

«LOOKING BACK MOVING FORWARDS»

1



YEARS OF THE RAPE
CRISIS SEXUAL VIOLENCE
PREVENTION PROGRAMME

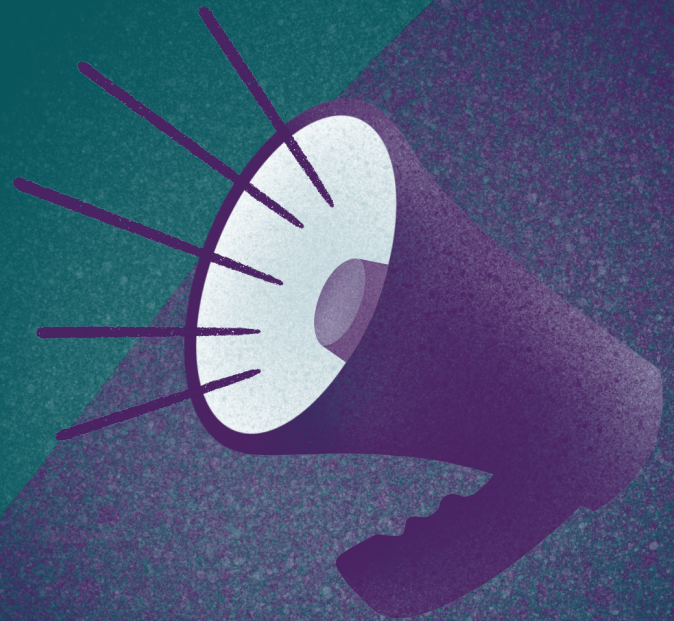
CONTENTS

3	Acknowledgements
4	Introduction
6	History of the Programme
8	External Evaluation
10	Section 1: Looking Back
10	Data Analysis
12	The Workshop Topics
16	The Feedback - Young People
20	The Feedback - Teachers
22	The Feedback - Workers
24	Section 2: Local Highlights
32	Section 3: Looking Forward
32	The Next 10 Years Of The Sexual Violence Prevention Programme
34	New Prevention Programme Workshop Themes
36	How Were These Workshops Developed?
38	What Do the Next Ten Years Have in Store?



ACKNOWLEDGEMENTS

We would like to thank Abbie Aziz for her contribution to this report as part of her MSc Gender Studies placement at the University of Strathclyde. We also acknowledge the support of Lankelly Chase who funded the development of the original programme, and the Scottish Government who funded its delivery via the Third Sector Early Intervention Fund, the Children, Young People and Families Early Intervention Fund & Adult Learning and Empowering Communities Fund, The Violence Against Women & Girls Fund and the Delivering Equally Safe Fund.



INTRODUCTION



This report looks back and celebrates the first 10 years of the Rape Crisis National Sexual Violence Prevention Programme which has provided high quality evidence-based education to 131,686 young people in Scotland since 2013- 2023, playing a key role in preventing sexual violence.

The Prevention Programme is coordinated nationally by Rape Crisis Scotland (RCS) and delivered locally by member Rape Crisis Centres, whose Prevention Workers provide educational workshops to young people aged 11-25 in schools and youth settings across Scotland. RCS and Rape Crisis Centres are the lead specialists working to end sexual violence across Scotland, bringing decades of experience supporting survivors of sexual

violence to their delivery of prevention work. Delivery of the Prevention Programme in schools also increases young people's access to support as they learn about the services available from their local Rape Crisis Centre and can get in touch directly, or ask their school or the Prevention Worker to make a referral.

The Programme contains a wide-ranging and holistic set of materials that focus on key topic areas related to sexual violence including consent, understanding what sexual violence is, the impacts it can have and the support needs of those affected by it. The programme aims to develop young people's knowledge and attitudes as well as to help equip them with positive skills and behaviours. The focus of

the programme is the delivery of educational workshops, but the programme outcomes also include strengthening local partnership work, and supporting young people's involvement and leadership in sexual violence prevention which will be illustrated by a series of powerful examples shared by Rape Crisis Centres in this report.

The programme aims to develop young people's knowledge and attitudes as well as to help equip them with positive skills and behaviours

The Programme complements and enhances other approaches being taken to prevent sexual and gender-based violence in schools. It promotes children's rights to protection from violence and abuse in line with **UN Convention on the Rights of the Child**. It complements the national **Curriculum for Excellence** and makes a valuable addition to the delivery of **Relationships Sexual Health and Parenthood** education. RCS has worked closely with Education Scotland to strengthen

schools' understanding of the way that the **Prevention Programme** complements other initiatives such as the **Mentors in Violence Prevention Programme (MVP)**. RCS has also developed **Equally Safe at School (ESAS)**, an online intervention which supports schools to build a whole school approach to prevention around individual programmes or initiatives.



Section 1 of this report looks back at the first 10 years of the Prevention Programme by analysing evaluation data from 2013-2023 gathered from young people, teachers and Prevention Workers. In **Section 2** we will share some highlights from Rape Crisis Centres' work spanning the 10-year period. **Section 3** looks forward to the future of the Programme, including the launch of our updated educational materials and our key priorities for the coming years.

HISTORY OF THE PROGRAMME:

The Prevention Programme was created in 2013 following a consultation by RCS with member centres and external stakeholders. At this time a small number of centres had been pioneering prevention work, but most did not have dedicated resources for this. The consultation report identified the need for national support to coordinate prevention work with young people across Scotland and to develop a national prevention resource pack. RCS secured funding from Lankelly Chase for a National Sexual Violence Prevention Coordinator to develop this, and funding was subsequently secured for Rape Crisis Centres to deliver the programme across the country. This took place in stages as set out opposite.



TIMELINE

2012 Funding secured to employ a Prevention Coordinator to develop a national prevention resource pack

Funded by Lankelly Chase

2013 Funding secured to employ part-time Prevention Workers in all centres who didn't have local funding or were not seeking this.

