



10 YEARS OF WORKING TOWARDS FREEDOM FROM RAPE & SEXUAL ABUSE



## Our Mission:

"WOMEN WORKING TOWARDS FREEDOM FROM RAPE AND SEXUAL ABUSE"

**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? OUR STAFF AND VOLUNTEER TEAMS PROVIDE...

### SUPPORT SERVICES

#### WHO WE SUPPORT



- All survivors who identify as women
- Young People from 12-18yrs
- Families
- Family and Friends of Survivors
- Professionals supporting Survivors

#### CRISIS SUPPORT

- Helpline, Local and National
- One to One Support
- Weekly Drop in Service



#### THERAPEUTIC SUPPORT

- Face to Face Support
- Outreach Support
- Phone, Email Support



#### JUSTICE ADVOCACY

For anyone considering reporting, or who is already engaging with police or in the court process



#### SUPPORT GROUPS

- Wellbeing Groups
- Creative Groups



#### ADVOCACY

Tailored advocacy support for survivors to access support, organisations, health and welfare



#### BEFRIENDING

Reducing social isolation and the promotion of health and wellbeing



#### INFORMATION AND RESOURCE LIBRARY

For survivors and professionals



### PREVENTION SERVICES

#### WHO WE WORK WITH



- Secondary Schools
- Young People - aged 12+
- Parents and Carers
- Professionals and Volunteers
- Communities

#### SCHOOL ENGAGEMENT

Age appropriate workshops in a wide range of gender equality and sexual violence topics, complimenting Curriculum for Excellence



#### COMMUNITY ENGAGEMENT

Workshops and activities with Youth Groups and Parent/Carers Groups



#### PROFESSIONAL TRAINING

Training for professionals in a wide range of topics including sexual violence and trauma



#### COMMUNITY EVENTS

Attending and participating in Perth and Kinross community events and open days



#### RASAC YOUTH AMBASSADORS

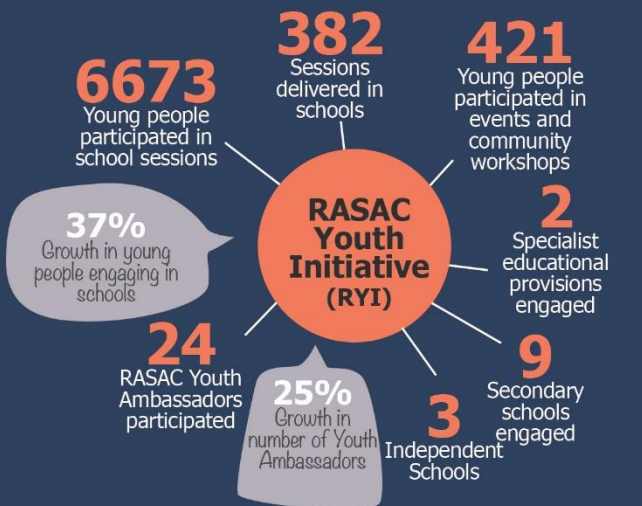
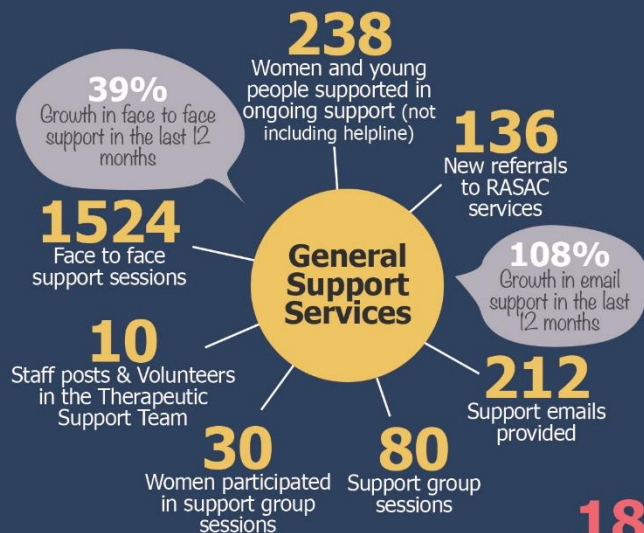
RASAC Youth Initiative's Peer Mentors Youth Group for 14-18 yrs who learn about and actively challenge gender inequality, gender expectations and sexual violence





# ANNUAL SNAPSHOT

## what we've been up to



## DIRECTORS REPORT 2017-2018

Welcome to our 2017-18 Annual Report. We hope you will enjoy reading about the many developments within the service throughout our 10th Year, highlighting the tremendous amount of work undertaken since the organisation's inception, and the growing creativity of RASAC P&K. The many events across the year highlighted our work with a special week-long exhibition hosted in the Civic Lounge of Perth and Kinross Council, culminating in an evening celebration. The exhibition was colourful, hard hitting, informative and a testimony to the enthusiasm of staff and volunteers alike. Most importantly it gave a strong voice to survivors and their experiences.

Across this year, RASAC P&K have experienced an exceptional increase in support service delivery of 51%, and 37% in prevention services, with waiting lists for core services continuing to increase. As you can see this report highlights the 2563 Hours of support that have been delivered this year through a variety of means and over 6000 young people in Perth and Kinross have engaged in workshops on the prevention of sexual violence. It will be of little surprise, that demand for services continues to increase. Publicity surrounding the #MeToo campaign and a host of high profile cases exposing harmful behaviours towards women, have demonstrated the continuing need to acknowledge and challenge sexual violence and rape everywhere. The autumn and winter saw an additional focus on trying to locate new premises which would give

wider opportunities for activities and provide a more conducive environment for survivors, and improved working conditions for staff. Our current premises have served us well but the need for more space has become increasingly urgent!

Partnership working remains central to the prevention and response to sexual violence, and RASAC P&K has contributed to the updated Violence Against Women Strategic Plan for Perth and Kinross, and to the publication of a Child Sexual Exploitation Directory of Services through the multi-agency working group. Training of staff, volunteers and external organisations continues to be given high priority and training can be tailored to the needs of individuals and teams.

We take this time to give thanks to all the Survivors who allow us to walk alongside them on their journey and inform our practice through their feedback on our services. This feedback is crucial to ensure we meet the needs of Survivors in Perth and Kinross.

