Excellence.

Sessions Delivered...

Values and beliefs
Bullying
Sexual Abuse
Online Relationships
Sexting
Sexualisation
Relationship Abuse
Media Workshops
Positive Relationships
Choices—Exploring Actions and Consequences
Consent and Crossing the Line
Choices and Consent (combined)
Child Trafficking

Comments from young people who have participated in school or community group workshops

*'if you are old enough to have sex, you are old enough to talk about it and make sure that the other person really wants it'.
(Consent session)*

"Gender stereotypes lead girls to not thinking they can do all the things boys do"

'I learnt that sexting is against the law'

'I know where I could go for support if it (i.e. sexual abuse) happened to me or someone I know'.

What young people tell us about TESSA... (from evaluations at the end of a sessions)

93%

Young people have expressed feeling more confident in recognising risk for themselves and their peers

93%

Young people report being able to identify where they can access support such as RASAC, Police, Teachers and CEOP

91%

Young people expressed an understanding in how everyday influences (media, music, advertising) can impact negatively on how they feel about themselves and their peers.

93%

Young people reported that they felt better able to identify and challenge attitudes which may be harmful to them or their peers

Feedback from Teachers and Schools...

'Pupils really engaged – clearly enjoyed the lesson and highly motivated to participate in the discussions'.

'An extremely valuable lesson which addressed a significant number of very real issues. Thoughtful discussion and group interaction'.

'Very good response from pupils – because of the well-structured lesson presentation and due to the professional approach of the presenters'.

'The contribution by RASAC to our PSD programme is really appreciated. It allows our pupils to hear clear messages from other people and not just the teachers. Pupils were engaged in the activities'.



RASAC Youth Initiative (RYI)

RYI Community Engagement

Since August 2015, we have continued to develop work opportunities with young people in informal youth and community settings. We have worked with 72 young people in their local community groups. We have particularly attempted to target vulnerable and hard to reach young people.

We have built links with and engaged with young people at The Acoustic Café drop in based in Muirton, Logos Youth Centre in Crieff, a group from the organisation 'Who Cares' Scotland, the Salvation Army, PKAVS Young Carers, Kinross Girls Group, and young parents from Gowans Family Centre.

The quality of the relationship RASAC staff have developed with the young people at Balnacraig is evident by us being a chosen charity to benefit from their "Twin Peaks" challenge.

challenge. Challenge". The Head teacher at Balnacraig Residential School has stated that the staff are, "delighted with the content and quality of the delivery of the session".

Community Engagement

4

workshops delivered to Salvation Army Youth Groups

11

Young people from a youth group in North Muirton engaged in a workshop on sexual bullying.

18

P7/S1 Young people participated in a Workshop on online safety at Logos Youth Centre, Crieff

6

young women from the 'who cares Scotland' Project participated in a workshop on "What is Sexual Violence".

8

young carers engaged in a workshop on the issue of consent in sexual activity

7

Young mothers participated in 2 workshops on gender stereotyping at Gowans Family Centre



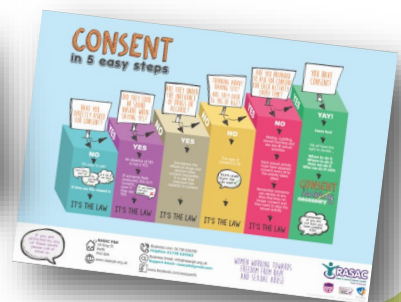
A RESOURCE PACK BY RASAC YOUTH INITIATIVE

GENDER INEQUALITY, GENDER EXPECTATIONS & SEXUALISATION

Since Autumn 2015 we were involved in the development and production of a DVD promoting the work of RASAC P&K and in particular the Youth Initiative staff.