- Aberdeen Rape & Sexual Abuse Support (now Rape Crisis Grampian)
- Dundee Women's Rape & Sexual Abuse Centre
- Fife Rape and Sexual Assault Centre
- Lanarkshire Rape Crisis Centre
- Rape Counselling & Resource Centre East Ayrshire (now STAR Centre)
- South West Rape Crisis and Sexual Abuse Centre (now Dumfries & Galloway Rape Crisis & Sexual Abuse Support Centre)
- Scottish Borders Rape Crisis Centre
- Western Isles Rape Crisis Centre

Funded by Scottish Government Third Sector Early Intervention Fund (TSEIF)

2014 Edinburgh Women's Rape and Sexual Abuse Centre (now Edinburgh Rape Crisis Centre) and the newly constituted Rape and Sexual Abuse Service Highland joined the programme

Funded by TSEIF

2016 Rape and Sexual Abuse Centre Perth & Kinross, Glasgow Rape Crisis Centre (now Glasgow & Clyde Rape Crisis Centre) and the newly constituted Forth Valley Rape Crisis joined the programme

Funded by The TSEIF was replaced by the Scottish Government Children, Young People and Families Early Intervention Fund (CYPFEIF)

2017 The newly constituted Orkney Rape and Sexual Assault Service and Shetland Rape Crisis (now the Compass Centre) joined the programme.

Funded by Scottish Government CYPFEIF



2018 Funding was awarded to extend the programme into every local authority, leading to additional posts at the STAR Centre, Edinburgh Rape Crisis and Glasgow & Clyde Rape Crisis Centres, a post at the newly constituted Moray Rape Crisis, and funding for Argyll & Bute Rape Crisis following the loss their local funding.

Funded by Scottish Government Violence against Women and Girls (VAWG) fund

2018-2023 Funding was continued for all centres through the CYPFEIF fund and the VAWG fund, which was replaced in by the Delivering Equally Safe Fund in 2021.

EXTERNAL EVALUATION



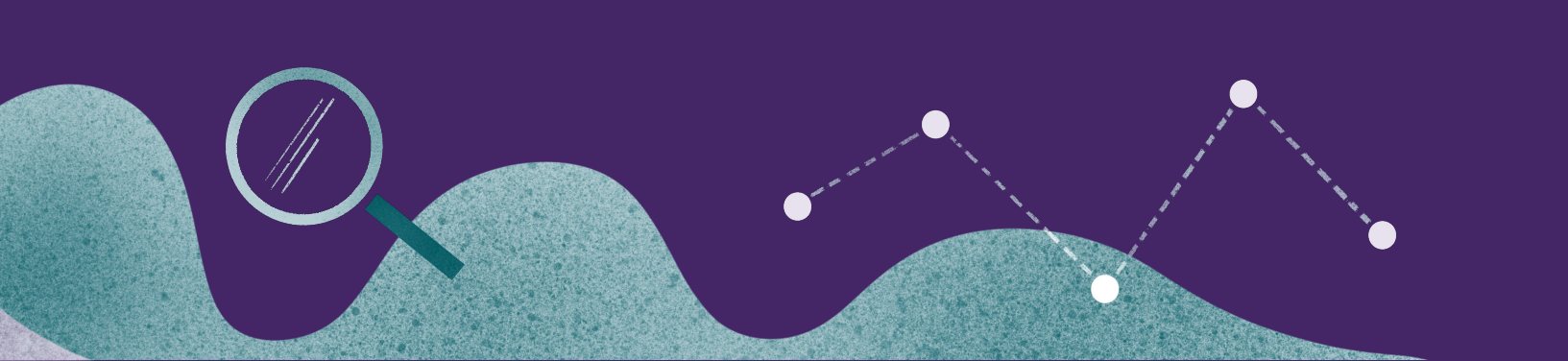
An external evaluation of the programme was commissioned and carried out alongside the first year and a half of programme delivery, from November 2013 when Prevention Workers had started in post until March 2015. The evaluation was conducted by DMSS Research & Consultancy.

The evaluation involved interviews with Prevention Workers at Rape Crisis Centres, and surveys and focus groups with young people and teachers receiving the workshops. **1,211** pre and post workshop surveys were collected from young people who had completed three or more workshops and evaluators also observed delivery of workshops. They also captured the breadth of programme delivery via centres' monitoring data which showed that **8,412** young people in **79** schools and **22** youth agencies had accessed the programme.

The evaluation showed that the Prevention Programme had a significant impact on young people's knowledge and attitudes. After three workshops the vast majority increased their knowledge of how sexual violence and abuse can affect people, what the law says sexual violence is and where people who have been raped or sexually assaulted can go for support.

Attitudes also changed significantly, with the data suggesting that the workshops raised young people's awareness of sexual violence, the importance of equality and consent in healthy relationships, and that the responsibility for sexual violence lies with perpetrators rather than victims.

The findings showed that a third of young people changed their opinions and attitudes

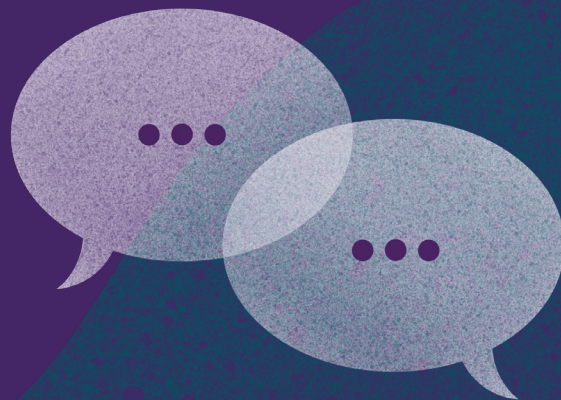


on several topics after three workshops and that **boys were more likely than girls to change their opinions, partly because they had more distance to travel from their pre-workshop views to those most consistent with the messages of the workshops.**

In feedback forms and interviews young people also strongly agreed that they needed this kind of education and were concerned about the issues raised. They also identified the importance of workshops being delivered by someone approachable, with relevant expertise, and independent of the school. Teachers fed back through surveys and interviews that they found the workshops well-planned and relevant to the curriculum, that young people were highly engaged and that the materials were age-appropriate.

Teachers agreed with young people about the value of the workshops being delivered by workers external to the school.

The evaluation findings established a solid evidential base for the quality and impact of the programme, both in terms of the materials themselves and their delivery by Rape Crisis Centres. The evaluators advised the programme could be considered to be evidence-based for a period of 10 years, and worked with RCS to develop an ongoing monitoring and evaluation framework adapted from the external evaluation tools.