On behalf of everyone on the Board of Directors, we recognise the hard work and on-going commitment of staff and volunteers throughout the year and would like to thank each and every member of the team for all they do.



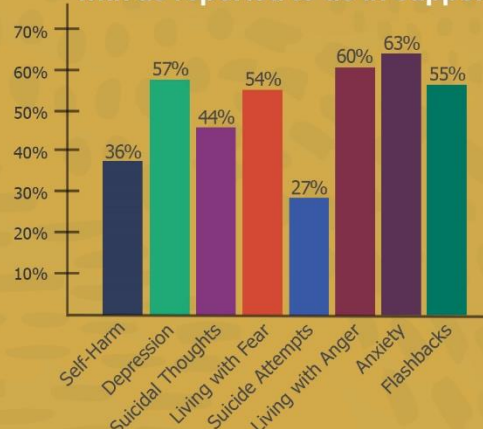
# RASAC P&K SUPPORT SERVICES

Support services continue to be in high demand with a similar increase in demand on the previous year. We have been able to sustain staffing levels for the year but with continued increase in demand have seen waiting times for services for adult survivors sometimes sit in excess of six months. As we move into 2018 to 2019 we face further challenges, funding having come to an end means that we have lost a member of staff. A blow that will have an effect on our capacity to deliver support. We have been applying to various sources to fund this shortfall but as of yet we have not been successful.

We continue to offer flexible support services so that if survivors are in crisis we have the ability to offer short term crisis support, drop in and helpline services however the reality is that the majority of our survivors prefer one to one support and the benefits of speaking to the same person on a regular basis rather than speaking to someone different each time.

The impact of sexual violence cannot be underestimated. One of the biggest challenges that we have as an organisation, (which is all too often felt by survivors) is that many people minimise or simply do not realise how harmful and devastating the short and long-term consequences of sexual violence can be to individuals, families and society as a whole.

Some of the effects survivors live with as reported to us in support



## KEY SUPPORT SERVICES NUMBERS

**238**

Women and young people supported in ongoing support (not including helpline)

**1524**

Face to face support sessions offered

**372**

Outreach support sessions provided

**2563**

Hours of support provided

**935**

Support based calls including Helpline

**212**

Email support provided

**10**

Staff posts & Volunteers in the Support Team in 12 months

**19%**

Growth in the number of women and young people supported in ongoing support in the last 12 months

**39%**

Growth in face to face support in the last 12 months

**79%**

Growth in outreach support in the last 12 months

**51%**

Growth in hours of support provided in the last 12 months (including supporting families and professionals)

These key support services numbers include service provision within; crisis support, therapeutic support, and advocacy.

Across the year survivors were on the waiting list for on average of...

**9** Weeks

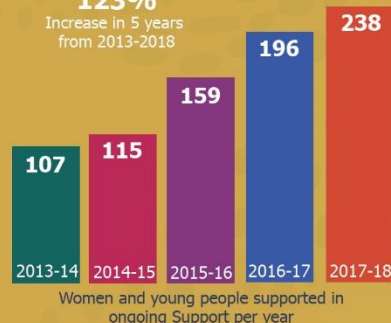
## REFERRALS TO RASAC SERVICES



## DEMAND FOR OUR SUPPORT SERVICES

Year on year we have increased the number of women and young people we have worked with due to the demand for our support services. However it is a challenge to keep up with the increasing demand with the limited resources we have in place.

**123%**  
Increase in 5 years from 2013-2018



## INCREASING CAPACITY

The need for us to build on our capacity to deliver support services is clear and 2017/2018 is the first year that we have welcomed on board Counselling Placement Students.

As with all members of our Support Team there is a requirement for placement students to complete our intensive Rape Crisis Training and induction before starting one to one work with survivors.

All our staff and volunteers come with a wide range of life experiences, qualifications and skills, however the one experience that binds us all as a collective is the Rape Crisis Training, it ensures we all work from the same foundation and ensures

3

consistent good practice throughout our service.

## SURVIVOR ACCESSIBILITY AND INCLUSION

- **Service Users Forums** x 3
- **Service Delivery** - Provide regular non appointment based drop in, provide helpline at a range of days and times, provide evening and day time appointments, support is provided through; face to face, email, phone, video, letter and outreach
- **Distributing Information on RASAC Services** - Annual Report, Quarterly Newsletters, Impact Reports, Facebook and Social Media, Leaflets, Banners, Pens, Postcards and Business Cards
- **RASAC Multi Agency Visits** x 7 – 23 individuals attended and visited the centre from a range of organisations



# RASAC SUPPORT SERVICES

## SUPPORTING WOMEN INVOLVED IN COMMERCIAL SEXUAL EXPLOITATION

During our 10th anniversary exhibition in October, we were very fortunate to have the Inside Outside exhibition. Inside Outside is a multi-media exhibition of photographic, written and recorded work that tells the real life stories of women who are currently or have been involved in prostitution, the women who are rarely heard in the dialogue about their lives.

This was such an important exhibition to bring to Perth highlighting that CSE exists in Perth and Kinross as it does in every city across Scotland. Women, men and young people are being bought and sold behind closed doors in our own city right now, often due to the lack of alternative opportunities and choices available to them making our support of those being exploited crucial.

## COMPLEX NEEDS SUPPORT

We continue to work closely with the One Stop Women's Learning Service (OWLS), a criminal justice project for women involved in repeat offending, as well as with other women with complex needs (such as homelessness and substance misuse). A high percentage of women in prisons and women with complex needs have experienced sexual violence at some point in their life. Providing tailored support to women who do not fit into our usual service provision is fundamental if we are to support some of the most isolated women in our communities.

"I don't feel judged when I speak with you, even though most people think I am a mess. That makes it easier to talk about the hard stuff"

## Justice Advocacy Service

WORKING WITH SURVIVORS WHO ARE CONSIDERING REPORTING OR WHO ARE ALREADY ENGAGING WITH POLICE AND/OR THE JUSTICE PROCESS

Over the last 2 years our **Justice Advocacy Service** has seen a significant rise in the number of survivors accessing information and/or support about police reporting and the court process, enabling survivors to make informed choices as well as receive the support they need through part of, or the entire justice process.

