



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 sexual violence topics



COMMUNITY EVENTS

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



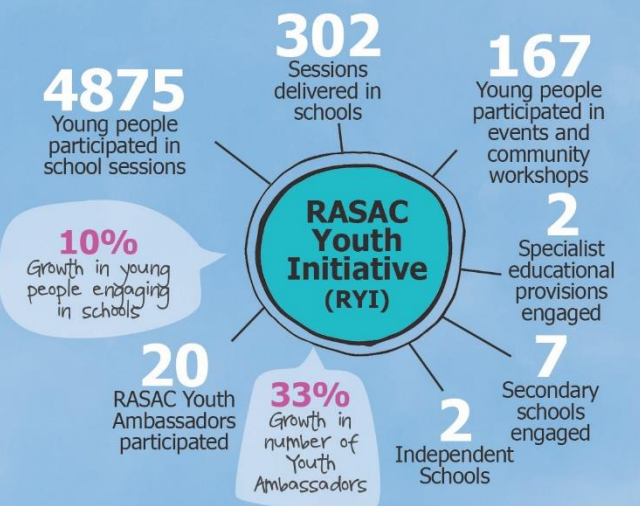
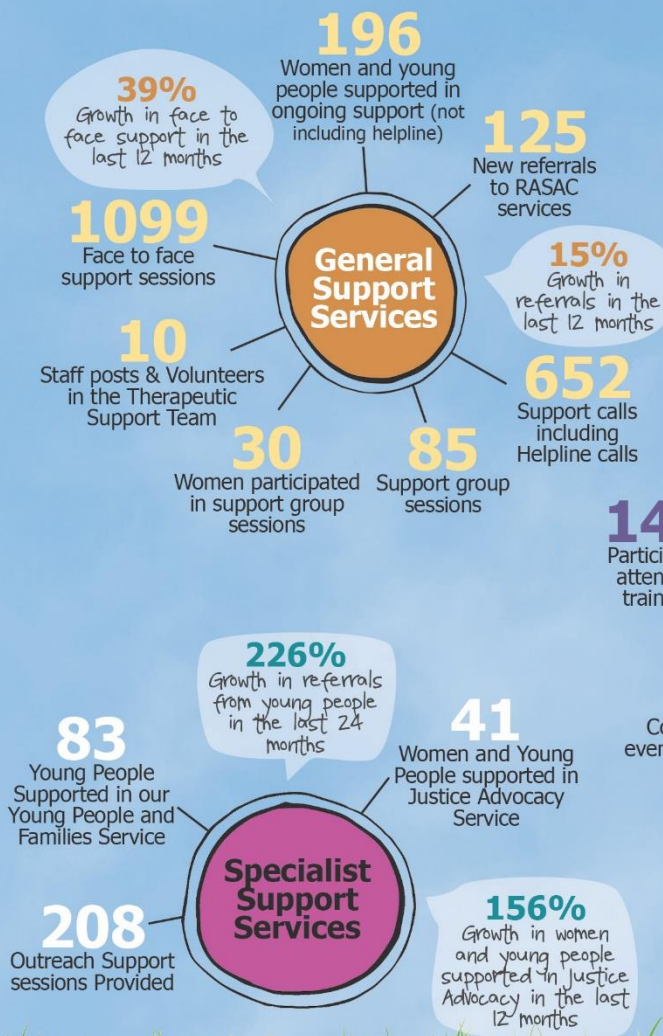
RASAC YOUTH AMBASSADORS

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 2016-2017

Welcome to our 2016-17 Annual Report. It has been yet another busy year for RASAC P&K with increasing demand across all services as well as the development of our Young People and Families Service. With an overall increase of 15% in referrals to RASAC support services we have continued to deliver one to one, group and advocacy support consistently throughout the year.

The organisation continues a commitment to both Prevention and Support Services, ensuring that the voices and experiences of survivors are represented within our own service development as well as across various external forums shaping policy and service provision. This report illustrates a concise overview of our work across the year, highlighting how vital rape crisis service provision is for our local area.

Prevention has remained a core part of our service delivery and it has been a truly inspiring year in relation to the contribution that young people themselves have made. The time and effort that RASAC Youth Ambassadors have dedicated to raising awareness of equality issues and gender based violence, alongside the participation of young people in schools and community groups has been overwhelming. Ending sexual violence is our mission and the voices and experiences of young people living in Perth & Kinross are incredibly powerful in working towards this.

Our commitment to supporting improved responses to survivors has continued within our training and events. Participating in 9 community events, including the Tackling Childhood Neglect Conference and the Kinross Wellbeing and Health Fair, has allowed us to raise awareness about sexual violence and the range of RASAC P&K services available. We were thrilled to organise Perth's first Reclaim the Night in partnership with OWLS and the Violence Against Women Partnership. Seeing so many organisations, women, men and young people come together and convey the same message was extremely powerful.

Securing grant aid continues to be a priority for us as we strive to sustain services in what can be a challenging financial climate. It is with thanks to everyone who supports our work that we have been able to do so across the last 12 months. Scottish Government investment in supporting Scotland's Equally Safe's Strategy for preventing and eradicating violence against women and girls has enabled us to maintain a core number of support hours within the service. Commitment from others including The Robertson Trust, The Gannochy Trust, The Volant Charitable Trust, The Henry Smith Charity, Comic Relief, The Big Lottery and Perth & Kinross Council have given us the resources to deliver and enhance our services.