The development of the DVD explored issues of sexual violence and involved Ad Lib, a local youth theatre arts group based in Perth who scripted and performed drama scenes exploring issues relating to sexual violence, RASAC Youth Ambassadors and the Media students and Lecturers from Perth college who filmed and edited the DVD. A supporting educational resource for Teachers and Community group workers has been developed to accompany the DVD. A DVD launch event took place on 23 September 2015 and 41 representatives from other agencies attended the event. RASAC Youth Ambassadors delivered a presentation at the event about the work they undertake to increase awareness of the prevalence of sexual violence in their communities.

Positive feedback has been received from school and staff from other agencies about the benefit of the DVD to explain to work RASACC P&K and the extent of sexual violence in society.



RASAC YOUTH AMBASSADORS

BEING THE CHANGE WE WANT TO SEE IN THE WORLD



We have further developed our Youth Ambassador programme, a peer mentoring and campaigning initiative for young people during the last year. The Youth Ambassadors successfully applied for O2 funding. Involvement with this funding body has provided the young people with the opportunity to access training in leadership and organisational skills.

The Youth Ambassadors have been actively involved in a number of projects throughout the year. Particular highlights have been participation in the 16 days of activism to end violence against women in November/December 2015 where they contributed articles to our website and Facebook pages, participated in Dundee's 'Reclaim the Night March' and attended a reception at the Scottish Parliament highlighting prevention work throughout Scotland. RASAC Youth Ambassadors also hosted a performance from Ben Atherton – Zeman, an American actor and campaigner against violence against women. In September 2016 our original group of Youth Ambassadors won a Perth and Kinross Council "Spirit of Youth" teen community award in recognition of their contribution in their communities. The young people have also obtained Saltire and Youth Achievement awards.

Our original group of Youth Ambassadors won a Perth and Kinross Council 'Spirit of Youth' teen, community award in recognition of their contribution in their communities. The young people have also obtained Saltire awards are working towards achieving Youth Achievement awards.

Quotes from Youth Ambassadors

"It was really good learning about these issues – I've learned so much about the sexualisation of our society and how this affects women and girls and can result in sexual violence."

'All the opportunities I have had as part of the Youth Ambassadors has really made me more confident'.

The Youth Ambassadors are already influencing the development of publicity and promotional materials through discussions concerning our website and Facebook pages. Board members and the management team at RASAC P&K have already had discussions about how representatives of the Youth Ambassadors can be involved in Board meetings to enhance their influence in decision making and planning for the organisation.



Volunteering at RASAC

With this year being the 40th anniversary of Rape Crisis opening its first centre in Glasgow it is crucial that we acknowledge that volunteers make our work possible. 40 years ago it started off with like minded women getting together to change the world they lived in and to support survivors of sexual violence. Today we thank our volunteers for the skills, energy, commitment and time that they donate each day enables us to deliver the work that we do.

We believe that any woman regardless of skills, experience or qualifications can become an effective volunteer through training, induction, self reflection and finding the right volunteering role. All our volunteers at RASAC have to undergo a vigorous and thorough training and induction process before they even start to volunteer, which is the exact same process for our staff team as well.

This year we have seen an increase in the how volunteers have donated time to RASAC which has enabled us to deliver more support to survivors. In addition we have seen the development of a new volunteering role, Befriending which will support survivors in the coming months with the purpose of reducing social isolation. We were also very please to gain the Volunteer Friendly Award once again and thank all our volunteers who helped us be accredited!

RASAC Volunteer Roles

Support Volunteer

Providing Face to Face, Helpline and Outreach Support

Volunteer Befriender

Providing a helping hand to isolated survivors to get out and about, learn new skill and meet new people

Prevention Volunteer

Delivering workshops in schools and at community groups

Administration Volunteer

Supporting the teams with administration and evaluation

Volunteer Director on the Board

Providing governance and supporting the Development Manger



Volunteering at RASAC

14

Active Volunteers
including Directors on the board but not Youth Ambassadors

798

Number of hours donated by volunteers

68%

Increase in growth of volunteering hours

3

Volunteer Training Programmes Delivered

9

Trainee Volunteers participated in the Training Programme (not including Board)