### Information

We have provided practical information on all the options survivors may have as well as answer a wide range of questions

### SARN - Sexual Assault Referral Network

In the aftermath of sexual assault and rape, survivors may not want to report to the police or they may be undecided. During this time forensic evidence can be lost. Through SARN a forensic medical examination may take place within 7 days. Any evidence gathered is stored and can be accessed at a future date if the survivor decides to make a report to the police

### ISP – Information Sharing Protocol

Survivors may not want to report to the police but may feel that the police should be aware that an incident has taken place in a location or by a certain individual. This information is anonymous and only RASAC will be contacted by the police.

## Support with Reporting and Court

**51**

Survivors supported in Justice Advocacy Service

**23**

Survivors supported to report or after reporting to Police

**15**

Survivors supported to court or in court

**24%**

Growth in supporting survivors with information, reporting and court in the last 12 months

**33%**  
of cases found guilty

**7%**  
of cases found not guilty

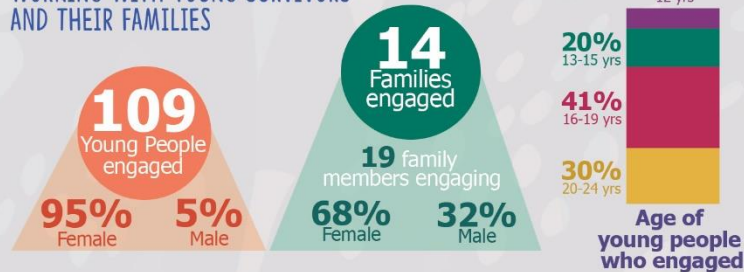
**20%**  
of cases found not proven

**9%**  
of cases of complainant withdrawal

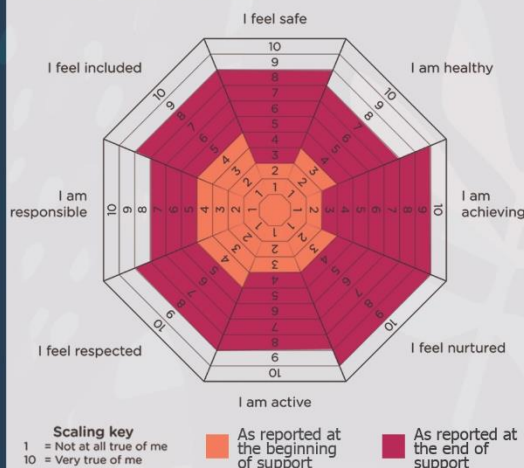
**26%**  
of cases still in progress

## Young People and Families Service

WORKING WITH YOUNG SURVIVORS AND THEIR FAMILIES



Measuring the difference support makes with young people. The Wellbeing Web...



This is an example of the wellbeing web which we use when a young person enters our support services. We utilise a range of evaluation tools throughout support and use the wellbeing web to map the young person's self-identified outcomes based on the Scottish Government's wellbeing framework (SHANARRI). This can be an extremely helpful tool for young people in service to be able to visually see their journey of recovery.

## Groups

WORKING WITH SURVIVORS IN GROUPS

Our groups are an important part of our Support Services, providing a space for women and young people to build skills, confidence, make new friends and/or get out of the house to have fun & relax.

As usual, it has been another busy year for RASAC Groups, we have delivered wellbeing and creative groups as well as our first support group for young survivors.

**80**  
Group sessions

**28**  
Women participated in group sessions

### Groups Delivered

- Creative Group
- 'Healthy Walks' Group
- Conversation Cafe (Quarterly)
- Write to Recovery
- CALM Group
- Christmas Party (One off)
- Wellbeing Day (One off)
- Young People's Support Group



We also held our first Well-being Day which was highly successful with survivors getting involved in a number of activities including beauty treatments and a Vision Board Therapy Workshop. Big thanks to all the volunteers who supported this event!

"The centre is the only place where I feel I can talk"



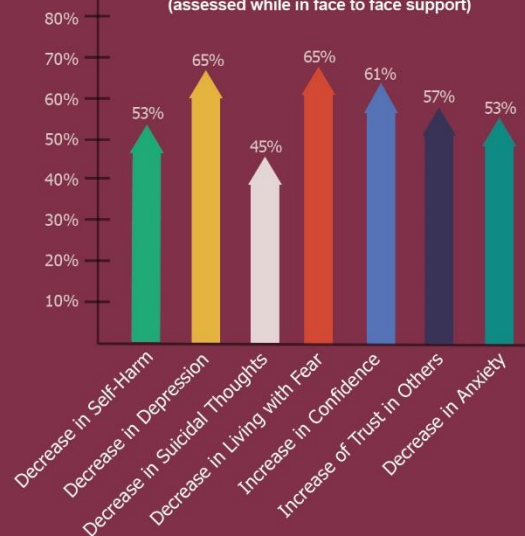
# RASAC SUPPORT SERVICES

## THE DIFFERENCE SUPPORT CAN MAKE

The difference that support can make is evidenced in the graph to the right and the messages of hope we receive from the survivors using our services as seen below. We have met hundreds of survivors over the years and each of them inspire us with their determination to move through their trauma and pain. We use a number of tools to measure where survivors are in their healing journey which enables us to see how effective our services are as well as evaluating the techniques we use in our therapeutic support. As a reflective organisation we continually assess and develop our services according to needs identified within support.

Last year we identified the need to develop young people friendly outcome measuring tools, encapsulating their experiences and framing these within the wider GIRFEC wellbeing measures. In response to this we developed an outcome tool to measure the eight sections of SHANARRI described in the Scottish Government's GIRFEC approach (more on pg 4). The results can be seen within a Wellbeing Web which is used across a number of our partner agencies creating a shared language at multi agency meetings.

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



## WHAT SURVIVORS TELL US...

"After conversations with my support worker my self-blame is a lot lower than it was. The groups also help with this"

"Every time I come to RASAC I feel like I understand myself more and more. All it takes is for someone to say what you feel is NORMAL"

"The centre is the only place where I feel I can talk"

"RASAC has made me realise it is good to talk and not ignore thoughts/feelings. It has helped me feel better in myself so I would recommend the service greatly!"

"If it wasn't for this service I would have given up and dropped out of this awful process a long time ago"

"I can't believe the change. This place is almost a bit miraculous. Just to have a place where you can go and not be thought of as mad, and be believed."

"I have felt very safe, I've been listened to and just felt as though I mattered. I've always been kept up to date with what's going on."