SECTION 1: LOOKING BACK

DATA ANALYSIS

The monitoring and evaluation framework developed following the external evaluation was primarily based on evaluation surveys which were completed by young people and staff at the end of each workshop, or at the end of a series of workshops.

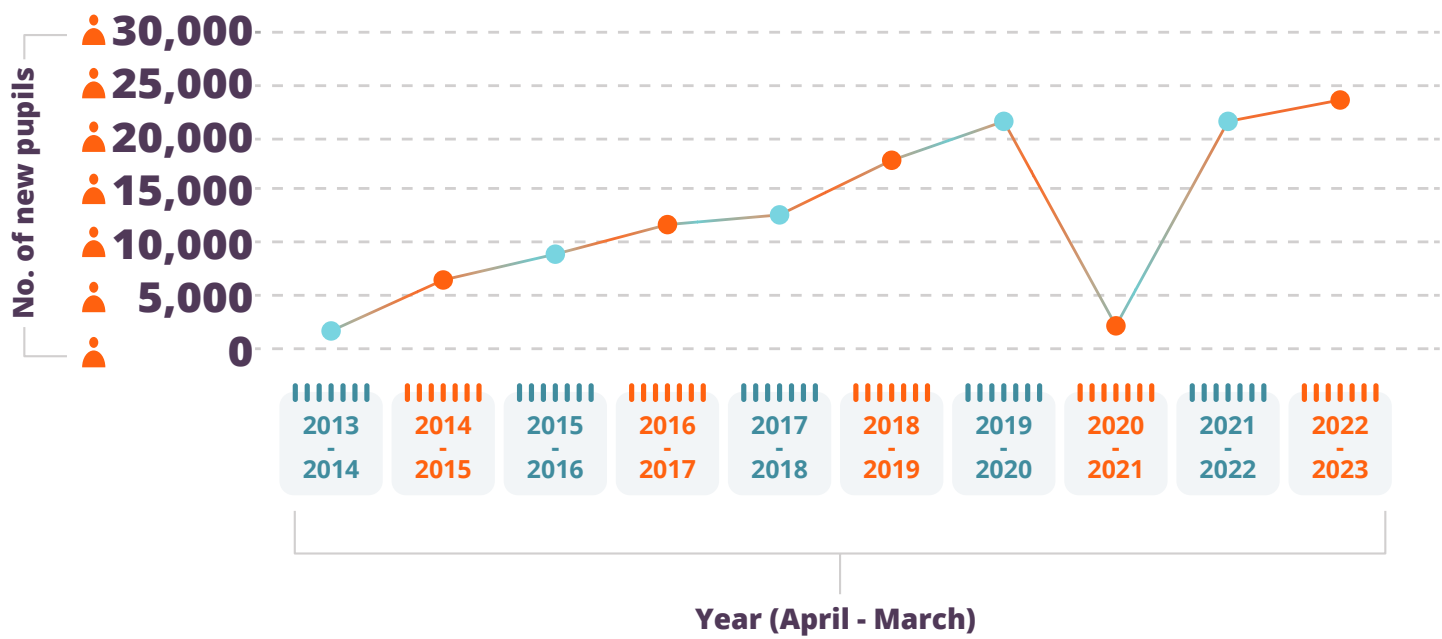
In 2023-24 an analysis of 10 years of this data was carried out by Abbie Aziz as part of her MSc Gender Studies programme. We hoped to scrutinise this wealth of data to learn more about the reach of the programme, which workshops were most frequently delivered and what young people, teachers and Prevention Workers thought about them. We wanted to gain a deeper understanding of the impact of the workshops based on qualitative feedback

received from **38,824** young people and **338** teachers. As well as reviewing the data, Abbie conducted interviews with seven Prevention Workers to inform her analysis. This section tells you what we learned.

HOW MANY YOUNG PEOPLE HAVE WE REACHED?

Each year we gather total numbers of young people we have worked with. We often deliver two or three workshops to each group of young people, and we might work with the same group in successive years, so as well as counting the number of young people we work with each year, we also keep a separate count of how many are 'new' to the programme. A total of **131,868** young people have been reached by the Prevention Programme from 2013-2023, many of whom have received multiple workshops.

Total no. of new young people attending prevention workshops each year:



THE WORKSHOP TOPICS

The programme was originally structured around seven topic areas, each adapted for three different ages and stages. This offered a flexible delivery model where centres could tailor a programme around the needs of each school as well as their own capacity. The age/ stage adaptations meant that in theory the

same class could revisit each topic three times as they progressed through school to build on previous learning, although in practice worker capacity would limit this. This section outlines the topic areas and identifies trends in delivery.

THE WORKSHOP TOPICS

GENDER

Gender workshops explored the prevalence of gender stereotypes and their impact on young people. They encouraged young people to think about how these stereotypes contribute to gender inequality in society, and the relationship between gender inequality and sexual violence.

CONSENT

Consent workshops aimed to improve young people's understanding of what consent means. Workshops asked young people to think about the principles of consent, helped them understand key points in the law and aimed to improve their communication skills around sex and consent.

WHAT IS SEXUAL VIOLENCE?

The 'what is sexual violence?' workshops took a trauma-informed approach to exploring what sexual violence is and the forms it can take. The workshops aimed to equip young people with greater skills and confidence to recognise sexual violence, and to challenge the attitudes and behaviours that enable it to exist in society.

SEXUALISATION & PORNOGRAPHY

Sexualisation & Pornography workshops explored the ways that pornography can influence expectations around sex and relationships, supported young people to identify behaviours that constitute sexual violence and have a better understanding of healthy and consensual communication.

IMPACT & SUPPORT

Impacts & Support workshops explored the potential impacts of sexual violence to develop young people's understanding and empathy. They provided practical examples of how to support a friend who has experienced sexual violence, given we know that young people will often disclose to a friend in the first instance. The workshops also highlighted support options for those affected by sexual violence.

SOCIAL MEDIA

The Social Media workshops focused on forms of sexual violence facilitated by social media. Whilst educational messages mainly focused on the risks of young people taking and sharing images of themselves, the Prevention Programme was conscious of redressing the victim-blaming connotations of these messages and sought to shift the emphasis towards the importance of consent and the right to have our privacy and boundaries respected.

