

# **the prevention issue** **Rape Crisis news**



**A newsletter from Rape Crisis Scotland**

**Issue 12 -  
Spring 2014**

***In this issue  
of Rape Crisis  
News we look  
at an exciting  
range of  
prevention  
initiatives  
currently  
underway in  
Scotland.***



***These projects and resources aim to challenge and change deep-rooted cultural elements which allow violence against women and children to thrive and we are very grateful to all contributors and interviewees for their diverse perspectives on prevention from (amongst others) schools, prisons, and voluntary organisations.***

*Riots Not Diets by Christy Tidwell,*

*Big Strong Boy, Little Cute Girl by goatsfoot on Flickr*

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# Walking The Tightrope

**Rape Crisis Scotland, the Women's Support Project and the Rosey Project held a joint conference ('Walking The Tightrope') in Glasgow in October 2013. Rape Crisis Scotland's Sexual Violence Prevention Coordinator Kathryn Dawson describes the highlights:**



The purpose of 'Walking The Tightrope' was to look at how young people are affected by increased sexualisation and exposure to pornography. In particular, we wanted to highlight the links between different issues such as 'sexting,' teenage relationship abuse, young people's understanding of consent, street harassment and abuses through social media.

We wanted also to reach professionals working with young people in a range of fields to stress that these issues are interconnected, and that if we view them through the lens of gender inequality we can understand these connections and address the issues with greater consistency. It also felt important to highlight the role of commercial interests in driving an increasingly sexualised culture.

We were keen to bring young people's influence into the conference, so were delighted that Issy McConville, who had recently worked as an intern for Kezia Dugdale MSP, undertook to chair our panel discussions, and Laura Watts and Matthew Docherty from the Porcupine campaign agreed to present the peer research they conducted with Zero Tolerance.

We had twice as many requests to

attend the conference as we could accommodate, demonstrating how current and pressing the issues are to those working with young people.

Here's a brief synopsis of the presentations:

We were pleased that **Shona Robison** MSP was able to attend in her capacity as co-chair of the National Group to address Violence Against Women. She met with Laura and Matthew, two young peer researchers, and discussed with them the findings of their research and their own experiences of inadequate sexual health education whilst at school. She acknowledged the apparent gap between the intentions of the Curriculum for Excellence and practice in some schools, and undertook to raise this with colleagues. She also addressed the conference and spoke about the importance of the issues being raised, and the Scottish Government's commitment to address them.

**Linda Thompson** from the Women's Support Project drew attention to the risks faced by young people by a culture heavily influenced by the sex industry. She considered the issues in the light of the definitions of child protection, sexual abuse and sexual health provided by the World Health Organisation, UNICEF and the Scottish Government, inviting delegates to consider the impact of broader culture as well as individual abuses. Children are exposed for example, at the hands of organisations with powerful vested interests, to sexualised and violent sexual imagery often long before they have the capacity to consent. Linda emphasised our collective responsibility to create a protective environment for children and young people.

**Dr. Miranda Horvath** of Middlesex University presented research



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commissioned by the Commissioner for Children and Young People in England into what we know about the effects of pornography on children and young people. The literature review found that we have evidence of gendered differences in children and young people's exposure and access to pornography, and that young people are more often exposed to pornography as opposed to deliberately seeking access. We also know that children and young people's sexual beliefs and likelihood of engaging in 'risky behaviours' are affected by access and exposure to pornography, and also that they are affected by exposure to sexualised and violent imagery. However we need more research evidence to explain how children and young people are affected, what causal relationships exist and what links there may be to violent victimisation. There also needs to be a greater focus on young people's own perceptions, and more research into possible cultural differences, as most young people included in studies have been western, white, heterosexual and able-bodied.

The full report is available at:  
<http://tiny.cc/fdivex>

**Dr. Ros Gill** of King's College, London presented the findings of research she conducted with others into young people and sexting. The research report recommended that professionals, parents, industry and commerce develop a shared understanding of the gendered sexual pressures on young people.

Here are a few of the key findings:

- There was a bigger risk to young people of technology-mediated sexual pressure from their peers, rather than strangers.
- Sexting is often coercive, taking place as part of a range of activities which are linked to harassment, bullying and



violence.

- Girls are most adversely affected. Sexting is not a gender-neutral practice; it is shaped by the gender dynamics of the peer group in which, primarily, boys harass girls, and it is exacerbated by the gendered norms of popular culture, family and school that fail to recognise the problem or to support girls.