"This service has changed my life. My family noticed the change in me everytime I finished a session and their help during reporting was invaluable"

"My support worker has been fantastic, she has helped me get in touch with feelings I didn't know I had, and helped me cope."

"Once again very helpful + powerful session leaving me feeling stronger + more hopeful."

## KEY VOLUNTEERING NUMBERS

### VOLUNTEERING AT RASAC

In the last 12 months...

**4**  
Therapeutic Support Volunteers

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

**2**  
Prevention Volunteers

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

**2**  
Befrienders

**BEFRIENDING** - Supporting survivors with social isolation

**1**  
Admin Volunteers

**ADMINISTRATION** - Supporting the teams with administration

**6**  
Volunteer Directors

**BOARD OF DIRECTORS** - Providing governance and guidance

**9**  
Number of Volunteers (not including Board)

**16**  
Number of potential volunteers in our 60hrs Rape Crisis Training Programme (not all potential volunteers go on to volunteer)

**364**  
Hours donated in 12 months (not including Board)

"I loved the RASAC P&K training I undertook because it made me feel more prepared to see survivors than I feel I would have been if I had went somewhere else to train/volunteer. The training was challenging, it made me question my own feminist beliefs and the way I viewed the world, and it gave me the confidence to know that even though I am a survivor myself, I have the power to put my own story aside and be there 100% for other survivors. The training that RASAC P&K has given me has been life changing and I look forward to a long and meaningful volunteer placement within the support team."

RASAC Volunteer

### OUR VOLUNTEERS ARE AMAZING...

Our volunteers are a vital part of our service delivery. Without their kind donation of time, skills, enthusiasm and passion we would not be able to deliver the level of work that we do. They each bring with them a wealth of knowledge, experience and fresh ideas, adding to the buzz and energy in the organisation. Our volunteers not only volunteer in their chosen roles but also provide support at community events, including our 10th Birthday Event, celebrations and in publicity. We do not have the words to truly express our thanks to each of our volunteers. **Thank You!**



# PREVENTION SERVICES RASAC YOUTH INITIATIVE

More secure funding for RASAC Youth Initiative has enabled us to extend provision in schools with delivery of sexual violence prevention workshops in 3 additional secondary schools and 2 further independent schools. We have also been able to support a number of school prevention projects. For example MVP training in March 2018 and the 'Challenge for Change' conference with Perth Grammar/ Perth High School.

Youth Ambassadors are now co-delivering our prevention sessions with us, such as a hugely successful social media safety session to the P7 parents at Inchtute Primary School.



## FEEDBACK FROM YOUNG PEOPLE IN SCHOOLS

"I feel sexual violence is less likely to happen to us as we are more aware of what it is." (S2 pupil).

"(I have learned) that there are a lot of different types (of sexual violence) and even if you don't mean it, it still hurts and affects people." (S3 pupil)

"I learned who to go to if this ever happened; where we could go for support and advice (S1 pupil)".

"(I have learned) how sexual adverts are and how they can affect our mental health (S2 pupil)"

"Young people should be more aware of how they can try and prevent sexual abuse happening to other young people. For example sexual comments" (S6 pupil)"

We continue to use Rape Crisis Scotland's Prevention Resource pack for school and community group activity. RYI team members regularly review our sexual violence prevention sessions and in response to comments from young people have recently updated the content of our gender and 'what is sexual violence?' sessions. We have also revised the S1/S2 Social Media workshop to ensure it includes more information about the impacts of grooming and online exploitation in real life cases.

The workshops have been designed to complement the Scottish Government's Curriculum for Excellence and can be incorporated within the PSE timetable. Additionally, the programme complements the Sexual Health and Relationships curriculum.

### Sessions delivered

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

**96%**

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

**94%**

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

## RYI SCHOOL ENGAGEMENT

**14**

Schools engaged  
7 secondary schools  
2 specialist provision  
2 independent schools  
(plus Perth college)

**405**

Sessions delivered

**6673**

Young people participated

Knowledge and understanding after participation

**88%**

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

**80%**

of educational staff in schools where we deliver sessions are now more aware of issues relating to sexual violence

'RASAC is the best contributor to our social educational programme. The sessions they deliver are relevant and top quality'.  
Teacher

### Schools engaged

- Perth Grammar School
- Perth Academy
- Perth High School
- Pitlochry High School
- Community School of Auchterarder
- Blairgowrie High School
- Crieff High School
- Kinross High School
- Breadalbane Academy
- Glenalmond College
- Balnacraig School
- Kilgraston Girls School
- Strathallan School
- Navigate Educational Outreach Facility

**37%**

growth in young people participating in school sessions over the last 12 months

**94%**

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

## OUR COMMUNITY ENGAGEMENT

### Community & Youth Groups Workshops & Events

This year the RYI team has developed the range of community groups engaging in workshops with new youth groups such as the Y Breathe Project and young people from Anchor House. We have also increased our delivery to parent/carer groups with parents from Inchtute PS, PKAVS Minority Ethnic Hub and the 'New Horizons' women's group accessing sessions from us.

Throughout the year we have also been able to strengthen our links with Perth College/UHI through participating in awareness raising activities particularly during 'Sexual Violence Awareness' week and delivering workshops to students on various study courses.

**421**

Number of young people participated

**152%**

Growth in young people engaging in community and youth groups workshops and events in the last 12 months

### Groups delivered to included:

- Anchor House
- Blairgowrie Young Carers
- Cedar Programme
- Glow LGBT group
- Letham St Marks Youth Group
- Logos in Crieff
- Perth Baptist Church Nurture group
- Police Scotland Youth Volunteers
- Salvation Army Youth Group
- Y Breathe Project
- Speakeasy Programme
- Perth College / University of Highlands & Islands

## FEEDBACK FROM COMMUNITY ENGAGEMENT

"Really good, very interesting and informative. It has made me think about my own social media use and how it is impacting on my children." Carer

"A fab session and was delivered at the services users' level." Anchor House Senior Manager

"Exceeded expectations. I was unaware of what is out there and what children are being exposed to.' and 'The handouts are great for carrying out more research on these issues.'" Carer

"Huge thanks for coming and delivering a relevant, engaging and thought provoking workshop to the group." Youth Worker

