

Who we work with...

We support young people who are between the ages of 12-18 years old who have been sexually abused. It doesn't matter who you are, what you look like, where you are from, or what you believe, we can help you.

We can also help your family understand how things might be difficult for you and how they can help you and look after themselves.

Frequently Asked Questions About Support

CAN I JUST ASK A QUESTION?

You can ask us any questions you want. You can do this when you come for support or email us, or call us.

WE ARE HERE TO...
LISTEN,
BELIEVE
SUPPORT

Frequently Asked Questions About Support

WHAT HAPPENS IN SUPPORT?

Support is a safe place for you to talk about what you want to talk about, and a space for you to be listened to. You might want to talk about your feelings and what you do with these feelings but you choose what happens in Support.



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.



Other useful Contacts:

Child Line: 0800 11 11 (24/7)

Papyrus Suicide Prevention Hopeline:

0800 068 4141/07860 039967

(9am- midnight)

Young Minds Crisis Messenger:

Text SHOUT to 85258 (24/7)

Child Protection Duty Team P&K:

01738 476 768

NHS Tayside Sexual Health Info for young people:

www.cool2talk.org



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

Young People & Families Support Services

(Easy Read Format)

WORKING TOGETHER TO END SEXUAL VIOLENCE

What is Support?

Sometimes sexual things might have happened that you feel confused about. Sometimes these things might be difficult to think about.

Support is talking with a Support Worker about these things and finding ways to make it feel better. RASAC P&K can support you by talking to you in person at our centre or on the phone, or online by video link, or email or by texting.

We can help if you want to talk to the police about what happened to you or if you need to go to court.

We can also help your family understand how things might be difficult for you and how they can help you and look after themselves. If you would like to talk to us, or have any questions, you can call our helpline or email us.

Frequently Asked Questions About Support

ARE YOU GOING TO TELL MY PARENTS?

We do not report information back to parents. However, if you are under 16 years old and at risk of being harmed then we can help you to find the best way to keep safe.

What is Sexual Violence?

Sexual violence is when someone does something to you that is sexual and;

- You do not want them to do that,
- It makes you feel uncomfortable,
- You don't understand what is happening,
- You are not able to tell them to stop,
- Or you are too young for these things to happen to you.

This is sexual abuse and it is against the law. We can help you understand what sexual violence is and what this means to you. We can also help you understand the law and your rights to say no when you don't want anything sexual to happen to you. Sexual abuse is never your fault.

Confidentiality...

Confidentiality means that when we can, we will not tell other people what you have told us. We will keep your information safe. If we are very worried about you or someone else, we might speak to a professional but we will try to tell you before we do this.

If you have any questions about our confidentiality, you can ask us.

If you would like to know more you can visit our website
www.rasacpk.org.uk

RYI...

We go to lots of different places to run workshops for young people so you might have seen our workers in your school, college or youth group.

When you see us you can always come over and say hello or ask us any questions you might have.



YOU ARE
NOT
ALONE

Frequently Asked Questions About Support

DO I HAVE TO TALK ABOUT WHAT HAPPENED TO ME?

No you do not have to tell us what happened to you. Some people find it helpful to talk about what happened some don't. Support is about what is happening in your life right now and how we can help make it better.