As we approach our 10th year we look forward to a year of celebration and reflection alongside the continuation and development of services responding to the needs of survivors and families living in Perth & Kinross.

RASAC SUPPORT SERVICES

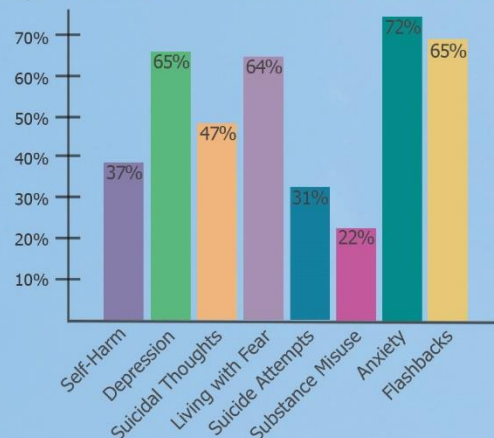
This has been another busy and challenging year with continued and increasing demand for our services. We have seen the development of a new support service (Young People and Families Service) and significant increase in our Justice Advocacy Service, as well as our general Therapeutic Support.

As a reflective organisation we continually develop our services to reflect survivors needs and this year we have seen a weekly Drop-in Service open its doors for the first time from August 2016 as well as our new Befriending Service commencing in October 2016.

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.

Every woman and young person we work with is an inspiration and each one evidences that control can be taken back and that survivors do reach their full potential and not only survive but thrive. It is an honour to walk along beside them through their healing journey.

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



KEY SUPPORT SERVICES NUMBERS

196

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

1099

Face to face support sessions offered

208

Outreach support sessions provided

1697

Hours of support provided

652

Support based calls including Helpline

102

Email support provided

10

Staff posts & Volunteers in the Support Team in 12 months

23%

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

89%

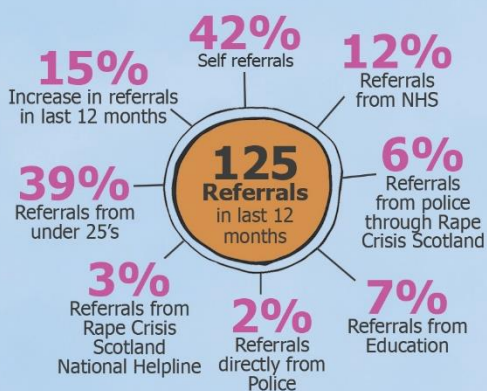
Growth in outreach support in the last 12 months

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...

10
Weeks

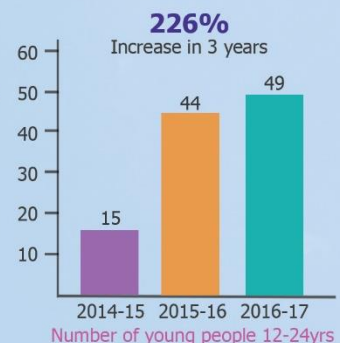
REFERRALS TO RASAC SERVICES



We have seen a significant rise in the number of referrals from young people under the age of 25 in the last 3 years (226%).

We recognise this increase is partly due to the development and growth of our Prevention Workshops in schools by RASAC Youth Initiative.

This increase has identified a need for a dedicated Young People and Families Service which was launched in October 2016. (See more about this on pg 4)



THE DEMAND FOR OUR SUPPORT SERVICE

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.



SURVIVOR ACCESSIBILITY AND INCLUSION

➔ **Service Users Forums** x 3

➔ **Consultations with Service Users** x 3 - looking at website & promotional materials, accessibility of service delivery and the development of child sexual exploitation workshop

➔ **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 10 - 46 individuals attend and visited the centre from a range of statutory and non statutory organisations

RASAC SUPPORT SERVICES

SUPPORTING WOMEN INVOLVED IN COMMERCIAL SEXUAL EXPLOITATION

In order to address the potential gaps in our Commercial Sexual Exploitation (CSE) P&K Working Group we have worked closely with The Encompass Network and the Women's Support Project, raising awareness of CSE locally.

One of the other points for consideration has been that we recognise that when we are talking about CSE, we are talking about complex needs. We have therefore looked at the work we are doing and over the next 12 months will be taking a more targeted approach to complex needs, ultimately being more proactive in addressing and supporting women involved in CSE in the long term.



OUR WORK WITH 'OWLS'

Our engagement with OWLS (One-stop Women's Learning Service) has been extremely powerful and although establishing trust is something that has built up slowly across the last 2 years, the benefits of our partnership are clear. In the last 3 months of 2016 we received 6 referrals from OWLS. A big thanks you to OWLS for welcoming us into your project and supporting us to build trusting relationships with the women you work with.

"Now I know who you are and that you're easy to talk to. I think I might tell you what happened to me one day..."

Justice Advocacy Service

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



Our **Justice Advocacy Service** (since Dec 2015) 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.