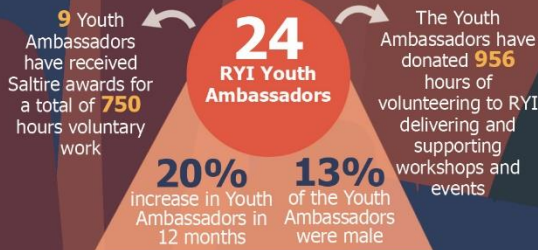
This year we were nominated finalists for the National Youth Work Awards - category 'Community Based Youth Work' for raising awareness, challenging the norms around sexual violence and gender inequality in the community and for 'putting young people at the heart of both local and national policymaking.' A big thank you to our Youth Ambassadors who made this happen through their hard work





# PREVENTION SERVICES

## RASAC YOUTH AMBASSADORS



**RASAC Youth Ambassadors**  
**'Making friends & making a difference!'**

### FEEDBACK FROM YOUTH AMBASSADORS

"I became a Youth Ambassador because I was interested in sexual violence after RASAC coming in to school and giving us sessions on sexual violence and consent. Since becoming involved I have had lots of opportunities and have really enjoyed them especially the WOW festival, the video and session we had with the Curious Seed drama group and making the video for the Child Protection Committee."

"Being involved in developing activities for community groups, helping workers to run sessions for them and being involved in running information stalls has made me more confident and has allowed me to develop new skills."

"All the opportunities RASAC, and being a Youth Ambassador, has given helped me to gain a place on a university nursing course. Thank you RASAC."

The **RASAC Youth Ambassadors** are a group of young people aged 14yrs to 18yrs who actively challenge gender inequality and gender expectations in society leading to the reduction and eradication of sexual violence. Through the RASAC Youth Initiative all the Youth Ambassadors receive comprehensive training and support to understand sexual violence and skills in delivering workshops to other young people. Our Youth Ambassadors use their volunteering hours with RASAC to support their Duke of Edinburgh, Saltire Awards and further education/employment applications.

#### In the last 12 months the Youth Ambassadors were involved in:

- ➔ Participating in the European Network of Children's Commissioner's Conference in Helsinki in September 2017 exploring the themes of how young people can be supported to develop secure identities and healthy relationships in a digital society
- ➔ Informing and influencing the Scottish Government's Equally Safe plan through consultation
- ➔ Celebrating RASAC P&K's 10th birthday celebrations by designing an exhibition piece outlining their role within RASAC as well as delivering a group presentation about their work at the Celebration Evening.
- ➔ Participating in the Young People's CSE Advisory Group for P&K supporting P&K by reviewing CSE information leaflets, developing a survey to be circulated around schools to ascertain young people's knowledge about CSE and a range of other community activities.



# AWARENESS RAISING AND TRAINING

## SUPPORTING OTHERS TO BETTER UNDERSTAND THE IMPACT OF SEXUAL VIOLENCE

### Trauma Informed Practice

As part of our work with the P&K Child Sexual Exploitation Working Group we developed Trauma Informed Practice Training for P&K front-line staff working with young people affected by Child Sexual Exploitation and Childhood Sexual Abuse. We ran the over subscribed and highly successful pilot training session in June 2017. One participant fed back 6 months after the session:

"The training was invaluable to the team. We now have a better understanding of why some of the young people we work with, consistently put themselves in risky positions and are perceived as having risky behaviours. It made us understand them better, respond to them better and support them better, which is significant. Our learning has also made us more confident in challenging other professionals negative perceptions of young peoples trauma responses."

Youth Worker in P&K

The trainings success enabled us to be commissioned by P&K Child Protection Committee and the Adult Protection Committee to develop a printed/digital resource on trauma informed practice for front-line workers in P&K. This will be developed in 2018.



**10th Birthday Exhibition and Celebration Evening** - highlighting our last 10 years and our impact in P&K

**Resilience Screening and Talk** As part of the 16 Days of Action to End Violence Against Women and Girls we hosted in partnership with P&K VAWP the Screening of Resilience documentary for P&K statutory and non statutory staff



**Vagina Monologues** - in partnership with WRASAC Dundee & Angus we delivered the hard hitting & hilarious drama raising awareness & funds for our services

**Reclaim the Night** - as part of the 16 Days of Action. This event was organised in partnership with Barnardos, OWLS, the Soroptomists and the P&K VAWP.

"I found that even though we were talking about a very difficult subject, it was accessible and interesting."  
Rape and the Criminal Justice System

"I learned a lot about grooming, some things surprised me, and how this makes it hard for children to tell they have been abused."  
Child Sexual Exploitation

**10**  
Community Events  
We have participated in

**4**  
Events  
We have delivered

**30**  
Training Sessions  
We have delivered (to adults and professionals)

**188**  
Number of places taken up in the training delivered

- ➔ Foster Carers
- ➔ Childcare Workers
- ➔ Front-line Staff P&K
- ➔ Mental Health Workers
- ➔ Criminal Justice Workers
- ➔ Counselling Students
- ➔ RASAC Staff & Volunteers

**We have held stalls and shared information at the following events...**

- ➔ Perth College Fresher's Fair
- ➔ Perth College Sexual Violence Awareness Week x 4
- ➔ Perth College 'Happy Healthy You' Event
- ➔ Volunteer Street Market (supported by youth Ambassadors)
- ➔ Thursday in Black Event
- ➔ Challenge to Change Conference
- ➔ NHS Drama Tour
- ➔ GIRFEC Cinema Event (supported by youth Ambassadors)
- ➔ Women of the World (WOW) Festival x 2 events (supported by youth Ambassadors)
- ➔ NHS Consultation Information Stalls x 3

**Sessions we have delivered...**

- ➔ Disclosure
- ➔ Trauma Informed Practice
- ➔ Trauma on the Brain
- ➔ Gender Based Violence & Feminism
- ➔ Rape and the Criminal Justice System
- ➔ The Effects of Childhood Sexual Abuse
- ➔ Child Sexual Exploitation
- ➔ Suicide & Self Harm
- ➔ Organised and Ritual Abuse
- ➔ Honour Based Violence
- ➔ From Gender Stereotypes to VAW
- ➔ Zero Tolerance- Just like a Child
- ➔ Zero Tolerance - Under Pressure
- ➔ Child Sexual Exploitation (in partnership with P&K Council)

**29%**  
increase in participants attending training



# 10TH BIRTHDAY CELEBRATIONS

We were thrilled to celebrate 10 years of RASAC in October with a 5 day Exhibition and Celebration Evening hosted at Perth's Civic Hall. The exhibition displayed a number of exhibits to portray the journey of RASAC and the experiences of survivors living in Perth & Kinross. Working in partnership with the Women's Support Project and Encompass, the powerful 'Inside Outside' Exhibition came to Perth for the first time. Both exhibitions welcomed over 150 people across the 5 days and we thank everyone for their support, contributions and feedback including the Big Lottery 'Awards for All' grant which made it possible.