PREVENTING SEXUAL VIOLENCE

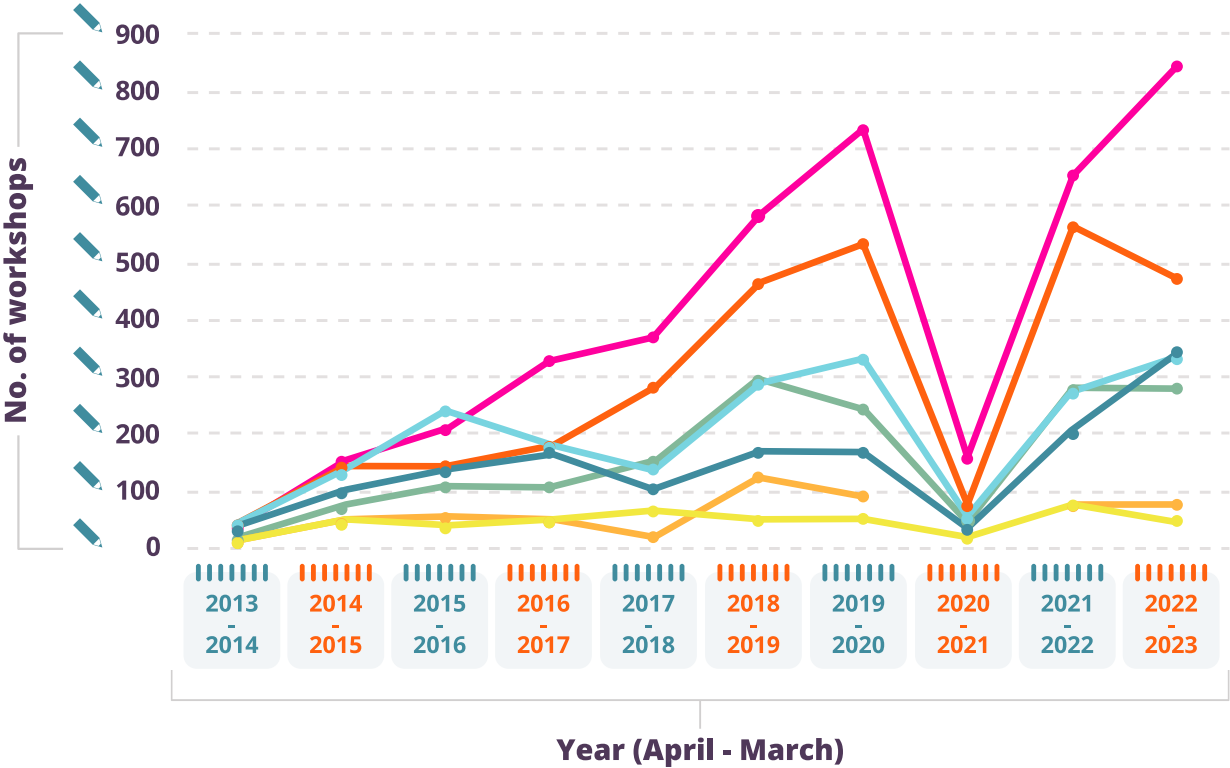
The Preventing Sexual Violence workshops focused on how young people can become part of a community that rejects and challenges sexual violence. This included 'bystander' approaches that supported them to think about options for how they could safely intervene during or after witnessing sexual violence.



A total of **13,991** prevention workshops were delivered from 2013-2023. In 2013, **180** workshops were delivered compared to **2,377** workshops delivered in 2023.

This graph provides a breakdown of which workshop topics were delivered each year. Although there is a significant dip in delivery during 2020 due to the Covid-19 pandemic, **350** workshops were still delivered during this period.