6

Support and Prevention Volunteers

2

Admin Volunteers

6

Directors on the Board

60

Number of hours it takes for a support or prevention volunteer to be trained (not including induction)

Becoming a Volunteer

Training -Our training programme consists of the following sessions, each a full day training:

- Feminism, Equality and Gender Based Violence
- Rape and Sexual Assault
- Childhood Sexual Abuse
- Confidentiality and Boundaries
- Commercial Sexual Exploitation
- Honour Based Violence
- Self harm and Suicide
- Ritual and Organised Abuse
- Support Skills 1
- Support Skills 2
- LGBTI

Induction

Up to 40 hours of induction dependant of which volunteering role. Induction involves, reading, role play, getting to know teams, policies and processes.

It can take up to 6 months of learning and support before our volunteers are ready to join the Prevention and Support Teams

The RASAC Volunteer Training Programme helped me understand that gender based violence is an issue for everyone not just women. Gender stereotypes and expected gender roles effect men women and children.

Volunteer Feedback

"I volunteer because I want to be part of making the world a better place for women and children"

Volunteer Feedback

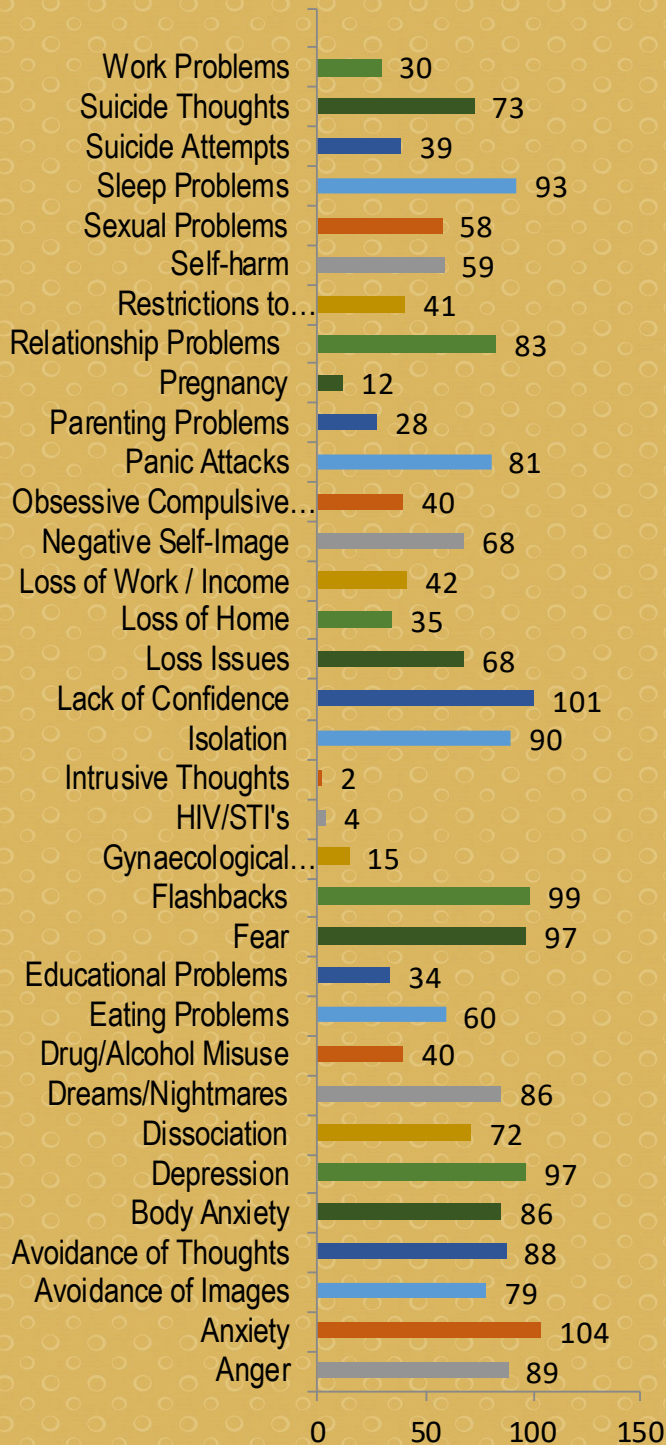
'I became a volunteer with RASAC because volunteering helps me build skills and experience as well as supporting the community.