"It was so hopeful and beautiful to show the 790 survivors you have worked with in the last 10 years represented as individual fairy lights, especially as I am one of those lights, probably one of your first, still shining thanks to your support..."



## STRATEGIC & MULTI-AGENCY WORK TOGETHER WE CAN BE THE CHANGE WE WANT TO SEE

Working alongside others in Perth & Kinross to address Violence Against Women, support and strengthen our communities is something we have remained committed to across the year. So much work has taken place which we are proud to be part of, advocating for survivors and raising awareness about the needs of individuals affected by sexual violence.

We worked alongside others within the VAWP to review the Position Statement on Commercial Sexual Exploitation and hope to have this formally adopted. The Partnership's work is dedicated to supporting the Scottish Government's Equally Safe Strategy and all partners have been pro-active across the year to address VAWG locally.

Continued work within the Child Sexual Exploitation Group has facilitated the publication of a CSE Directory for Carers and Workers. The Young People's Advisory Group is now well established, meeting on a regular basis. Examples of work completed includes the design and circulation of a CSE survey and a presentation to highlight the purpose of the group. The Stop to Listen Pathfinder came to an end and has been an incredibly insightful and proactive pilot which has supported the wider work addressing CSE locally and will continue to do so across the forthcoming year.

We welcomed the opportunity within the Children, Young People and Families Third Sector GIRFEC Group to participate in a Tayside Third Sector Children and Young People's Forum. Here we reviewed the implementation of the Tayside Child's Plan and offered comments from what survivors and their families tell us.

All of the work carried out in partnership and collaboration with others informs our day to day services, links in to our Strategic Plan and drives forward the support of survivors and their families living in P&K.

## 100 YEAR ANNIVERSARY OF WOMEN WINNING THE VOTE...

To mark 100 years of (some) women winning the right to vote, Amnesty International launched the 'Suffragette Spirit Map' to recognise the current work of women and organisations fighting for equality and women's rights. We were thrilled that 3 workers within the Rape Crisis Scotland Network were recognised for their work, including our Centre Manager, Jen Stewart. The online, interactive map can be found at: <https://www.amnesty.org.uk/suffragettespirit>

### Some of the groups we have participated in include:

- ➔ Violence Against Women Partnership
- ➔ Stop to Listen Pathfinder Steering Group
- ➔ Volunteer Managers Network
- ➔ Multi-Agency Prevention Network
- ➔ Child Protection Committee Practice Sub Group
- ➔ Voluntary Sector Child Protection Network
- ➔ Suicide Prevention Group
- ➔ Commercial Sexual Exploitation Multi-Agency Group
- ➔ South / North Perth Partnerships
- ➔ Community Justice Third Sector Forum
- ➔ Community Equalities Advisory Group
- ➔ Wellbeing Collaborative
- ➔ Children, Young People and Families Third Sector GIRFEC Group

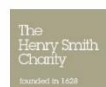
## GRANT FUNDERS

We would like to thank our funders for their kind and generous grant donations without whom, we would be unable to do the work that we undertake. We have a wide range of funders, from statutory to non-statutory, from small to large.

Our funders commitment to our work has enabled us to build our capacity, increasing our service provision and the number of women and young people we support. Many of our funders do not only provide us with the monies required to deliver services but also provide us with guidance and support which has been enormously beneficial for organisational developments. To all who fund our work and support us, **Thank You.**