Workshops delivered from 2013 - 2023 breakdown
by theme per year



KEY



Consent



What Is Sexual Violence



Prevention



Social Media



Gender



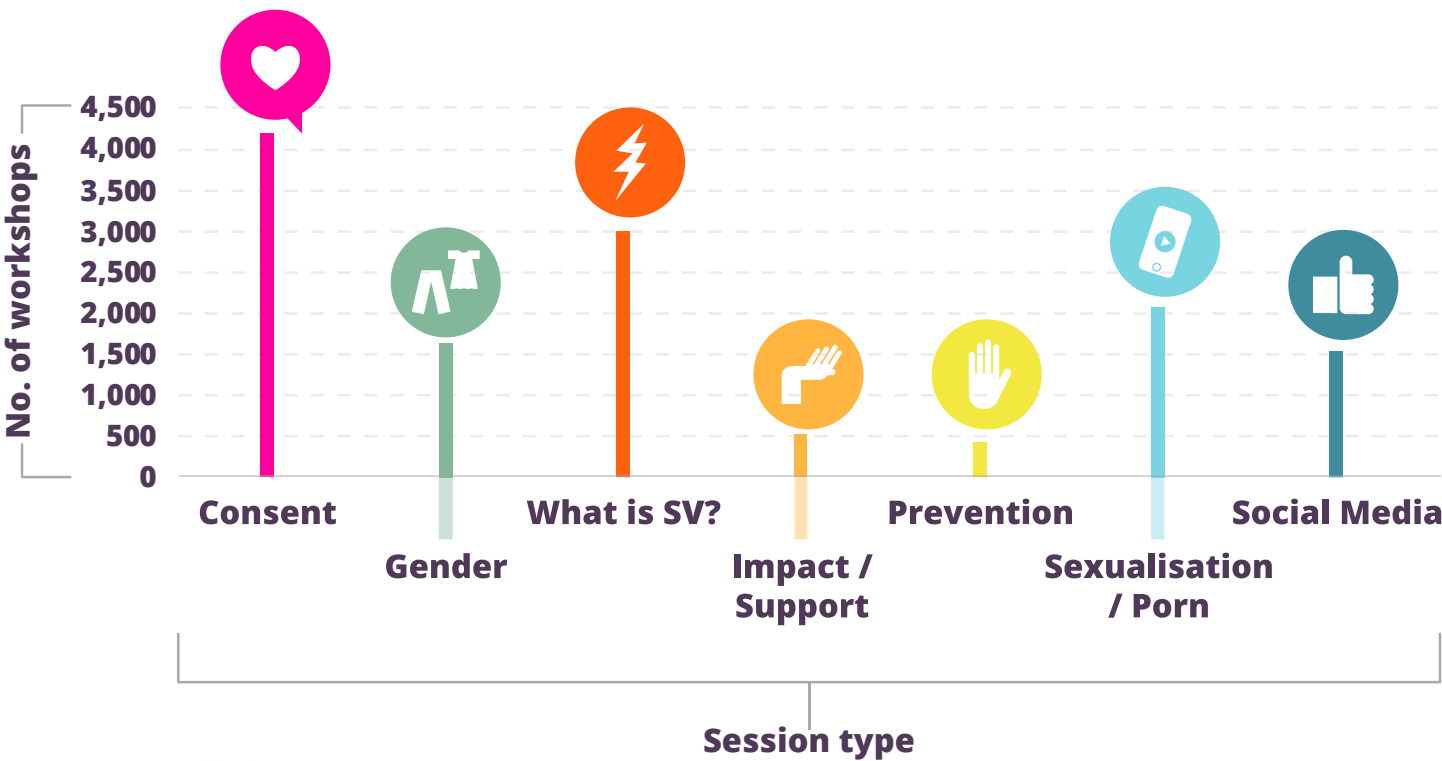
Impact & Support



Sexualisation/Pornography

The graph below shows how many times each workshop was delivered. Consent workshops were the most popular with a total number of **4,181** workshops delivered.

Workshops delivered from 2013 - 2023 *by type*



THE FEEDBACK – YOUNG PEOPLE

An analysis of 38,884 feedback forms from young people enabled us to identify several key themes which have been broken down by workshop topic below. The feedback highlights that young people valued the

workshops and found them to be engaging, effective at dismantling gender stereotypes, and successful in improving their understanding of consent. Here are some of the key themes identified:

KEY THEMES

Sexualisation in media and advertising **Understanding consent** **Behavioural changes** **Empowerment** **Internet safety and consent online** **Gender stereotypes**
• **Importance of education** **Where to find support for survivors** **Engagement**

The following quotations are from young people and reflect the most common comments as well as highlighting their views on the need for preventative programmes in schools.

"The most important thing I learned is that no matter what situation you are in there can be help"

"That sexual violence isn't just rape. Many forms of it that have been normalised in society"

"The Government should continue to fund this. It's very useful, and you NEED this knowledge"

"I really like the workshops, I like expressing my opinions, feelings about these topics as in school we've never discussed them. It's really important for everyone to learn about this in case they face a similar situation and know what to do"

GENDER WORKSHOPS

- The gender workshops received positive feedback, with young people commenting on men's and women's different experiences in society.
- Gender-related themes also emerged, with young people discussing the impact of gender stereotypes in advertising and how products are often marketed based on gender.
- Young people also commented on other forms of discrimination such as racism and homophobia, and appreciated the inclusion of these matters in the workshops.

"I learned that gender stereotypes affect the world we live in e.g. boys can't wear make up, pink is a girl only colour."

CONSENT WORKSHOPS

- The consent workshops offered young people information that helped them to understand what consent is and how to practice consensual communication.
- Many young people highlighted learning

that they could withdraw consent at any time, and that a person can't consent when under the influence of drugs or alcohol.

- They expressed understanding that consent is necessary and it is not merely the absence of a "no".
- Some mentioned learning how to recognise consent in various situations and feeling clearer about how to recognise when they did not have consent.

"Consent is more than just saying yes and it can be stopped at anytime"

'WHAT IS SEXUAL VIOLENCE?' WORKSHOPS

- The 'What is sexual violence?' workshops were highlighted by many young people. They noted that they didn't realise the extent of sexual violence and all its different forms.
- Young people highlighted the numbers of people affected and one person's comment highlighted just how commonplace they understood violence to be as people were

“subject to such ‘casual’ violations and in such public places”.

- 95% of young people who received a workshop between 2013 and 2015 fed back that they ‘understood more about how people can be affected by sexual violence’.

“I think it was very helpful and this topic should be covered more, I felt able to express myself and I think others learnt more about what sexual violence IS and that they can do something about it.”

SEXUALISATION AND PORNOGRAPHY WORKSHOPS

- Young people highlighted they were more aware of how media and advertising sexualise products and images.
- They recognised sexualised advertisements, had a better understanding of the motives behind them, and were less likely to be influenced by such tactics.
- Young people also noted that they enjoyed the workshops as they didn’t have opportunities to discuss these issues in other classes and valued having an external

agency deliver information on the topic.

- Many shared their learning about body image issues, highlighting the prevalence of ‘photoshopped’ images in media, and the need not to idealise unrealistic body standards in advertisements and pornography.

“I never knew about how much adverts actually use sexualisation. This helped me realise about it much more. I liked the session a lot.”

IMPACT AND SUPPORT WORKSHOPS

- There were indications of young people learning about self-advocacy, empowerment, and the importance of speaking up for oneself and others, particularly in relation to support for survivors.
- Participants mentioned understanding the impacts of sexual violence, learning where to seek help, and gaining insights into how to provide support and assistance to survivors.

“To me, all of it has been important. Learning of the severe impacts of this type of abuse has encouraged me to learn more and help others”

SOCIAL MEDIA WORKSHOPS

- Young people said they learned about the risks of sharing personal information online and being aware of scam websites.
- Many young people also highlighted the importance of shifting the focus onto those sharing images without consent and using pressure and coercion to obtain images. This was in line with the messages of the workshops which challenged the victim-blaming connotations common in many online safety messages.
- Young people’s responses also focused on how understanding the law and consequences of sexual violence online was beneficial.

“It made me feel quite uncomfortable but I still gained lots of helpful information from it and now I know when I’m faced with tough situations online. I believe that sex education should definitely be more widely distributed in schools as the only information I have about sex is from stories and pornography”

PREVENTING SEXUAL VIOLENCE WORKSHOPS

- Young people highlighted that they had learned to question stereotypes and how they could actively engage in preventing sexual violence.
- Young people were able to connect this workshop to wider debates and discussions about consent and gender.
- Feedback indicates that young people were aware of support options available to them.