41

Survivors Supported in Justice Advocacy Service

Support with Reporting and Court

7

Survivors Supported to Report to Police

13

Survivors Supported to Court or in Court

156%

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

38%
of cases found guilty

15%
of cases found not proven

7%
of cases found not guilty

15%
of cases of complainer withdrawal

15%
of cases still in progress

Young People and Families Service

WORKING WITH YOUNG SURVIVORS AND THEIR FAMILIES

Our new **Young People and Families Service** has significantly increased the support we provided to young people and their families in the last 12 months. This service was born out of the large increase in referrals (226%) from under 24's since our Prevention Programme rollout in schools and community settings in 2012.

83

Young People engaged

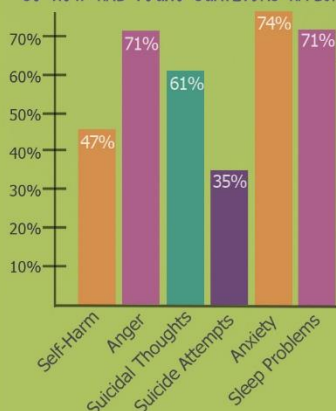
87%
Female

8%
Male

SO HOW OLD WERE THE YOUNG PEOPLE WHO ENGAGED?



SO HOW ARE YOUNG SURVIVORS AFFECTED?



A QUESTION FOR YOU...

So we know young survivors don't sleep well and have high levels of anxiety, how do you think this will impact their ability to engage with learning and active citizenship?

"Coming to RASAC gives me some kind of purpose. And I begin to feel more and more safe talking to (my support worker) about what has happened. Thank you for being there!"

"My time with (my support worker) helps me feel more positive. We can work together to figure out a better way. I want to live now...and she makes me laugh!"

Groups

WORKING WITH SURVIVORS IN GROUPS

85

Group sessions

30

Women participated in group sessions

Our groups are an important part of our Support Services, providing a space for women to build skills, confidence, make new friends and get out of the house to have fun. As well as running our wellbeing and creative groups we have also developed a number of new groups and programmes which we will run next year.

Groups Delivered

- Creative Group
- Walking Group
- 1 Billion Rising Group
- Mindfulness Group
- Laughter Therapy
- Relaxation Group

Groups Developed

- Young People's Group
- Family Members Group
- CALM Group



We also held our annual end of year Christmas party where survivors, volunteer and staff came together to celebrate and look forward to the New Year. Big thanks to everyone who attended!

"Some of the wonderful work from the Creative Group! And a big thank you to our Creative Group Volunteer, you are amazing Fiona!"

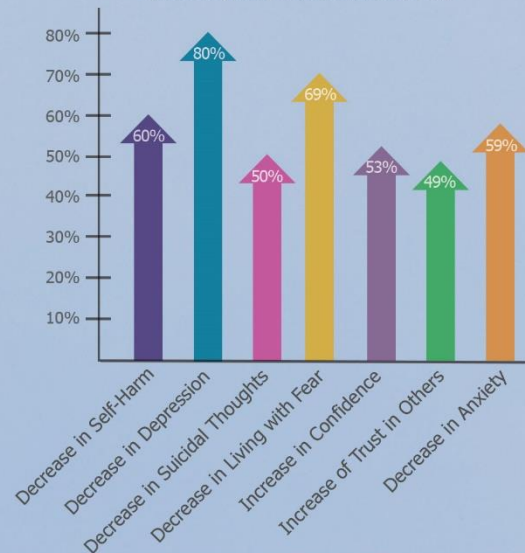
RASAC SUPPORT SERVICES

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.

Across this year we have identified the need to develop young people friendly outcome measuring tools, encapsulating their experiences and framing these within the wider GIRFEC wellbeing measures. In consultation with young people and experienced workers, we have created a new set of tools which we will trial in the coming year. We hope that this tool will enable us to measure the strengths that young people bring to support as well as the effects of sexual violence and their progress within support.

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



WHAT SURVIVORS TELL US...

"HOPE - Through no fault of our own we are on the path but through strength found within, I'm building a positive future for myself"

"I relax so much in the Relaxation Group, I sleep much better since I've started coming here, it is unbelievable how important it is to stop for a bit of time for ourselves"

"I feel stronger and ready for the next milestone of dealing with what's ahead"

"Don't get me wrong.. it is very difficult for me to come to the mindful group... have to drag myself every week..but it is a skill I want to learn, I need to learn..every week I see I am getting better at it little by little and that makes me feel good..it gives me hope"

Mindfulness Group feedback

"I feel I can be myself in this place and whatever I say is okay, you won't be shocked"

"You are the only people in my life who mean what they say"

Helpline feedback

"EMDR (a support tool we use) is amazing, the best treatment I have ever received for my memories."

"I feel safe, so safe here, this room is wonderful"

"I feel so glad you have been in my corner, even to discuss this without being told "it's in my head.. It's nice to realise I am not stupid and alone."

"I often feel alone in what I'm going through...My support worker 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 have 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 for everyone- including me."

"Seeing (my Support Worker) has changed my life. I want to live. I deserve to live. Thank you."

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

VOLUNTEERING AT RASAC

In the last 12 months...