You can see the full report at:  
<http://tiny.cc/7eivex>

**Nadine Jassat** presented the Edinburgh Hollaback campaign. Hollaback is an international movement to end street harassment by creating a public space for people to share their experiences, offer solidarity to each other and spark conversations. Nadine explained what street harassment is and described its impact, in terms of restricting the liberties of women, members of the LGBT community, people with disabilities, and people from minority ethnic groups, by making the very streets they walk feel unsafe, uncomfortable, and intimidating. According to a survey they conducted, 86% of 12-25 year olds said they had been harassed on the streets of Edinburgh. Hollaback Edinburgh is run by volunteers and there's a link on the website for anyone whose interested in

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getting involved.

Visit the website at:  
<http://edinburgh.ihollaback.org/>

**Matthew Docherty,  
Laura Watts and  
Laura Tomson**

presented peer research led by Zero Tolerance, exploring young people's perceptions of what is 'normal' for young people when it comes to relationships and sex, and how they respond to pornography and sexualised media. They received 237 survey responses and conducted 6 focus groups.

Young people were presented with a scenario, and asked to comment on how they thought the group of friends would respond:

***You are with a group of friends and one of them shows some porn on their phone. In the film, two men are having sex with a woman while slapping her and calling her names. The woman isn't doing anything to stop them OR to encourage them.***

Here are some of their responses:

"It depends if it's a group of boys or girls because they both react differently."

(Female, 14)

"Most of my girl friends would probably cringe, but the guy friends are more likely to just laugh."

(Female, 15)

"If it were males in the group they would laugh but the females would find it nasty towards the girl."

(Male, 18)

The researchers also asked about norms in terms of clothing and body hair.



**Baldy Bane** performed an excerpt from their interactive play 'Crush,' which was commissioned by the National Children & Young People's Protection & Prevention Network and addresses issues of abuse within teenage relationships and gender stereotyping with young people in high schools and youth groups. Two actors played a young woman and man in a relationship, and David from Baldy Bane facilitated audience discussion, exploring our perceptions of the nature of the relationship, and our understanding of the motivations underlying each character's behaviour. The audience were particularly engaged, as demonstrated by delegates' feedback.

My presentation for Rape Crisis Scotland focused on initiatives aimed at challenging the sources of sexualised imagery, so that public and private spaces are less dominated by objectification and sexualised imagery. I spoke about various campaigns such as **No More p3**, **Lose the Lads Mags**, the **Child's Eyes** campaign and the Front page campaign. I also outlined the outgoing Icelandic government's attempt to ban pornography.

In the second part of my presentation

# Walking The Tightrope

I gave an overview of the national prevention project and some of the resources developed to facilitate discussions around issues such as consent, sexualisation and abuses perpetrated through social media. It was fantastic that all of the prevention workers funded by the national prevention project were able to attend the conference.

***“I didn’t really consider the impact of porn. This has so changed. I can now see how normalised and desensitised I have obviously become that I didn’t challenge this. But I will now. Thank you!”***

**Paula Dunn** presented Glasgow Rape Crisis Centre’s ROSEY prevention project, and gave examples of how she engages with young people on the influence of role models such as Chris Brown and Miley Cyrus, and the messages given by music lyrics like Blurred Lines by Robin Thicke. She also talked about how she addresses use of social media and pornography with young people. *[You can read more about the Rosey Project on pages 11-13 of this issue of Rape Crisis News]*

Paula highlighted the funding pressures faced by the **ROSEY** Project and the insufficient resources to reach all young people. She noted that for most young people this kind of education is not available, and that prevention education needs to be much higher on the agenda. Delegate feedback on her presentation and the approach taken by the ROSEY project was extremely positive.

## Responses

We were delighted to get some really positive feedback from delegates. Here are a few highlights:

***The knowledge base is fantastic and there really is a need for this to be practised nationally.***

“I would just like to say a huge thank you for the opportunity to attend. Until today I can honestly (and shamefully) say that I didn’t really consider the impact of porn. This has so changed. I can now see how normalised and desensitised I have obviously become that I didn’t challenge this. But I will now. Thank you!”

“Great conference, the agenda and speakers very interesting, thought provoking, & spoke to a wide range of issues affecting young people. I have a notebook full of research to read, campaigns to look up, and ideas to ponder. Thank you.”