Volunteer Feedback

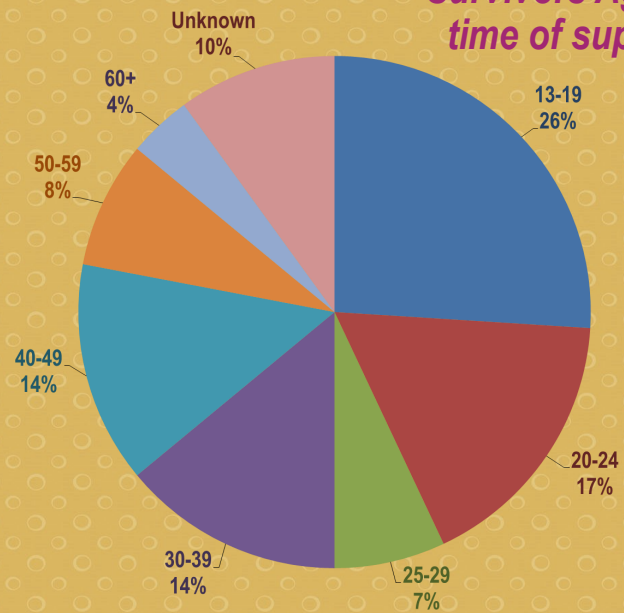


RASAC P&K Statistics

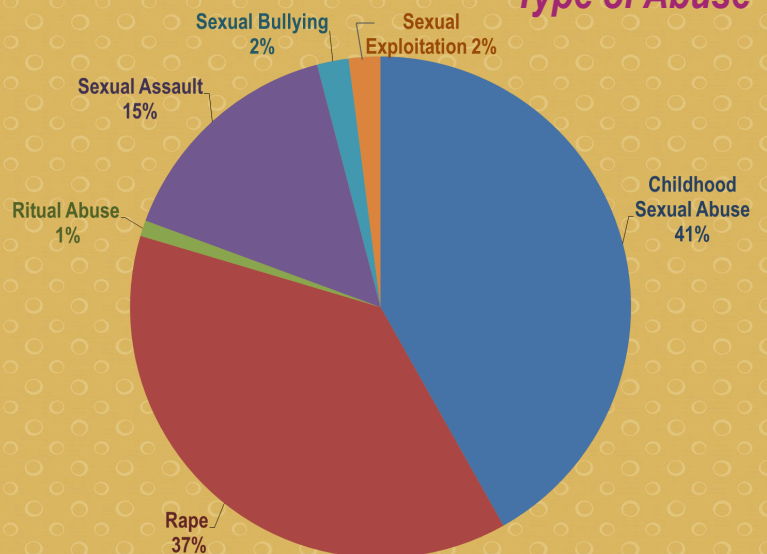
Effects of Abuse



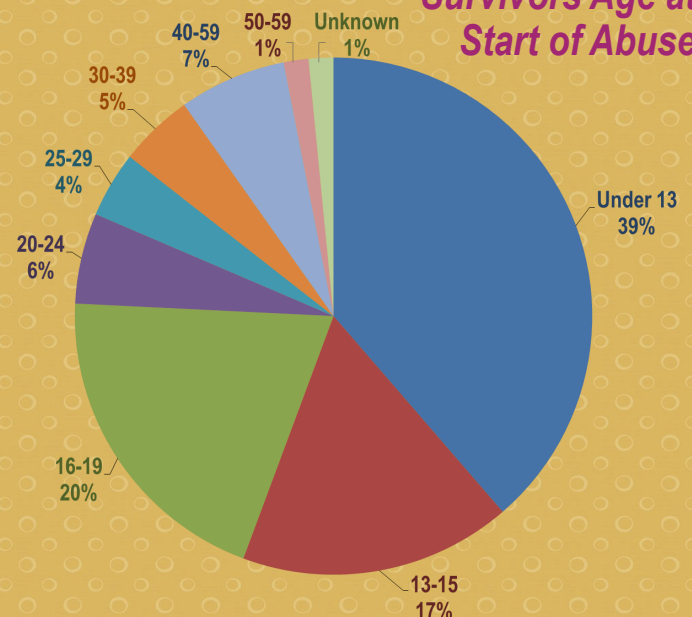
Survivors Age at time of support



Type of Abuse



Survivors Age at Start of Abuse

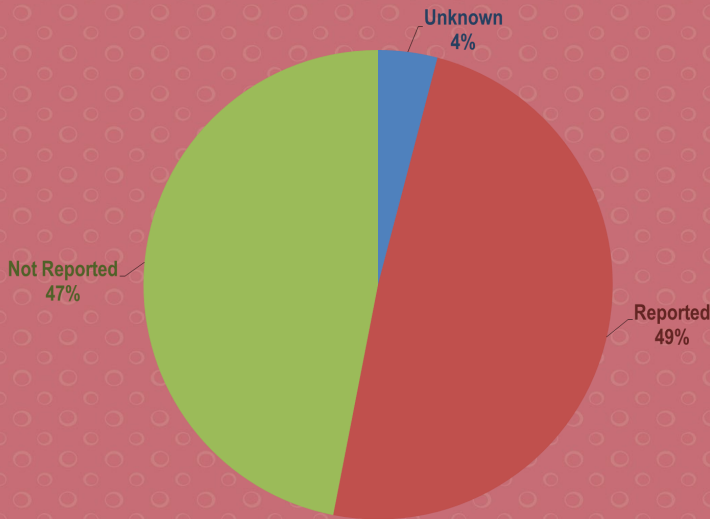


Sexual Violence Reality

Of those survivors who currently access our services 47% are adults, while 43% are young people. Over 76% of survivors using our services were under the age of 19 when they first experienced abuse. Although 37% of survivors disclose that they have been raped, childhood sexual abuse is the most prevalent type of abuse disclosed by survivors.

RASAC P&K Statistics

Reported to the Police



Reported to Police

There has been an increase in the amount of survivors who have reported to the police over the last 12 months. As can be seen from the chart presented above 49% of the survivor who assess our service reported to the police, while 47% did not. Of those who reported 39% reported at the time of the incident, while 23% reported within one year.

Of those who reported to the Police...