5
Therapeutic Support Volunteers

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

3
Prevention Volunteers

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

2
Befrienders

BEFRIENDING - Supporting survivors with social isolation

2
Admin Volunteers

ADMINISTRATION - Supporting the teams with administration

10
Volunteer Directors

BOARD OF DIRECTORS - Providing governance and guidance

KEY VOLUNTEERING NUMBERS

10

Number of volunteers (not including Board, some volunteers, volunteer in more than one role)

241

Number of hours one volunteer donated to us in 12 months

1016

Hours donated in 12 months (not including Board)

"I never realised how in-depth the training would be and how much it would help in making me ready to support survivors. I have learnt so much about myself and the society I live in from the 60 hours training programme. I really understand and believe in the ethos of the Rape Crisis model of support. It works, and I want to be part of that."

RASAC Volunteer

27%

Growth in volunteer hours donated to RASAC P&K in the last 12 months

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, 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

This has been another busy year with growth in our prevention work in schools and in the community as well as our Youth Ambassador Team. One of the unexpected outcomes from this years work has been our work with students from Abertay University.



When Abertay University students first approached WRASAC Dundee for assistance to develop an online game looking at Consent, we were thrilled to work in partnership to support this exciting project. This involved initial training in Consent for all student designers and extensive consultation with young people across Tayside. The prototype was well received and went on to win the 'People's Choice' category at the Games4Health competition.



FEEDBACK FROM YOUNG PEOPLE IN SCHOOLS

"Stereotypes are made by society they are not biological".

"That (session) was inspirational. It has made me think that girls can do anything they want to."

"I liked being able to say what I think and talking about this important subject".

"I used to do things at the lower end of sexual violence to others. I will think more about my behaviour to others now and stop adding to sexual violence."

"It has made me notice sexual harassment more especially at school"

This year we updated our prevention educational programme to incorporate the Rape Crisis Preventing Sexual Violence Resource Pack which was devised to support and develop the educational programmes delivered by Rape Crisis Centres in Scotland. This pack aims to increase young people's access to high quality sexual violence prevention education, promoting inclusion and recognising sexual orientation and issues relating to disability.

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
- Sexual Bullying
- Sexual Abuse
- Online Relationships
- Sexting
- Sexualisation in the Media
- Relationship Abuse
- Healthy Relationships
- The Law on Consent
- Preventing Sexual Violence
- Child Sexual Exploitation

95%

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

11

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

302

Sessions delivered

4875

Young people participated

Knowledge and understanding after participation

80%

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

79 out of 81

Number of educational staff who are now more aware of issues relating to sexual violence

"The delivery was good, students had time for reflection and were able to overcome their initial reluctance to participate thanks to the mindfulness of the workers".
Specialist Provision Teacher

Schools engaged

- Perth Grammar
- Perth Academy
- Pitlochry High School
- Blairgowrie High School
- Crieff High School
- Kinross High School
- Breadalbane Academy
- Morrison's Academy
- Balnacraig School
- Kilgraston Girls School
- Navigate Educational Outreach Facility

10%

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 Groups & Youth Groups

"Very grateful to RASAC for the excellent work they do and the top quality lessons they deliver"
Community Worker

"Sessions are delivered confidently and staff are knowledgeable and engaging".
Community Worker

Workshops included:

- Gender Stereotyping
- Sexual Bullying
- Online Safety
- What is Sexual Violence
- Gender Stereotyping in Early Years
- Social Media
- Sexualisation
- Consent
- Gender Equality
- Zero Tolerance Programme 'Just Like a Child'

167

Number of young people participated

90%

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

Delivered to:

- A Cedar Group (co-delivered/Perthshire Women's Aid)
- Fairfield Youth Group
- Craigie/Moncrieff Youth Group
- Kinross Girls Group
- Young Carers Groups
- Young Adult Carers Groups
- GLOW Group
- PKVAS BME Girls Group
- The Acoustic Café
- Wellbank Boys Group
- Facing the Future Group, Perth Grammar
- Moving On Group, Perth College
- Inchtute Parents and Toddlers Group
- Glenearn Multi-cultural Women's Group
- Early Years Practitioners at Goodlyburn



A RESOURCE PACK BY RASAC YOUTH INITIATIVE

GENDER INEQUALITY, GENDER EXPECTATIONS & SEXUALISATION

Last year we developed and produced a Resource Pack exploring gender inequality and expectations as well as sexualisation and sexual violence for educational staff and youth workers. The resource has been used by P&K organisation both statutory and non statutory. This year we have received positive feedback from a number of organisations using the our pack.

"This is a really useful resource to use with young people to explore sexual violence issues with. The drama scenes are well acted and have a clear message. The resource pack is comprehensive and has full lesson plans which the worker can select activities from".
(LD Worker, Letham)

FEEDBACK FROM PARENTS IN WORKSHOPS

"Very well presented, thought provoking gender stereotyping discussion. Sexualisation of girls is something I'll think about as I have 2 girls.
Interesting, learning, realizing." Parent

"I can now see that I treat my son and daughter very differently. I shouldn't always think that she should have girly things and that he should only do things that people think of are for boys. I can see how this can stop them learning everything which they could." Parent

PREVENTION SERVICES

RASAC YOUTH AMBASSADORS



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

FEEDBACK FROM YOUTH AMBASSADORS

"I have learned so much from being a Youth Ambassador, about how society works and gender based violence. It is really important that young people have this knowledge and that they try to change the negative views of other young people. Co-delivering sessions with the prevention workers in community groups has enabled me to do this."