“As expected this was a fantastic day, long overdue, where this frightening topic was covered by so many experts. The knowledge base is fantastic and there really is a need for this to be practised nationally. We have to work on community links and are determined to carry much of this forward with groups of pupils with a view to them getting trained up so as to become peer mentors /educators. We will hopefully be contacting some of the groups with a view to helping us resource a programme from S1 – S6. Thank you for a great day.”



# RCS Prevention Project

**Kathryn Dawson is Rape Crisis Scotland's Sexual Violence Prevention coordinator.**

**In a recent Q&A with RCS Information Worker Eileen Maitland, she explained the background to her role and outlines the importance of this work and how it is being taken forward by rape crisis workers across Scotland.**

**E: Why is prevention so important? How would you describe the context in which it is happening?**

**K:** I think it wouldn't be a surprise to most people that there are lots of concerns around issues facing young people in terms of violence in young people's relationships - things that we hear about which are connected with social media, and sexting, the distribution of indecent images or sexualized images that lots of young people are sending to each other - sometimes in the context of relationships, and also in other kinds of contexts as well. So I think that one of the things that is important to do is to make the links between all these different kinds of activities and forms of abuse and violence, and to really understand what's facing young people, the gendered nature of these different forms of abuse - and really to start to talk to young people about what the impacts are on them.

Because I think for a lot of them, a lot of these things feel really normalized and it's only really when you start to dig a wee bit further that people will start to tell you 'Well no, actually, it does really have an impact.' I do some sexual health

groupwork with young people, and quite often they will tell you for example things about it being very very normal for girls



to get called 'sluts' and 'slags' and the double standard there. If a young man is sexually active then he gets a lot of kudos for that, whereas she would experience a lot of shame and stigma, and when you start having the conversation you get the feeling that a lot of this just brushes over the surface, that it doesn't actually get in deep - and that they can just deal with it - I think a lot of people have the idea that young people are savvy and media-literate and that they can cope with all of this.

But I think actually, when you start to dig a bit further and have conversations then young women can start to feel a bit angry and resentful and realise that this stuff just shouldn't be normal, that there is something going on. And for young men, there are different sides to the impact - for one thing there's an awful lot of pressure on them to conform to a very restricted

# RCS Prevention Project

idea of masculinity and what it means to be a successful young man. And then on the other side, some of them are learning behaviours which are abusive, and which may become violent, and I think that sits uneasily with a lot of young men as well. Different pieces of research highlight that – that report on the gendered nature of sexting coming from the NSPCC describes the amount of violence in young people's relationships and again its gendered nature. For example, the research coming from the NSPCC also looks at the broader context of cultural sexualisation and pornography, and how that's impacting on young people's understanding of what is normal, what is ok, what is expected of them. It's about recognizing what the different kinds of things are, making the links and thinking 'What's happening under the surface?'

## **E: How did the RCS Prevention Project come about?**

**K:** My post was created following a consultation with centres, and that identified that some centres were doing some prevention work and had up-and-running projects. The majority of centres didn't have resources to do that but it was important to them to try to meet requests from schools, so they were sometimes going in and doing one-off sessions or assemblies or a piece of partnership work with a local youth group for example. But it was quite patchy and resourcing was patchy and therefore what young people were getting was patchy as well – in some places there was quite comprehensive coverage, but across Scotland young people were not getting equal access to this education.

Following that consultation some of the centres had said that if they had the resources, they wouldn't have to be re-inventing the wheel each time they did some work with young people. So the

idea behind my post was to create this resource pack and also to support centres and increase the level of resourcing so that there was much more consistency across Scotland in terms of how much people were getting and what they were getting.

## **E: What is happening in centres currently and how do you see this developing over the next year or two?**

**K:** Eight new prevention workers came into post towards the end of last year thanks to a successfully bid to the government's Third Sector Early Intervention fund. What's quite good is that they've all started together and can really focus on working in partnership with each other. Although we thought some schools might not be receptive, they've had a really enthusiastic reception from schools as well as local agencies and partnerships. Some have started delivering sessions, and others are just about to begin. At the moment they won't be able to reach all the schools in their areas, but with the findings of our external evaluation we hope to be able to make the case for more resources so we can reach more young people in the future. We had our first prevention forum recently, when all the workers came together to talk about how the first few months had been, and to support each other with any difficulties.