“We (society) need to do more in terms of educating young people from an early age, encouraging discussions across all forums and empowering each other”

THE FEEDBACK TRENDS YOUNG PEOPLE

As well as feedback relating to topic areas, there were other trends in young people's feedback about the programme, including constructive criticism and suggestions.

- Younger age groups (S1-S3) were more likely to leave comments in the feedback surveys.
- Young people often indicated that they thought this kind of education would be most helpful for younger year groups to learn as for some it came too late, especially if they already had experience of sexual violence.
- Girls and young women more likely to have constructive or positive feedback.
- Many boys and young men asked for more examples of men as victims/survivors.
- Older young men (S6+) were more likely to leave positive feedback and to be open to learning.

THE FEEDBACK – TEACHERS

Feedback from 338 teachers over the 10 years of the Prevention Programme indicated that the prevention workshops have been highly impactful and well-received. Teachers said that workshops addressed key issues effectively, increased students' awareness and understanding, and contributed to positive behavioural changes. They felt that the workshops were engaging and created a supportive environment for discussing sensitive topics.

The following key themes emerged from teachers' quotes:

KEY THEMES

Understanding consent

"Definition of consent was clear and explained in a way which related to the pupils. There were also excellent practical applications given, the young people were curious"

Delivery style

"That there is an open space to discuss these topics and that there is a welcoming ear if they require any support"

Engagement and enjoyment

98.5 % of teachers strongly agreed or agreed that young people were engaged by the workshops. One teacher stated, *"Although this was a tough topic and at times hard to think about, young people were really engaged and got a lot out of the session"*

Impact of having an external speaker

90% of teachers strongly agreed they would be interested in further sexual violence workshops in the future. One teacher said it was *"Brilliant to have someone in from the agency as pupils take the topic much more seriously- it gives credence"*

Behaviour changes

"Pupils are more aware of the fact that use of inappropriate language can be a form of sexual violence, and many are now pulling each other up for using this"

Attitude changes

"Pupils attitudes towards gender were markedly different during class discussions before and after the workshops"

Awareness of sexual violence

"Pupils understanding of what sexual violence is was enhanced as many young people did not realise how wide the spectrum of sexual violence is"

Further support

"Pupils have been coming to speak to me on a regular basis when issues have arisen now"

Future relationships

"I feel this resource is priceless and gives the pupils a great insight into how to be prepared for relationships, sexual health and parenthood once they leave school"

THE FEEDBACK – PREVENTION WORKERS

As part of our data analysis, we wanted to gather insights from previous and current Prevention Workers about the impact of the programme in their local areas. Seven interviews were conducted with workers in different geographical locations to provide a representative analysis of the programme and the local areas it is delivered in.

Young people have engaged further by becoming ambassadors or taking part in campaign groups

KEY THEMES

Value of prevention

Workers described the long-term value of prevention, noting that they have seen visible changes in pupils and their engagement. They emphasised that providing young people with the tools to challenge sexual violence, critical thinking and support skills is invaluable. They also commented on observing positive changes in the wider school culture.

“It feels very important to educate young people so that they can make their own informed choices.”

Benefit of delivery from external organisations

Prevention workers highlighted the benefits of being from an outside organisation when speaking to young people about sensitive issues that they don't have an opportunity to discuss as school or at home. Workers noted

that workshops on pornography often had high levels of engagement as they provided a safe space for young people to ask questions. One worker reflected, *“Someone coming in to speak about pornography, I just think it’s great because quite often parents are like, ‘oh, let’s not speak of it’ ... For young people, this might be the only place that they see these things”*

Responses from young people

Workers noted that whilst they receive positive responses from young people, some find the workshops uncomfortable or challenging and so fostering an inclusive and open environment enables them to feel more comfortable. One worker reflected *“Young people really love it... the young people are excited, and they want to kind of talk amongst each other, I think all those sessions where they’re having a better conversation with each other and a bunch of back and forth like those are always the best ones for us as workers, but also for the young people”*

Workers also noted that after receiving workshops many young people have engaged further with centres by becoming ambassadors or taking part in activist and campaign groups. Additionally, young people have engaged with centres by inviting them along to school events and fundraising.

Rewarding role

A common theme among workers was the passion and love they have for their role. Workers expressed great enjoyment in working with young people and knowing they are making a difference and seeing positive changes. One worker highlighted this by stating *“I really love working in the prevention team and I really love working for Rape Crisis and I think that it is quite a privilege to be able to work here.”*

SECTION 2: LOCAL HIGHLIGHTS

This section provides a snapshot of some of the innovative prevention work that has taken place across Scotland over the last 10 years. The highlights below have been provided by member Rape Crisis Centres to showcase the leading work they have undertaken to engage young people in prevention.





RAPE & SEXUAL ABUSE CENTRE PERTH AND KINROSS (RASAC P&K)

In November 2014 *RASAC P&K's* Youth Ambassador programme was born with the involvement of 4 young women aged 14 and 15 from the local area. The young women quickly became a powerhouse in recruiting other young people and developing the peer mentoring and campaigning role the programme still has today. The initial activities that the group was involved in were – accompanying *RASAC P&K* Prevention staff to community information stalls, and co-designing sexual violence prevention sessions for youth groups in the community.

They also contributed to the development and production of a film in partnership with Media students at Perth College and young actors from Ad Lib, a local youth Theatre arts group, to promote the work of *RASAC P&K* and explore issues of sexual abuse and violence through the medium of film.

In 2015, the original group of 4 Youth Ambassadors won Perth and Kinross Council 'Spirit of Youth' teen community award, in recognition of their contribution to their communities in raising awareness of sexual violence.





LANARKSHIRE RAPE CRISIS CENTRE (LRCC)

In 2015, *Lanarkshire Rape Crisis Centre* was awarded funding from Young Start to coordinate and develop a project for young people aged 16-24. This project, named STAMP (Stamp out Media Patriarchy) by its members, was aimed at challenging gender stereotyping in the media. It encouraged young people to engage with the media to raise awareness of these issues amongst their peers, as well as offering the opportunity to take a stand against these stereotypes through activism, public education, journalism and online blogging.

Through these workshops we identified a need for a project that would empower young people to challenge the messages they received from the media that they felt discontented with. They worked with Media Coop to create this video **Welcome to STAMP! (youtube.com)**. Whilst LRCC no longer has direct funding to continue this work, it is still very much a part of the Prevention and Youth Engagement work done by our Sexual Violence Prevention Practitioner.