The Forteviot Trust



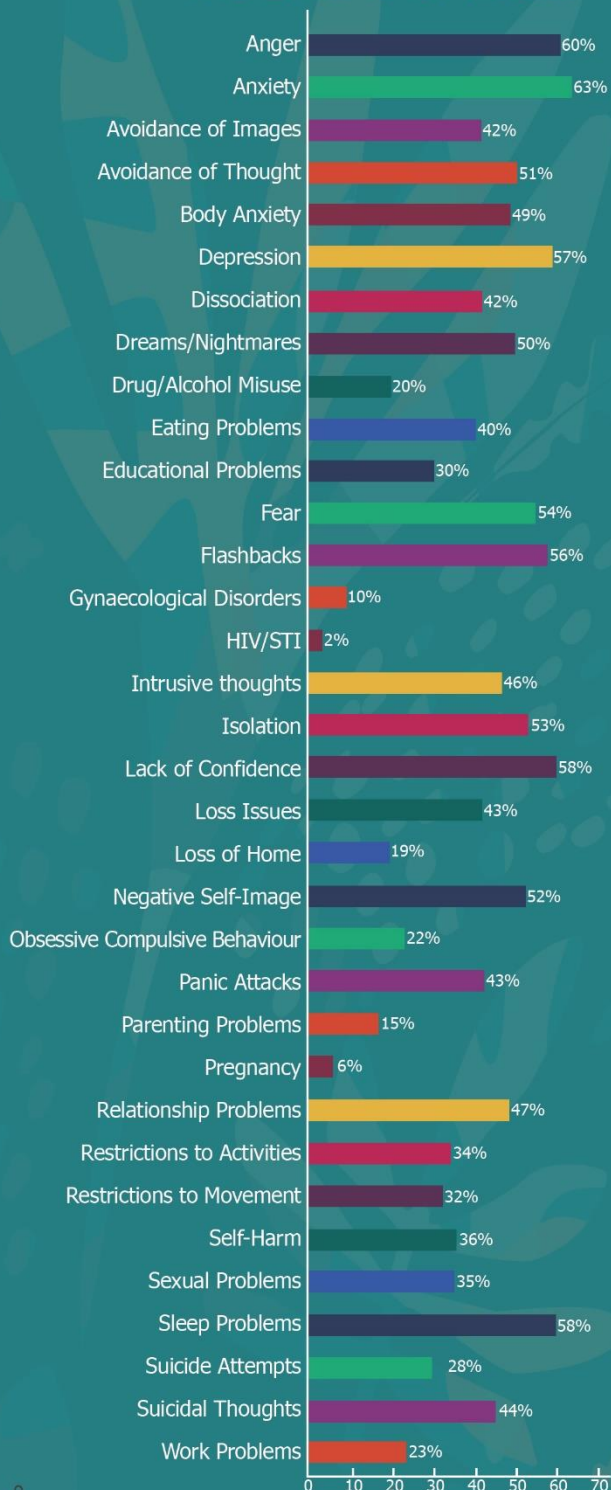


# RASAC P&K STATISTICS

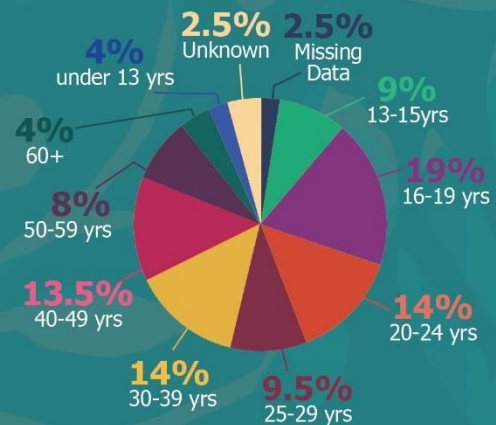
Every year we record statistics from the survivors we support. This information is vital for us to identify gaps in our services and in provision outwith our remit, as well as improve our practice, assess training needs for our staff and volunteers, and identify areas for us to address within society through our prevention and impact work.

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.

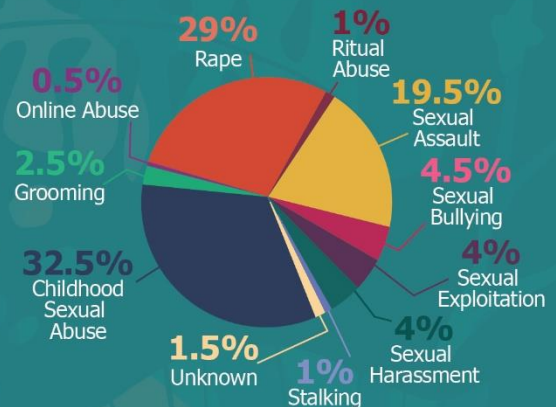
## THE EFFECTS OF ABUSE



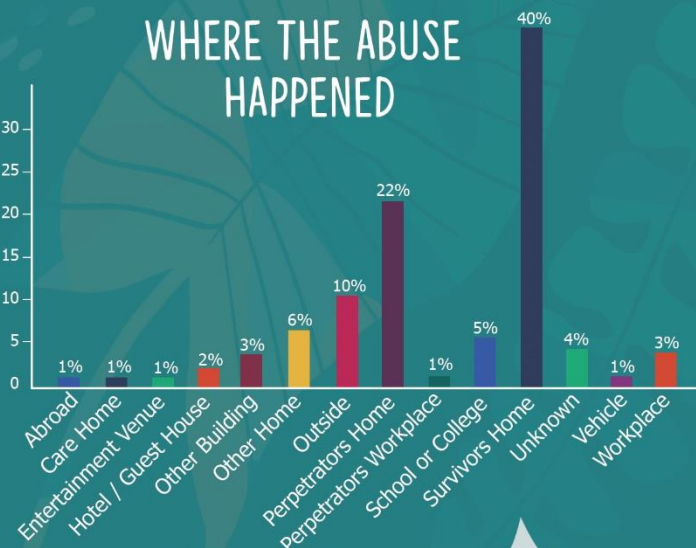
## SURVIVORS AGE (WHEN IN SERVICE)



## NATURE OF ABUSE



## WHERE THE ABUSE HAPPENED

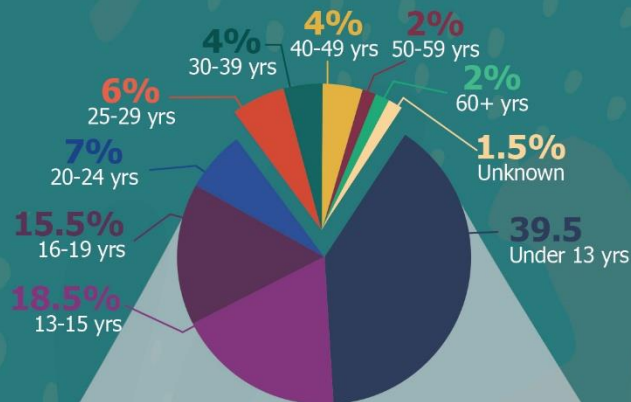


### SEXUAL VIOLENCE MYTH... 'WE ARE SAFEST AT HOME'

The statistics above shows that although society stereotypes sexual violence happening in dark alleys by strangers, the reality is that unfortunately a home, where one should be safe, is where someone is most likely to experience sexual violence. This is even more likely if you are under the age of 15.

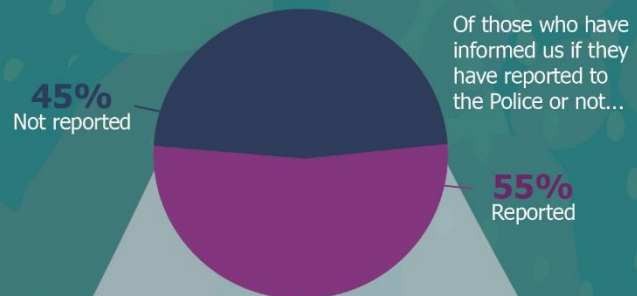


## SURVIVORS AGE AT START OF ABUSE



**80.5%** of the survivors we worked with were under the age of 24 at the start of their abuse with almost **60%** being under the age of 16 at the start of their abuse

## REPORTING TO POLICE



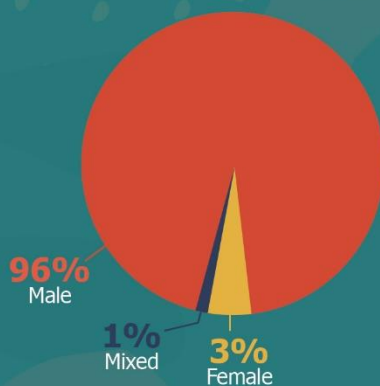
Of those who have informed us if they have reported to the Police or not...