"Gender stereotyping leads to the gender inequality which is really apparent if you look at Scottish society and how this inequality sometimes leads to women and girls being viewed as less important and sometimes sexual objects who are easier to hurt."

"I can see how gender stereotyping happens from when you are a baby onwards and how society's broader views of how girls should look and behave affects what you do as girl. I can see how that is limiting us."

"I am more confident about speaking out about the things that I believe in. This new confidence has helped me in school."



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 Ambassador 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:

- ➔ The design of RASAC publicity and promotional materials and contribution of articles and website blogs
- ➔ Participation in local awareness raising events and national campaigns, 10 events including activities for the '16 days of action' campaign and the launch of Perth and Kinross Women's festival.
- ➔ Co-delivery of sexual violence prevention / equality workshops with RYI team members – 9 sessions have been co-delivered
- ➔ Planning is underway to establish a young person's advisory group on the RASAC Board of Directors
- ➔ Being advisors throughout 2016 to Abertay University students in reviewing the content and script of a new prototype game, 'Consent'.

AWARENESS RAISING AND TRAINING

SUPPORTING OTHERS TO BETTER UNDERSTAND THE IMPACT OF SEXUAL VIOLENCE

RASAC Impact Reports

Our quarterly Impact Reports are a collection of information on the impact of gender inequality and sexual violence on society, and the importance of providing person centred support for survivors as well as prevention education for young people. We report on local and national policy developments and news, as well as our services and needs of survivors.



"you are such a valuable service and your value for money is clear within the impact newsletters you circulate. I think it really shows the extent of your service."
Perth & Kinross Councillor



Launch of our Young People and Families Service - highlighting RASAC's new service in P&K

16 Days of Action - Multi-agency networking lunch at RASAC

One Billion Rising - RASAC in partnership with Barnardo's and Perthshire Women's Aid showcased women's support services in P&K and provided information on the One Billion Rising movement.

Reclaim the Night - Perth's first ever Reclaim the Night March as part of the 16 Days of Action to end Violence Against Women. This event was organised in partnership with Barnardo's, OWLS, the Soroptomists and the P&K VAWP.

"A difficult topic but very enjoyable and very well presented".
Effects of Pornography session

"I am more aware of all the different issues relating to sexual abuse".
From Gender Stereotypes to Violence Against Women session

9
Community Events
We have participated in

4
Events
We have delivered

24
Training & Sessions
We have delivered (to adults and professionals)

146
Number of places taken up in the training delivered

- ➔ Police Youth Volunteers
- ➔ Foster Carers from P&K
- ➔ RASAC Volunteers
- ➔ Disengaged Young Adults

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

- ➔ Perth College Fresher's Fair
- ➔ South Perth Fun Day (supported by Youth Ambassadors)
- ➔ Kinross Wellbeing and Health Fair
- ➔ Tackling Childhood Neglect Conference
- ➔ Safer Communities Hub St. John's Shopping Centre
- ➔ 16 Days of Activism Conference
- ➔ GIRFEC Cinema Event (supported by Youth Ambassadors)
- ➔ Launch of P&K International Women's Festival (supported by Youth Ambassadors)

BIG THANKS TO THE YOUTH AMBASSADORS FOR THEIR SUPPORT

Sessions we have delivered...

- ➔ Sexting and Consent (co-deliver with WRASAC Dundee)
- ➔ Disclosure and Building Resilience in Young People
- ➔ Effects of Pornography on Young People
- ➔ Positive Relationships
- ➔ Gender Based Violence & Feminism
- ➔ Rape and the Criminal Justice System
- ➔ The Effects of Childhood Sexual Abuse
- ➔ Suicide & Self Harm
- ➔ Supporting Survivor
- ➔ Honour Based Violence
- ➔ From Gender Stereotypes to Violence Against Women

"I will listen more actively to what the children are saying and not just assume".
Disclosure session

STRATEGIC & MULTI-AGENCY WORK

TOGETHER WE CAN BE THE CHANGE WE WANT TO SEE

It has been another productive year as we strengthen our community and strategic partnerships across Perth & Kinross. Working alongside so many dedicated others has supported the development of services for survivors and their families. Without this dedication, our ability to deliver such a range of responsive services would not be possible.

Our participation in the Perth & Kinross Child Sexual Exploitation Group and Stop to Listen Steering Group has enabled us to work closely alongside others in tackling sexual abuse and exploitation. Our continued participation in the Prevention and Recovery work streams has resulted in the planning for a Young People's CSE Advisory Group and the design of a CSE Directory for Agencies and Caregivers. We also remain involved in the delivery of the Child Sexual Exploitation training programme.

We supported the Choose Life Co-Ordinator in the facilitation of training designed to inform and skill up workers to implement a Choose Life / Suicide Prevention Policy within their own work settings. This was attended by staff within both the public and private sectors and received excellent feedback in terms of increased knowledge and confidence to take this forward.

We have continued administrative and organisational support to the Perth and Kinross Multi-Agency Prevention Network across the year. This group has been able to identify gaps in provision for young people, explore information about national and local developments affecting young people, share good practice and develop collaborative projects between the agencies. The running of multi-agency information stalls during Perth College's Fresher's week and 'Happy Healthy You' event are examples of the collaborative work the network has undertaken.