## **E: What would you say are the main priority areas or issues that prevention initiatives like these need to focus on?**

**K:** The way that I've designed the prevention pack is to respond to the key issues identified by research and media evidence as well as what other prevention work globally is targeting – for one thing to have the gendered analysis throughout. So to have a session that looks at gender, so that any initiative isn't going to come

# RCS Prevention Project

in at the surface and talk about the surface level behaviours, but really construct the work from the roots up – actually looking at the societal level, and joining that up with the behaviours. The pack looks particularly at consent, so that young people are thinking about the key thing about consent being

that it's about both people being really enthusiastic and desiring of sexual activity - and actually offering that as an alternative to thinking about whether having kissed someone earlier means consent.

There's a lot of what's happening in terms of young people's use of social media – one of the key things there is that it's the same behaviours as would've happened face to face. In a sense it's nothing new, but it's about how text and social media, Facebook and Ask.fm – things like that, are being used as vehicles for the same kinds of harassing behaviours. We are also drawing on the bystander literature which asks people to think about who they are in a community and what they can do to identify violence and abuse when it is happening, thinking about what they might be able to do safely to disrupt behaviour or to intervene. So all of the sessions do ask young people to consider who they are and what they can do in that environment, and that's a really good way of engaging young men as well, who could otherwise be quite resistant to the messages.

**E: Do you think we need to be getting different messages across to boys and girls?**



## Preventing Sexual Violence:

### A RESOURCE PACK



**K:** There's a really big issue that a lot of prevention messages in the past have approached girls in terms of moderating their own behaviour and thinking that they need to be careful – the way they dress, whether they're drinking or whether they're being flirtatious with somebody. So I think that one thing that's really clear is actually to get out to girls the message that whatever they do, they are not responsible for somebody else's behaviour.

And actually, it makes absolute sense when you put it like that, but a lot of people have a kind of a 'common sense response' which is about saying, you know, if there's a risk out there, what you need to do is keep yourself safe from it. But that relies on the premise that there will always be a threat of sexual violence and there's nothing you can do to stop that, and so I think what we're saying critically is that there will not always be a threat – there's a threat there because some people perpetrate sexual violence. What are the reasons that they do that? And then we can deconstruct some of the things that are happening around gender equality and around cultural representations of boys' and girls' behaviour and ideas about the expectation that men should be dominant



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in sex or should have entitlement to sex in certain situations.

So for girls it's about saying actually we're not telling you that you're ever responsible for somebody else's behaviour. But I do think there's also a message in there for girls – if we deconstruct misogyny with girls and say, you know, if you call another girl a slut or if you blame her – if we can try to help girls understand that a lot of this language and these ideas are coming from a place of misogyny, and that that's not in their interests, then in terms of how we deal with girls as bystanders, I think that's quite important.

And I think the message for young men – some young men might be expecting that we're coming at them in a kind of 'you may be a perpetrator, so we're going to try and stop you being a perpetrator' way, and whilst we're really clear that the majority of sexual violence is perpetrated by men, the majority of men are not perpetrators. And what we really want to do there is give all young men a sense of responsibility for thinking that they've got a role in shaping masculinity and the way that themselves and other men think. So we really want to be engaging with them as partners. But with that, we do want to be really clear that, for example, it's not acceptable to assume consent if somebody is too drunk to be able to consent or is unconscious from drinking, or is asleep, or, because you've been in a relationship with them before. To be able to have those conversations with young men – early on – when they may be getting other messages – in terms of education it's our duty to get that message out to young men before they perhaps have done something they would regret and that's had really bad consequences for somebody else.

**E: Who do you see as the key partners in undertaking some of this work?**

**K:** All of our centres will have natural partners in local Women's Aid groups, perhaps other youth work groups that are engaging in issues around violence prevention or just generally kind of young people's issues. So any of those other voluntary sector partners. I think we're keen to see if local centres can perhaps make partnerships with White Ribbon Scotland as well - potentially partnerships there in terms of delivery. And there's the Mentors in Violence Prevention Project as well, which I think offers opportunities for our centres to be working with a local project and with the young mentors and to help them to develop their understanding of the gendered analysis and being able to support them if some of them have a particular interest in sexual violence prevention work. All the centres are making contact with their local violence against women multi-agency partnerships because obviously education is a really key partner there. The more that we can work with education and with schools to help them identify issues of sexual violence happening within schools – to be able to frame it as that and therefore address it as that, the better. So I think that centres have got a really key role there to be able to develop work with schools. So I suppose a mix of voluntary and statutory sectors.