RAPE AND SEXUAL ABUSE SERVICE HIGHLAND (RASASH)

RASASH

RAPE & SEXUAL ABUSE
SERVICE HIGHLAND

In 2019, *RASASH* participated in a BBC Scotland documentary: *'Teenage Kicks: Love, sex and social media'* which featured Ullapool High School students in a workshop with the Prevention Worker as well as some one-to-one conversations with pupils. It was brilliant to showcase nationally, prevention work in a more remote area and it meant a lot to students and the wider school community.

A trailer for the programme can be found here:

BBC Scotland - Teenage Kicks: Love, Sex & Social Media, Trailer for Teenage Kicks - Love, Sex and Social Media.

In 2020, six participants from *RASASH*'s young ambassador initiative, 'Stand Up!' participated in research with Plan UK as part of their State of Girls' Rights in the UK annual report. It was a real thrill to see the 6 girls photographed and quoted in a follow-up piece in the Guardian here: **What young women think in 2020 | World news | The Guardian**. It was great to see young Highland voices captured in UK-wide reporting!



FRASAC
Fife Rape & Sexual Assault Centre

FIFE RAPE AND SEXUAL ABUSE CENTRE (FRASAC)

In 2016, the Prevention Worker at *FRASAC* delivered sessions to the Bridges Centre, which is a centre for young people excluded from mainstream education. The worker was able to deliver all seven workshop topics to a group of young people in the centre. This was not

without its challenges but working together with a teaching assistant and Principal teacher allowed them to develop strategies to enable them to engage in and complete the programme. This was a very meaningful piece of work for the young people and the worker!



MORAY RAPE CRISIS

Moray Rape Crisis is the newest of the 17 Rape Crisis Centres in Scotland, opening in 2018. In November 2020, a Prevention Worker was employed, supporting the delivery of the national Prevention Programme in all eight local authority high schools, Gordonstoun School, Pinefield Special Education Unit, and Moray College. To date, the national Prevention Programme has reached over

3,891 young people in Moray. One of the highlights for the Prevention Worker has been her involvement in partnership work with school additional support needs (ASN) departments where she has been able to create and deliver bespoke prevention resources for young people with additional support needs.



GLASGOW AND CLYDE RAPE CRISIS CENTRE (GCRC)

From April 2023 a group of S2-3 female pupils at Kirkintilloch High School have worked on a pupil-led project to raise awareness of 16 Days of Activism against gender-based violence in their school. The group meets monthly with a Prevention Worker and outreach Support Workers. They will host an event on 29th November 2024 to raise awareness of 16 Days and fundraise for GCRC and East Dunbartonshire Women's Aid. The event is an orange-themed day with face painting and bracelets/baked goods sale. Moreover, to mark the beginning of the 16 days, from Monday 25th, during registration classes, the school will show different videos created by the pupils themselves. These videos cover what 16 days is, how and why it's relevant to everyone (not just girls and women), what healthy relationships are, and what support is available in the community.

Another local highlight for us has been connecting with a Glasgow additional support needs (ASN) school. We know that young people with additional support needs are a particularly vulnerable group when it comes to sexual violence. Working with young people with additional support needs required our Prevention Worker to adapt and change their practice based on the needs of the group. The Prevention Worker found the workshops very rewarding; she received excellent feedback from both pupils and teachers regarding her kindness and understanding of how young people in the school were able to engage in the workshop with no one feeling excluded. It is important that external agencies don't bypass ASN schools as there are many great conversations to be had.



THE STAR CENTRE, AYRSHIRE'S RAPE CRISIS CENTRE

In 2023, the prevention team at the *STAR Centre: Rape Crisis Ayrshire* and East Ayrshire's Violence Against Women and Girls partnership collaborated to organize the largest ever Reclaim the Night March in East Ayrshire. This event aimed to raise awareness about sexual violence and gender-based violence, bringing together a diverse community to

stand in solidarity against these issues. Our partnership's efforts successfully highlighted the importance of reclaiming public spaces for women and girls, fostering a sense of empowerment and safety. The collaboration demonstrated the power of united action in advocating for change and supporting survivors of violence.



FORTH VALLEY RAPE CRISIS CENTRE (FVRCC)

Over the past two years *FVRCC* has been working with Stirling Council's Community team, to provide support and prevention workshops to the Empowering Women Group- Stirling Refugees. Prevention workshops with refugee women focus on power and assertiveness, as many of the women have been taught, through normalised gender roles, that it is not OK to be assertive. The workshop allows us to have an open discussion with the group about what assertiveness means to them, and then

focuses on giving them the skills to be more assertive; set personal boundaries, know their own rights and put their learning into practice through scenarios. This year, the women want to take more of a lead on consent education with their children who are starting school for the first time in Scotland. The caregivers and the Prevention Worker will be working together to co-produce & facilitate workshops for the children.



DUMFRIES AND GALLOWAY RAPE CRISIS CENTRE (DGRC)

Dumfries and Galloway Rape Crisis is very proud to showcase its partnership work with local organisation 'The Toon'. The Toon is an issue-based drama production group that explores real life experiences and scenarios facing young people today. Our sexual violence Prevention Worker has worked closely with the youth group on different projects, with a major highlight being the development of a workshop for the Dumfries & Galloway Young Women's Conference which took place in March this year and was attended by delegates from all over the UK and Ireland. More recent work with the group included helping young

people to develop a short performance piece about online sexual violence, which was included during their interactive show at *YouthBeatz*, the largest free youth music festival in the UK. The group's commitment to engage with *DGRC* and explore hard hitting issues, including gender-based violence, demonstrates a trusted partnership with a sharing of skills and knowledge to foster an embedded understanding of sexual violence prevention.