A FEW EXAMPLES OF OUR COLLABORATIVE WORK ACROSS THE YEAR...

- Involvement in the Children, Young People and Families Third Sector Strategic Forum within which we consulted on the Tayside Child's Plan and wider community planning, ensuring that survivors of rape, sexual abuse and exploitation are represented in current and future plans.
- Participation in a short life working group, established by NHS Tayside, to consult on the design of a training workshop addressing the harmful effects of pornography.
- Presentation to the P&K Child Protection Committee by 2 staff members and a RASAC Youth Ambassador highlighting the effect of sexual violence, RASAC services and the benefits of our model of support and prevention.

- Community Justice Third Sector Forum
- Mental Health and Wellbeing Group
- Multi-Agency Prevention Network
- Commercial Sexual Exploitation Multi-Agency Group
- PKC Child Sexual Exploitation – Prevention Workstream
- PKC Child Sexual Exploitation – Recovery Workstream
- PKC CPC - Practice Sub Group
- PKC CPC - Learning & Development Sub Group
- Suicide Prevention Steering Group
- Stop to Listen Steering Group
- Voluntary Sector Child Protection Network (VSCPN)
- Volunteer Manager's Network

KEY STRATEGIC & MULTI-AGENCY NUMBERS

6

Number of Strategic Groups we contribute to

- Children, Young People & Families Third Sector Strategic Forum
- National Children & Young People's Prevention Network
- National Rape Crisis Scotland Advocacy Forum
- P&K Child Sexual Exploitation Working Group
- P&K Sexual Health Strategy Group (SHSG)
- P&K Violence Against Women Partnership (P&K VAWP)

4

Number of Partnerships we actively participate in

- Perth Grammar School Integrated Team Meetings
- Sexual Assault Referral Network (SARN)
- North Perth Partnership
- South Perth Partnership