**E: How will the prevention pack be used in schools?**

**K:** The most easy fit I think – what schools will be able to offer – is a slot in their personal/social/health education timetabling so I think it's likely that centres would be offered that – which would usually be a 50 minute class slot. What we're really encouraging schools to do is to be able to accept a more comprehensive programme rather than just a one-off session. So if they're able to timetable at least three sessions a week or two weeks apart then we've got the

# RCS Prevention Project

greatest likelihood that the work will have a big impact on young people because they'll be able to get follow-up messages. We will be able to evaluate what their views were before the programme, and what their views were after the programme, so we can then demonstrate the best fit in terms of outcomes – which track directly across to the Curriculum for Excellence outcomes around health and wellbeing and the sexual health & relationships section. So probably within that section – in as comprehensive a programme as possible, we've got materials that would work for younger, S1-2, S3-4 and S5-6 so that we can really work at different ages and levels and negotiate with schools what would work best for their timetabling.

**E: Are there any barriers you've identified to taking this work forward?**

**K:** One of them would be resources in terms of our workers having 21 hours a week, and quite a large area. So that's why, in these initial stages, there's probably going to be a smaller number of schools – there's not really a chance that they would be able to work in every school in every local authority area. And I think that schools have got different understandings about what the need for the work is and whether they identify these issues as issues of sexual violence – it can sound quite threatening as a term and I think some schools and possibly parents might have a concern that it's not appropriate to talk to young people and we'd be saying 'Look it is happening, so it's absolutely appropriate that if these things are happening, young people have got the education to be able to have some appropriate adult input to these issues that they're facing'.

**E: Where would you hope us to be with this work in 5 years time?**

**K:** This project lasts a year and a half – I'd anticipate that we're going to get some really good evaluation data because we're working with external evaluators DMSS Research & Consultancy to be able to measure as accurately as possible what impact it has on young people, so I'm confident that we're going to get a lot of information that says that the pack has been effective, that the workers have been effective, and that rape crisis workers are really appropriate people to be carrying forward the work.

So I'm hoping that that will put us in a really good position to get in further funding – whether that's another joint funding bid or whether that might be individual centres having to seek continued funding, but I think we'll have put ourselves in a really good position so that work is really valued locally – and nationally as well. So in five years I would hope that that would mean we could draw on that success, and bring in further resources so that there was actually enough coverage for workers to be working with more if not all schools in their area. Also that centres have got the resources to work with schools as institutions in thinking about, you know, how can a school as an institution work on embedding the equality and non-violence messages in all parts of their policies and procedures - whilst a voluntary sector, coming in and delivering a short piece of input is very valuable, it's even more valuable if teachers are on board with all those messages - if they start identifying the same things as the rape crisis workers do, so that young people are actually getting a really consistent and clear message on what's happening in terms of equality, violence and gender and other kinds and forms of equality as well. So I think that's probably what I would hope for in terms of it being as sustainable as possible.

# The Rosey Project

**The Rosey Project is Glasgow Rape Crisis Centre's prevention project and was founded in January 2008. It was started in direct response to the high numbers of young women under the age of 18 years old who were accessing our service.**

A lot of young women were describing experiences of intimate partner sexual violence or saying that the perpetrator was a young man within their circle of friends. We thought the best way to challenge this was by running awareness workshops in schools, colleges and community groups. Once we started contacting various places to offer our workshops we were inundated with requests from teachers and youth workers who were telling us that this work was desperately needed.

In the pilot stages of the workshops we spoke a lot to young people about their understanding of sexual violence and we realised that a lot of young people did not have a clear understanding of what it was and no idea about the law in relation to sexual violence. From this information we developed age appropriate workshops from S1 – S6. We cover the sexualisation of women and girls through magazines and tabloid newspapers, the music industry, advertising, commercial sexual exploitation, the law and consent, pornography, online safety and campaigning. We are continually developing workshops that deal with new issues that young people might face.

In the last 6 years we have worked in over twenty secondary schools in and around Glasgow and over 25 youth groups and this number is growing on a monthly basis. We have had to cut down the number of workshops we do as we had a reduction of funding for this project so

we can't always meet the demand: something the centre manager is working on.