### OF THOSE WHO HAVE REPORTED:

**51.5%** reported at time of incident  
**16%** reported within 1 year  
**9%** reported within 2-5 years  
**4.5%** reported within 6-10 years  
**10%** reported after 10 years or more

**7%** reported to the police while in service at RASAC

## GENDER OF PERPETRATOR



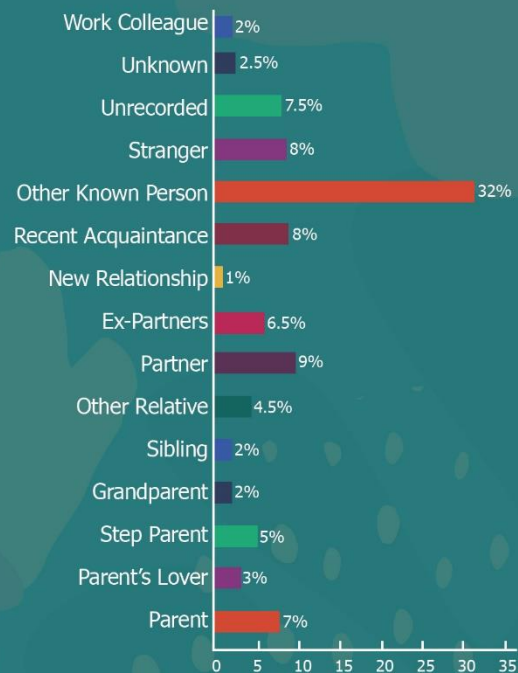
### GENDERED ANALYSIS OF SEXUAL VIOLENCE

The majority of victims and survivors of sexual violence in Scotland are women and children and the majority of their perpetrators are male. This is reflected in our statistics above. We describe this as gender based violence.

We believe that gender based violence is a direct result of gender inequality. The expected gender roles and behaviours assigned to men and women, boys and girls, are shaped and reinforced by society, defining appropriate behaviour for women and men often creating inequalities. These inequalities ultimately enable violence against women and children to manifest in society.

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'.

## RELATIONSHIP OF ABUSER



### SEXUAL VIOLENCE MYTH... 'STRANGER DANGER'

The message that society tells us is 'stranger danger' and although we recognise that sexual violence can be perpetrated by strangers (8%) the statistics above clearly show that unfortunately you are most likely to experience sexual violence perpetrated by someone you know well (with parents, partners & ex partners accounting for 22.5%). Our largest category is 'Other Known Person' this includes, youth workers, sports coaches and peers/friends.



## RASAC TEAM 2017-2018

The Board of Directors would like to recognise the passion and dedication of our committed staff and volunteers, without whom we would not be able to work towards living in a world without sexual violence. Many kind thanks to them all!

### RASAC P&K BOARD OF DIRECTORS

Alison Irvine – Chairperson	Maxine Moy
Fiona Thomson – Vice Chairperson	Anne Hogg
Fiona Low – Treasurer	Fiona Connacher
Katherine Burrows – Secretary	Audrey Ferguson

## RASAC STAFF AND VOLUNTEERS...

### BUSINESS TEAM

Jen Stewart – Development Manager  
 Angela Burns – Admin Worker  
 Caryl Rattray – Housekeeping  
 Gwendoline Telford – Training & Impact Worker  
 Maryann Christison – Admin Volunteer

### SUPPORT SERVICES TEAM

Rachel Coleman – Support Services Team Leader  
 Becci Bauer – Therapeutic Support Worker  
 Carolyn Doran – Support & Advocacy Worker (On Sabbatical)  
 Charlene Jones – Therapeutic Support Worker  
 Chris Gray – Young People & Families Worker  
 Finla Chalmers – Therapeutic Support Volunteer (in Training)  
 Finneen Mulleney – Volunteer Befriending (in Training)  
 Fiona Campbell – Group Support Volunteer (left June, 2017)  
 Kirsten Owen – Therapeutic Support Worker  
 Leeanne McGregor – Therapeutic Support Worker (in Training)  
 Lindsey Shepherd – Therapeutic Support Worker  
 Liz Yule – Support & Advocacy Worker  
 Morag Kennedy – Volunteer Befriender  
 Michelle Holden – Therapeutic Support /CSE Development Worker  
 Ruth Cawston – Therapeutic Support/Group Worker  
 Sandra Smith – Therapeutic Support Volunteer  
 Shirley Smith – Therapeutic Support Volunteer (in Training)  
 Sui Juan Wen – Support Volunteer  
 Suzanne McGuggon – Volunteer Befriender

### YOUTH INITIATIVE TEAM

Catriona Scott – Youth Initiative Team Leader  
 Angela Sinclair – Young People's Prevention Worker  
 Kat Harvey – Young People's Prevention Worker  
 Alicia Phillips – Prevention Volunteer

## OUR BIG THANKS

Each year we work with a wide range of individuals, groups, organisations and partnerships. Each of them work with us, support us, and/or enhance our work. We would like to thank each and every one who has worked with us this year as we believe that together we can be the change that we want to see in the world. Thank you all.

Thank you also to everyone who has supported our organisation through fundraising and donations. Many businesses sponsor our annual report and there are many of you who have donated through Spotless Oven Cleaners across the year. We thank you for your continued support as well as to every individual who has donated or raised funds for us in other ways. Your contributions make a big difference to the work that we do and quite simply we couldn't do it without you!

**A special 'Thank You' to all the educational facilities and youth provision which have worked with us to prevent sexual violence in P&K**

We would like to thank each and every survivor who has contacted us over the last year. We feel honoured to meet every one of you and walk beside you on your journey.

### A big 'Thank You' to our amazing Youth Ambassadors!

Becka Allan	Olivia Morgan
Sophie-Alexis Baxter	Uzume Michaels
Jack Bell	Katherine Morse
Rosie Craik	Charlotte Reid
Poppy Currie	Rebecca Reid
Finlay Downie	Charlotte Runciman
Danielle Gillian	Duncan Scott
Iona Campbell	Kara Stewart
Kurby Henry	Rozalia Waryniak
Cate Longley	Tamzin Whittet
Aimee Johnson	
Ella Marshall	
Georgia McCarthy	
Georgia McCrae	
Maria McIntyre	
Lucy McLaughlin	
Susan McVean	



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