12

Number of Multi-Agency groups we attend, contribute to and/or lead

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



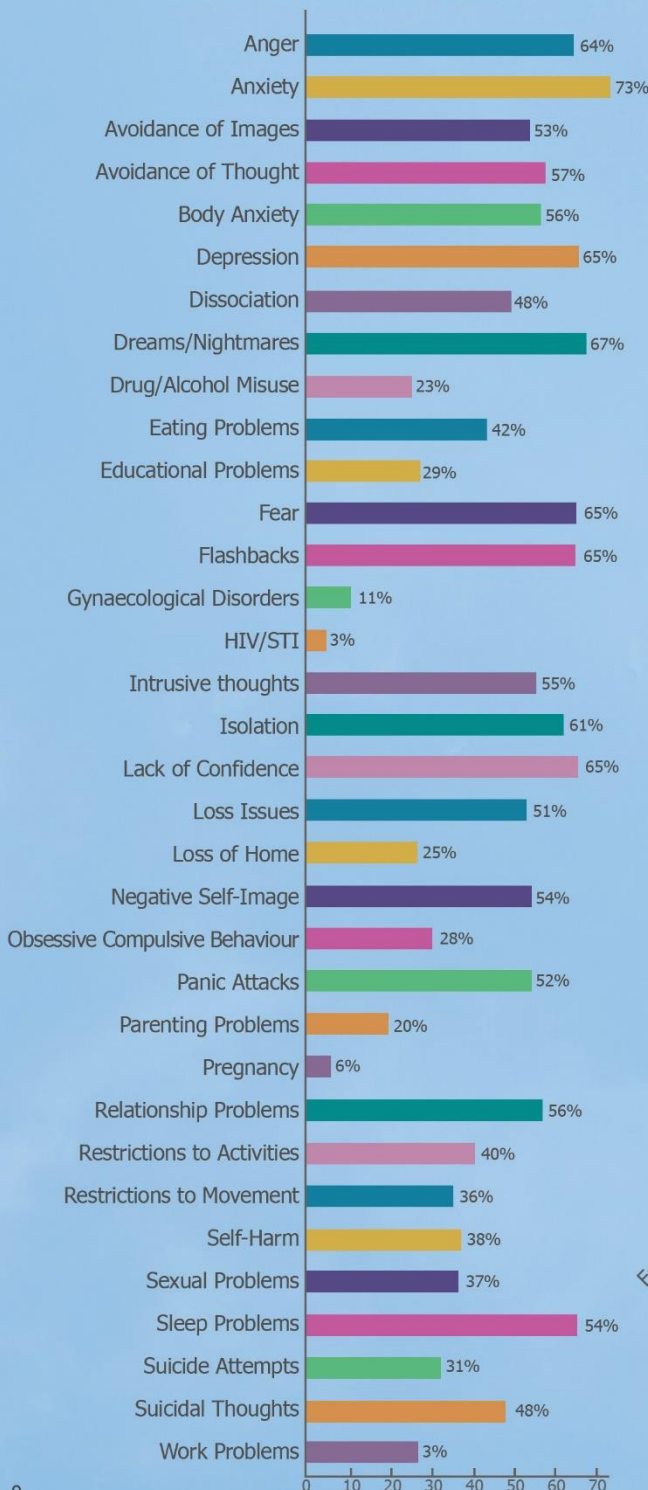
Communities in Control

RASAC P&K STATISTICS

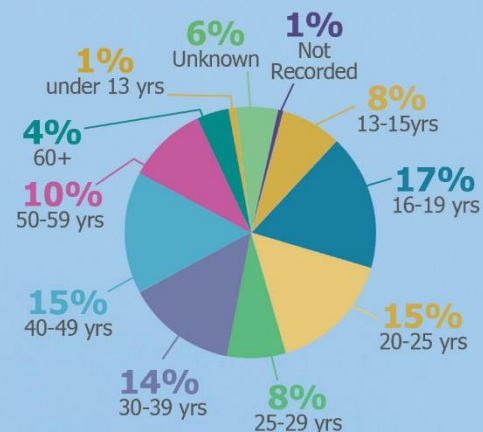
Every year we record statistics from the survivors we support. This information is vital for us to identify gaps in our services and in provision outwith our remit, as well as improve our practice, assess training needs for our staff and volunteers, and identify areas for us to address within society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

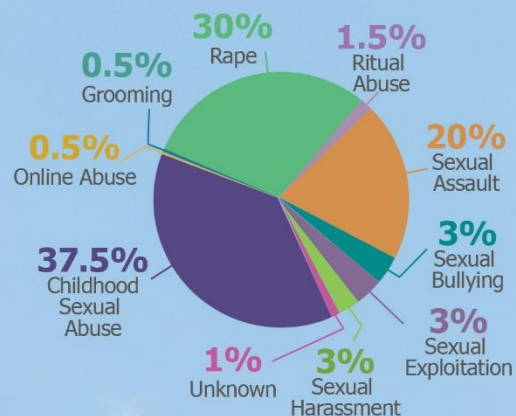
THE EFFECTS OF ABUSE



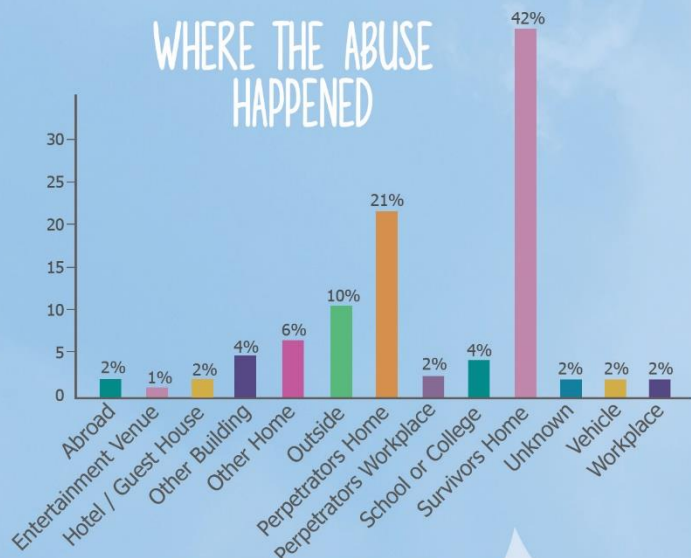
SURVIVORS AGE (WHEN IN SERVICE)



NATURE OF ABUSE



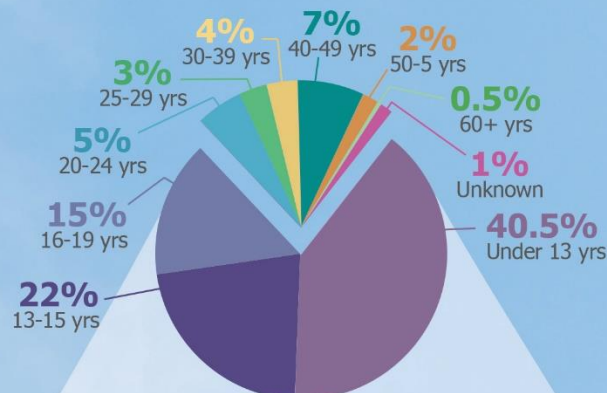
WHERE THE ABUSE HAPPENED



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.

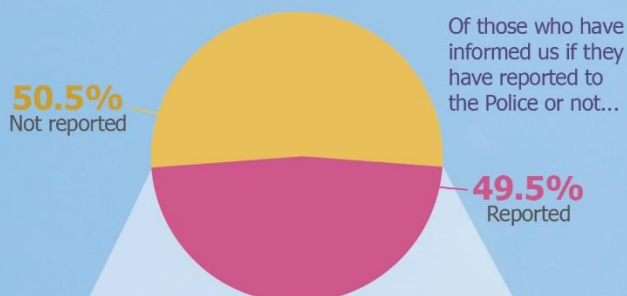
SURVIVORS AGE AT START OF ABUSE



77.5% of the survivors we worked with were under the age of 20 at the start of their abuse

In the last 24 months we have seen a **16%** increase in the number of survivors who were under the age of 20 when they were first abused.

REPORTING TO POLICE



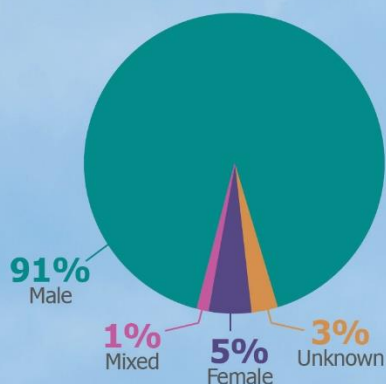
Of those who have informed us if they have reported to the Police or not...