39% Reported at the time of the incident

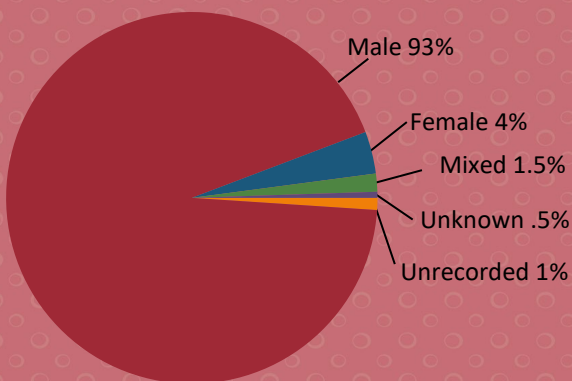
23% Reported within 1 year

22% Reported after 10 years or more

11% Reported within 2-5 years

5% Reported within 6-10 years

Gender of Abuser



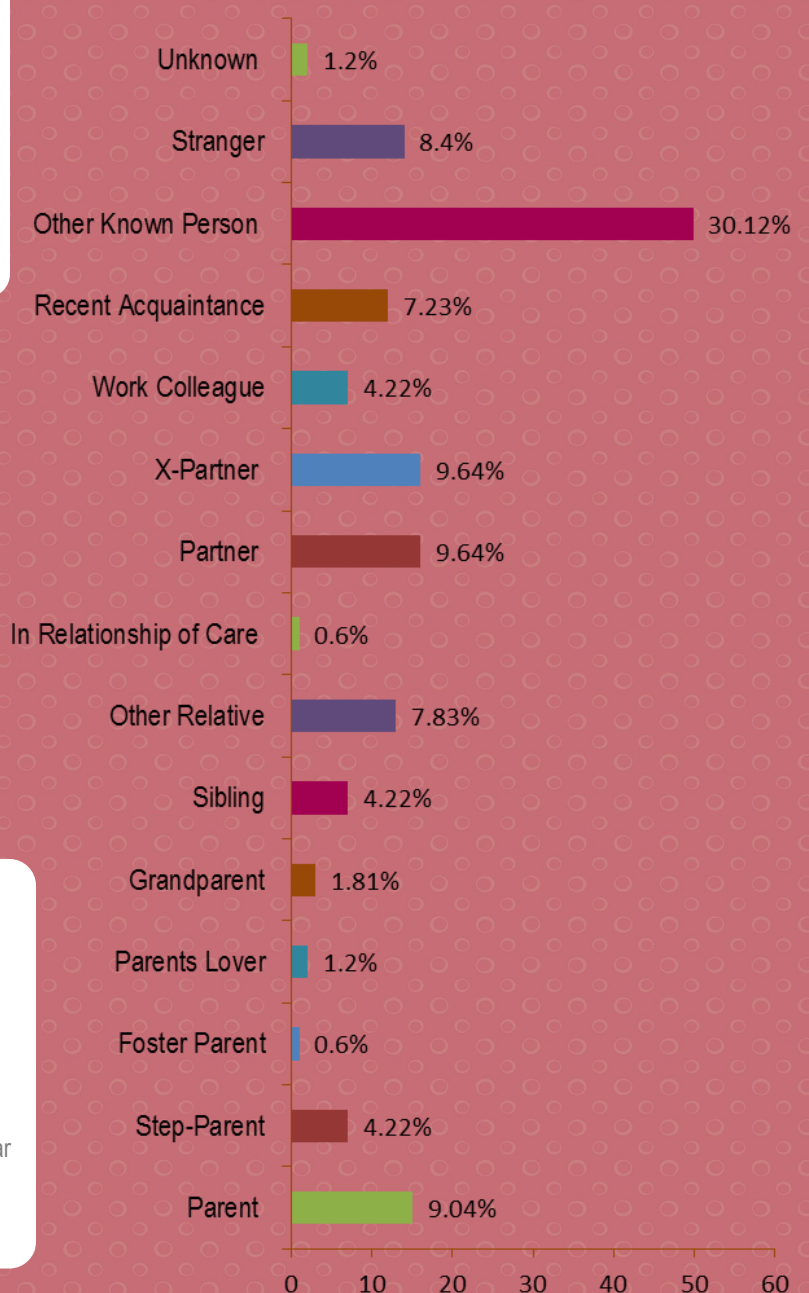
MYTHBUSTING

Stranger Danger

"Rape and sexual abuse is perpetrated by strangers." This is one of the biggest myths that exist surrounding sexual violence.

In reality, 90% of the survivors we have worked with over this year knew the person who has assaulted, raped or abused them.

Relationship to the abuser



Thank You!

Our service happens not only because of our dedicated staff and volunteers but because of the support of many other individuals, organisations and companies.

Thank you all for your ongoing support and a special mention to...