Feedback we have had from young people has been overwhelmingly positive, with

most young people saying that they don't usually get asked questions or encouraged to talk about these subjects and it's refreshing. For young women it is like giving them permission to talk about how they feel and that's it's ok to challenge the messages and images that are so powerful in society. A lot of young women tell us that they feel they have to conform to the stereotypes that seem to dictate that this is how young women should be now and if they don't they can suffer bullying or be ostracised from the 'popular' groups. On the other hand, if they do conform to the sexualised images that are out there they are called all sorts of horrendous names and can suffer the same fate as if they had objected.



***Lad's Mags are disgusting, they tell boys that all girls are easy and the women in them don't look like 'normal' women***

***Media Board Workshop  
Girl (15yrs old)  
Plantation Productions***

Young men tell us that they don't always know what sexual violence is or if they are committing a crime because of the messages that they get in lads' mags and pornography. Suggestions that women and girls 'like it rough' or that young men should 'pick the drunkest girl in the room and try to take her home' are, worryingly, typical of the sorts of statements commonly found in these media.



# The Rosey Project



2009 Conference

Our workshops seek to establish a clear understanding of what sexual violence is and to encourage young people to educate themselves if they are unsure. We know that young people live

in a socially networked and internet-driven world but we ask them to exercise common sense - the messages and images that young people are bombarded with come from organisations that are trying to profit from young people with no regard for their mental wellbeing and this is something we try to convey to young people. We are not about censorship but about asking young people to seek out more healthy alternatives so that they might be able to make more informed decisions about how they want to live their lives.

***Pornography is just part of our lives now, I get things sent to my phone on a daily basis, and if I had to challenge it I'd be bullied***  
**Commercial Sexual Exploitation Workshop**  
**Boy (17 yrs old)**  
**James McLean Project**

We have further developed the Rosey Project by hosting two young people's seminars over the years, one focusing on young people growing up in a sexualised



society and the other around the impact of a sexualised music industry and how that affects young people and their relationships. Both conferences were extremely successful and gained international interest. We have developed strong relationships with prevention projects in other countries, most notably 'Men Can Stop Rape' which is based in America: one of their workers, Joe Samalin, came to speak and host a workshop at our first conference.

In 2013 we hosted a joint conference with the Women's Support Project and Rape Crisis Scotland looking at how young people and their relationships are affected by social networking, pornography and peer pressure.

***We share photos of girls all the time, it's expected of them now, we think it's just a laugh. I've never thought of what it might make the girls feel like. I didn't know it was illegal***  
**Sexting and Consent Workshop**  
**Boy (14 yrs old)**  
**Aberlour Youth Point**

In the last two years we have been developing the support side of the Rosey Project which is funded by Children in Need - the project offers support specifically to young women

# The Rosey Project



***I think I have good privacy settings on my Facebook page but you don't want to keep them too strong or how do you meet new people? I know I should worry about it but that's how young people communicate now; you never think anything is going to happen to you  
Online Safety Workshop  
Girl (16) The Good Shepherd***

between 13 and 17.

This has been extremely successful: we receive referrals from the police, NHS, social work, education and many other sources.

In October last year some of the young women joined our young women's group: a support group but with a focus on empowerment and awareness-raising.

We have been very excited to get this started and hope that we will be able to offer it again to young women accessing our service in the future.

We are very positive about the future of the Rosey Project and the hope is that we can expand it as there is definitely a need for this work with young people.

**Paula Dunn**



# White Ribbon work in prisons

**In 2012 White Ribbon Scotland (WRS) conducted a series of training events to provide skills and knowledge for men in local areas to be able to deliver presentations and workshops about the campaign.**

Trainees would then become members of the national White Ribbon Scotland Speaker Network, and also help build capacity in their local area for White Ribbon Scotland initiatives.

A speaker training event in Dumfries involved 14 men from across the local area with a variety of backgrounds. Two trainees worked within HMP Dumfries and subsequently facilitated the delivery of sessions within their workplace. Staff were trained to hold sessions with inmates and after the initial series of workshops a total of 36 campaign pledges were returned along with positive feedback showing that the material had been well received, in that it was both an enjoyable experience and that there was an intention to change behaviour.

In January one of the staff from HMP Dumfries delivered a presentation to a national Scottish Prison Service (SPS) group to highlight the campaign as a positive initiative in confronting violence against women. The Governors of the SPS subsequently issued a directive to staff that they should contact WRS to obtain campaign materials and discuss potential training opportunities within their individual prisons.