OF THOSE WHO HAVE REPORTED:

46% reported at time of incident
23% reported within 1 year
11% reported within 2-5 years
5% reported within 6-10 years
15% reported after 10 years or more

5% reported to the police while in service at RASAC

GENDER OF PERPETRATOR



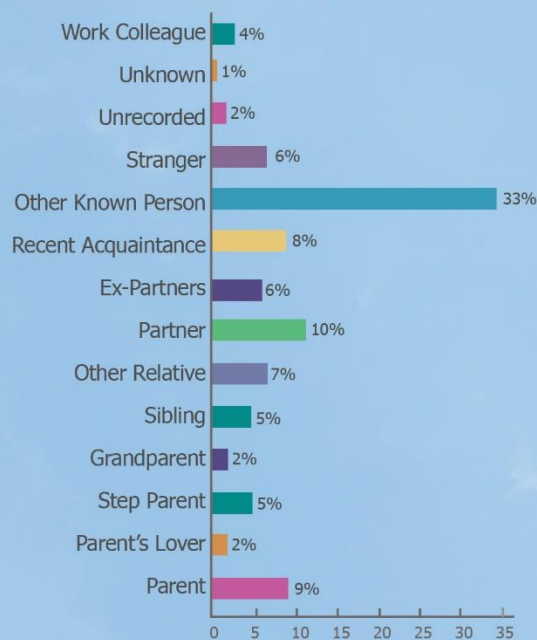
GENDERED ANALYSIS OF SEXUAL VIOLENCE

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 statistic 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 (6%) 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 25%). Our largest category is 'Other Known Person' this includes, youth workers, sports coaches and peers/friends.

RASAC TEAM 2016-2017

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 Wilson – Vice Chairperson	Chris Gray
Fiona Low – Treasurer	Carolyn Leckie
Katherine Burrows – Secretary	Fiona Connacher
	Anne Hogg

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
Liz Yule – Volunteer Coordinator (Maternity Cover) (left 2017)

SUPPORT SERVICES TEAM

Rachel Coleman – Support Services Team Leader
Angela Sinclair – Therapeutic Support Volunteer
Alicia Philips – Therapeutic Support & Prevention Volunteer
Carolyn Doran – Support & Advocacy Worker
Catherine Engelbrecht – Therapeutic Support Worker (left 2016)
Charlene Jones – Therapeutic Support Worker
Chris Gray – Young People and Families Worker
Fiona Campbell – Group Support Volunteer
Fiona Connacher – Volunteer Befriender (left 2017)
Gail Davidson – Therapeutic Support Volunteer (left 2017)
Kat Stevens – Therapeutic Support Worker (left 2016)
Kirsten Owen – Therapeutic Support Worker
Liz Yule – Therapeutic Support Volunteer (left 2017)
Morag Kennedy – Volunteer Befriender
Michelle Holden – Therapeutic Support/CSE Development Worker
Ruth Cawston – Therapeutic Support/Group Worker
Sandra Canizares Ormeno – Support/Group Worker (left 2016)

YOUTH INITIATIVE TEAM

Catriona Scott – Youth Initiative Team Leader
Angela Sinclair – Young People's Prevention Worker
Kat Harvey – Young People's Prevention Worker
Lorraine Cooper – Prevention Volunteer (left 2017)
Mohona Bhuyan – Prevention/Admin Volunteer (left 2017)
Natalie Wallace – Young People's Prevention Worker (left 2016)

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.

Abertay University, AK Bell Library, Barony Publishers, Campbell Dallas Chartered Accountants, Claire Ferrier, Comic Relief, Community Innovation Fund, Danscot Print Ltd, Encompass Network, Fun Junction, IT Works Ltd, Mindspace P&K, NHS Tayside, PKAVS, PAC Promotional Products, Perth & Kinross Council, Perth & Kinross Violence Against Women Partnership, Perth College, Perthshire Women's Aid, Police Scotland, Rape Crisis Scotland and all member centres, Scottish Government, Scottish Trades Union Women's Conference, Scottish Trade Union Congress, Spotless Oven Cleaning Services, St. John's Academy, Tetley, The Big Lottery, The Forteviot Trust, The Gannochy Trust, The Volant Charitable Trust, Voluntary Action Fund, Volunteer Scotland, Willowgate Activity Centre, Zest4Life Coaching

A special 'Thank You' to all the educational facilities and youth provision which have worked with us to prevent sexual violence in P&K; including... Perth Grammar, Perth Academy, Pitlochry High School, Blairgowrie High School, Crieff High School, Kinross High School, Breadalbane Academy, Morrison's Academy Balnacroraig School, Kilgraston Girls School, Navigate Educational Outreach Facility

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!

Jack Bell	Uzunme Michaels
Iona Campbell	Charlotte Runciman
Rosie Craik	Charlotte Reid
Rachel Dare	Rebecca Reid
Taylor Dow	Duncan Scott
Finlay Downie	Erin Skinner
Becca Fyfe	Kara Stewart
Danielle Gillan	Tamzin Whittet
Aimee Johnston	
Georgia McRae	



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