AK Bell Library, Ad-Lib, Acoustic Café, Bell & Co Chartered Accountants, Collaborative Routes to Recovery, Danscot Print Ltd, Encompass Network, Kathryn Dawson. Mark at Barony & C.P. Publishers, Mindspace P&K, PKAVS, Perth & Kinross Council, Perth & Kinross Violence Against Women Partnership, Live Active, Perthshire Women's Aid, Police Scotland, Salutation Hotel, Skills Development Scotland, Spotless oven services, Tayside Rape Investigation Team, Tetley Tea, The Walled Garden, Volunteer Scotland, WEB Project/ Cair Scotland, O2

Schools and Youth Settings

RASAC Youth Initiative would like to extend it's ongoing thanks to all the schools, staff and youth settings who they have had the opportunity to work with and who are committed to putting the prevention of sexual violence on the agenda.

A very special thank you to all the young people who have been involved in the wide range of workshops across the year.

Rape Crisis Scotland

We extend our thanks to the ongoing support of the Rape Crisis Scotland team and all the member Teams.. The dedication to helping address issues faced across Scotland by services and their dedication to making ongoing change to help and benefit survivors.

Grant Funders

We would like to extend our thanks to all of our funders. Their continued support, and grant donations make all of this much needed work develop and happen. From small donations to large. We continue to be able to build our capacity and our services in the face of ever increasing demand. Your support is crucial and much appreciated.

Thank you



We would like to say a big thanks to Judy for undertaking the Perth 2015 Run or Dye & for raising £236 for RASAC-PK. Also a huge thank you to Linda Simpson from Spotless Oven Services & all her customers for the very welcomed donation



Survivors

Thank you to all of you who have contacted the service. We are honoured to meet you and support you on your journey. Thank you so much to all who have given us feedback, Voices of hope and for those of you finding your voice and sharing your thoughts at our Service User Forum.

RASAC Team 2015 -2016

The Board of Directors would like to thank all our dedicated staff & volunteers. Their ongoing dedication & passion for the work they do contribute so much to a quality & highly valued service—Thank you

Board of Directors

Alison Irvine—Chairperson
Caroline McKay - Secretary
Katherine Burrows—Treasurer
Chris Gray
Susan A'Brook
Carolyn Leckie

Staff Team

Carolyn Doran—Support & Advocacy Worker
Caryl Rattray—Housekeeping
Catherine Englebrecht—Support Worker
Catriona Scott— Youth Initiative Team Leader
Gwendoline Telford—Training & Impact Worker
Jen Stewart Development Manager
Kat Harvey Young People's Prevention Worker
Kat Stevens—Support Worker
Maggie McVean— Administrator
Michelle Holden - CSE / Support Worker
Natalie Wallace—Young People's Prevention Worker
Rachel Coleman—Support Services Team Leader
Sandra Canizares Ormeno—Group Support Worker
Zoe Dignam—Young People's Prevention Worker

Volunteer Team

Alicia Philips—Support Volunteer
Angela Thomson—Support Volunteer
Fiona Connacher—Support Volunteer
Liz Yule—Prevention and Support Volunteer
Maryann Christison - Admin Volunteer
Fiona Connacher—Support Volunteer
Liz Yule—Prevention & Support Volunteer

Untitled

I thought there wasn't help out there;
I thought I was alone
But I found calm and safety,
In support I came to know;
That their actions aren't my fault,
And my life can be my own,
And they really do not own me—I am human.,
And I am strong.

I learnt that life is out there;
And all I have to do
Is trust that these people
Can help me to get through
All the negative emotions
I built up around my pain;
It's ok to feel so broken,
As long as I remain
Able to rebuild my life
With this chapter away in a box,
Something that can be opened
And examined, but does not
Completely define my existence;
Support has helped me to see now,
That I am actually a survivor,
Not a victim—And I am proud.

Support us!

To Donate and support us in our work please go to
www.justgiving.com/rasac-pk/

You can help make a difference



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Helpline: 01738 630965

Email: info@rasacpk.org.uk
Website: www.rasacpk.org.uk



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