SECTION 3: LOOKING FORWARD

THE NEXT 10 YEARS OF THE SEXUAL VIOLENCE PREVENTION PROGRAMME



To enable the programme to evolve and develop over the coming years, from 2022-23, we undertook a period of extensive consultation, review, and co-development with Prevention Workers, and material testing with young people. In August 2023 we launched our updated Sexual Violence Prevention Programme which contains a new programme

structure, workshop themes and outcomes, and a set of new design templates. A core ambition was to ensure the new Programme was underpinned by a strengthened intersectional gender and anti-racist analysis. We commissioned consultant Briana Pegado to conduct an anti-racist review of our original programme

materials, and her recommendations were built into the updated materials. We also commissioned Three Sisters Consultancy to carry out a scoping review into meeting the needs of young people with additional support needs. The primary focus of this was about how best to deliver programmes in partnership, but the review also included accessibility recommendations which were factored into the development of the new programme materials.

The new programme consists of four key themes: **consent, power, understanding sexual violence** and **pornography**. Its primary purpose is to support young people to develop the skills needed to build safe, equal and positive relationships based on consent. Each topic enables young people to explore how unequal power dynamics, social norms and structures allow gender inequality and sexual and gender-based violence to thrive. They help young people to recognise sexual violence when they see it and challenge the harmful attitudes and behaviours that enable it to occur.

*Each workshop has
a knowledge and skill
activity intended to
support young people
to put their understanding
into practice*

The updated programme also has an increased focus on skills-based learning; each workshop has a knowledge and skill activity intended to support young people to put their understanding into practice. As with the original programme, each theme is adapted for three ages/stages, with a set of core learning outcomes that are the same for all year groups to help ensure consistency of learning across the whole school, and to complement whole school approaches to preventing gender-based violence.

NEW PREVENTION PROGRAMME

WORKSHOP THEMES:



CONSENT

Consent workshops enable young people to talk openly and positively about relationships, sex and consent. In these workshops we support young people to understand what consent means, and to develop the communication skills needed to practice it in their everyday lives, and sexual relationships.



POWER

Power workshops support young people to better understand sexual violence as an abuse of power. The workshops make clear the links between power, inequality and sexual violence and support young people to recognise how gender and other power imbalances can impact their own sexual relationships. Young people will leave these workshops with greater skills to develop sexual relationships based on equality.



UNDERSTANDING SEXUAL VIOLENCE

Understanding sexual violence workshops take a trauma-informed approach to exploring what sexual violence is and the forms it can take. The workshops will equip young people with greater skills and confidence to recognise sexual violence when they see it, and to challenge the attitudes and behaviours that enable it to exist in society. Schools can also choose the 'online sexual violence' workshops which build young people's knowledge of online sexual violence and supports them to navigate online spaces safely.



PORNOGRAPHY

Pornography workshops explore how pornography and other types of media can depict unrealistic and harmful representations of sex and relationships, putting pressure on young people to conform to 'sexual scripts', and promoting unhelpful expectations around sex. These workshops will strengthen young people's critical literacy skills by drawing out the links between pornography and sexual violence, and highlighting the ways in which it reinforces discrimination such as racism, sexism and ableism. Young people will feel more equipped to develop relationships different from those they see in pornography, based on consent and equality.

HOW WERE THESE WORKSHOPS DEVELOPED?

Workshops were co-developed with Prevention Workers using the below principles to guide material development. All future materials will also be developed using this framework.

General Principles

Young people lead their own learning (facilitation not teaching)

We have aspirational standards for young people

Consent-based approach

Focus on positive, consensual and healthy sexual relationships

Accessible

Trauma informed- consideration given to choice of images or stories & ensure difficult concepts are sensitively unpacked with content warnings provided.

Use clear concise language when unpacking complicated concepts

Ensure closed captions enabled for all videos.

Use a variety of resources and formats for different learning styles, minimising text and utilising suite of graphics designed.



Intersectional

Unpack intersections to help young people learn about how different forms of inequality are connected.

Celebrate difference and help young people understand that we all have different perspectives on sex and relationships in connection with our backgrounds, experiences and identities.

We are anti-racist rather than non-racist, we are pro-active in acknowledging, unpacking and challenging racism during workshops.



Engagement of boys & young men

Strengthened approach to engaging boys and young men in the prevention of sexual violence by acknowledging the fear, pressure and worries young men often face.

Build empathy and solidarity across all genders.

WHAT DO THE NEXT 10 YEARS HAVE IN STORE?

FUTURE PRIORITIES

All young people should have a right to prevention education but at the moment we can only reach just over half the secondary schools in Scotland each year. We need more capacity to make young people's right to this education a reality across Scotland. Prevention funding for children and young people and Violence against Women & Girls needs to support work at this scale.

We want to make sure that prevention education reaches those who are in the greatest need of it, in particular young people with additional support needs.

A scoping review conducted for us by

Three Sisters Consultancy in 2022 identified the need for Rape Crisis Centres to be involved in delivering this work and set out how we should approach it. This included local partnership working and tailored approaches to ensure we meet young people's individual needs. We need dedicated capacity to enable us to develop this work systematically across the country.

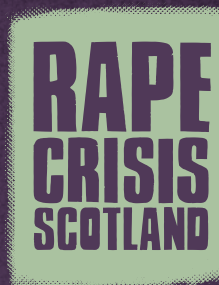
Partnership work is core to the Prevention Programme, and through work with partners and government at a local and national level, we will seek to ensure that prevention of sexual violence is a core priority and that we continue to take a

*We want to create opportunities
for young people to shape a safer
and more equal society.*

coordinated approach. Scotland is making progress in building prevention of gender-based violence into our education system, but there is still a lot more to do. We want to build and strengthen our partnerships with schools and education leaders, to deliver a holistic prevention model that includes the Prevention Programme and the Equally Safe at School whole school approach as key contributors to the Curriculum for Excellence and to our shared aims for a gender-equal Scottish education system

Through the development of the new Prevention Programme materials, we trialled a new approach to enable Prevention Workers to come together to create the materials. We want to build and strengthen this model as we continue to review and update materials in the future and support young people to be involved in the process.

Most importantly, **we want to help create more opportunities for young people to get involved in preventing sexual violence to help shape a safer and more equal society, using their voices in their own communities.**



Rape Crisis Scotland,
2nd Floor,
134-138 West Regent Street,
Glasgow G2 2RQ
Office tel: 0141 331 4180
E: info@rapecrisisScotland.org.uk
Web: www.rapecrisisScotland.org.uk

Rape Crisis Scotland is a charitable company limited by guarantee.
Registered in Scotland No 258568
Recognised by the Inland Revenue as a Scottish Charity No SC025642