

What is Sexual Violence?

Sexual violence is a violation of someone's right to fully consent to sexual activity/contact.

Sexual violence and abuse can include Childhood Sexual Abuse, Child Sexual Exploitation, Rape and Sexual Assault, Sexual Harassment, Stalking and much more.

Sexual violence can be considered as 'contact' or 'non-contact'. Contact abuse is when physical contact has taken place such as in rape or sexual assault. Non-contact abuse involves non-touching activities such as online abuse/grooming/stalking.

Something might have happened to you, and you might not be sure if it was sexual violence. We can support you to understand what this means to you, what consent is, as well as the law and your rights.

No one is ever to blame for being abused or harmed in anyway. **Responsibility for sexual violence always lies with the perpetrator.**

We are here to Listen, Believe and Support.

Did You Know RASAC P&K also supports...

Young People

We support young people 12-18 who have experienced sexual violence any point in their lives, through our dedicated Young People and Families Support Service.

Family and Friends of survivors

We recognise that family members and friends can play an important role in supporting recovery and healing. Our services offer support to family and friends if they know someone who has been affected by sexual violence.

Professionals

We offer practical information and emotional support to workers who are supporting people who are affected by sexual violence. We will not ask for the survivors details. We also have a resource library which can be accessed by appointment.



RASAC P&K Helpline:
01738 630965

If you would like to speak to us; give us a call, leave your contact number and a message and we will call you back as soon as possible. We do not store your contact details past calling you back. You do not have to leave your real name if you do not want to.



Support Email:
Support@rasacpk.org.uk



Rape Crisis Scotland Helpline:
08088 01 03 02 (Free-phone)
07537 410 027 (Text)
support@rapecrisisscotland.org.uk

The Rape Crisis Scotland helpline offers free and confidential initial and crisis support and information to anyone who has experienced sexual violence at any time of their life, as well as their family, friends and workers. Open daily from 5pm – 12 midnight.



RASAC P&K Business Contacts:
info@rasacpk.org.uk
01738 626290



Address:

RASAC P&K
16 King Street
Perth
PH2 8JA



Website:
www.rasacpk.org.uk



The Rape and Sexual Abuse Centre (Perth & Kinross) is a: Company Limited by Guarantee (no SC389959) and a Registered Scottish Charity (no SC037982)



ALL ABOUT OUR Justice Advocacy Service

WORKING TOGETHER TO END SEXUAL VIOLENCE

What is Justice Advocacy Support?

Sometimes when you have experienced a traumatic and/or confusing sexual experience it can be difficult to think about, and process, what happened. Sometimes you may be unsure what to do. You may feel you don't have any options or you might think you have too many.

Justice Advocacy Support is a safe space for you to talk freely about your choices without being judged or pressured into making any decisions. You are in control of any decisions you make. This support is all at your pace, free and confidential.

We can provide support in person at either the Centre or in another place you feel safe, on the phone, online video, email, text and even letter.

Who we work with...

We provide support for women and transwomen and all young people between the age of 16-18 who have experienced sexual violence, in any form, at any time in their lives.

We also provide Justice Advocacy Support for under 16's through our Young People's and Families Service.

Types of Support... Information & Your Options

DO YOU WANT
TO KNOW
MORE ABOUT...

- What a sexual crime is?
- The Police reporting process?
- Your options after a sexual assault/abuse?

We provide free and confidential information about your choices. You make the decision and we can support you every step of the way, that includes choosing to no longer engage with RASAC P&K.

Reporting to the Police

ARE YOU
THINKING
ABOUT...

- Reporting a historic sexual assault or abuse?
- Reporting a recent sexual assault or abuse?

We can support you to understand the process, and if you choose, we can support you through the Police reporting and accompany you to any forensic examination (if within 7 days of assault). We can also support you with any sexual health medical appointments and refer you to our Therapeutic Support Services, if you decide that is what you want.

Court Support

HAVE YOU
ALREADY REPORTED
TO THE POLICE &
WANT TO KNOW
MORE ABOUT...

- The court process?
- What support you can have in court?

We can provide you with information on the court process and/or support you through every step until the final verdict. You decide how much support you want throughout the process. We can also refer you to our post-court Therapeutic Support.

Therapeutic Support Services

A SAFE
SPACE
FOR YOU

- Alleviating distress
- Post reporting support
- Post court support

Our Therapeutic Support Services provides a safe space to process traumatic and/or confusing sexual experiences and the impact this has had on your life. Support can also help you to better understand your feelings around police reporting and court.

SARCS

(Sexual Assault Response Coordination Service)

HAVE YOU BEEN
SEXUALLY
ASSAULTED IN THE
LAST 7 DAYS?

- Need medical support?
- Not sure if you should report to the Police?

We understand that the days following a sexual assault can be very difficult and Police reporting may feel overwhelming. SARCS facilitates a forensics examination where evidence is gathered without Police reporting, enabling you to report at a later date if you decide to. You can also be supported with other immediate healthcare needs, such as emergency contraception.

You can call SARCS directly and self refer or we can call on your behalf and support you through the process. The choice is yours.



SARCS: 0800 148 88 88 (available 24/7)



RASAC P&K Helpline: 01738 630965

Frequently Asked Questions

WILL YOU TELL THE POLICE
WHAT I TELL YOU?

We are a person centred service which means we put your needs and confidentiality at the centre of what we do. We will never pressure you or tell you what to do. We will respect your choices and support you with any decision you have made.

The only time we might need to pass on information is if we are concerned about your safety or the safety of others, or if we have a child protection or vulnerable adult concern. We will always try to talk to you first if that ever happens.