## **A National Approach**

An informal working group came together involving Scottish Prison Service representatives, members of national VAW organisations and local Multi-Agency Partnerships to discuss possible means of introducing prevention work



through the Scottish Prison Service. WRS was invited after the positive feedback from HMP Dumfries and the subsequent Governors' directive. Informal mapping of previous engagement throughout Scotland between VAW organisations and the SPS was carried out, and capacity to deliver a national approach was gauged across the services. Recognising that a national approach would take some time to develop and resource, and that WRS resources were limited, three regional training events were arranged in the initial instance. Between 2 and 4 staff from each prison within these areas were invited to a full day training session. Staff were trained as WRS speakers with a view to using the material with men in their prison. Although they were given the opportunity to sign up to the national Speaker Network the focus of the training was very much on providing skills for engagement with male inmates.

Paul Davidson, who is Policy Development Manager for the Scottish Prison Service describes the development of the initiative in detail, and outlines his hopes for a future roll-out:

## **Origins and development of collaborative work between the Scottish Prison Service and White Ribbon Scotland**

SPS has been keen for some time to do more work on violence against women. It has set up a strategic group, chaired by a member of its advisory board, to develop and strengthen work on VAW. The work



# White Ribbon work in prisons

is part of SPS corporate planning, which is directly linked to both Scotland's Justice Strategy and its National Outcomes Framework.

As part of the group's initial work programme during the summer of 2012, I conducted a service mapping exercise with prisons across Scotland to establish what they were already doing in the VAW field. Two establishments: HMP Open Estate and HMP Dumfries were already working with White Ribbon Scotland to raise awareness of VAW among the male prison population and try to reduce its prevalence. The feedback from both prisons was encouraging: offenders were responding enthusiastically to the sessions. 94% of the prison population of Scotland is male; White Ribbon Scotland is committed to engaging men to talk to other men to raise commitment among men to ending VAW. It seemed to SPS that WRS would be a very effective way of talking both to offenders and prison officers about VAW and seeking to gain commitment from them not to remain silent on the subject and give them the skills they need to challenge VAW in their daily lives.

Since we took the decision, SPS has worked in partnership with WRS to train an additional 29 prison officers as volunteer White Ribbon speakers working in all 15 prisons that hold male offenders. Prisons are part of Scottish civic society, and it is important that they play a key role in making Scotland a safer place for women to live and thrive, and in reducing re-offending wherever possible. It is very important that VAW issues are not seen solely as "women's" issues that can be sidelined or ignored, but are the responsibility of everyone in Scotland to solve, including those living and working in male prisons. It is vital that we engage men as part of the solution, as well as seeing them as the source of the problem.

## **Selection & attitudes of participants and the impact this work can make**

Prisons are a microcosm of wider Scottish society - people serving prison sentences are part of wider society and almost all will return to their communities at some point. Those taking part in sessions will not be exclusively selected because they have been convicted of VAW offences (although some participants will be). As such, attitudes towards VAW in prisons are reflective of the attitudes that exist in wider Scottish society. The SPS firmly believes that people can change their thinking and behaviour, and works to do so every day. Adversarial gender attitudes exist among individual members of the prison population, as they do in the community but there are also offenders that have been traumatised by witnessing VAW as children, and men who have never been involved in VAW and would not condone it.

The first step in changing attitudes is to raise awareness and talk about sensitive issues in a safe environment. White Ribbon sessions are an excellent way of doing that. SPS is engaged in creating a culture and environment where VAW is neither tolerated nor condoned by silence, and to do that we need to be talking about it regularly and often in prisons.

The selection process for participation varies between individual prisons according to their populations, regimes and other operational matters. SPS does not have the power to compel attendance, and would not in any case, because compulsion reduces effectiveness in prison based programmes. In addition we will not be running White Ribbon sessions with men convicted of sex offences at the moment. SPS already has very well developed and recognized intensive treatment and risk management processes for men convicted of sex

# White Ribbon work in prisons

offences, the two interventions do not sit naturally together. Establishments are also planning to run sessions for prison officers to increase their awareness of gender issues and VAW, to assist them in their work in challenging inappropriate behaviour and attitudes.

## **A typical session**

Sessions last 90 minutes and contain:

1/ a presentation on defining VAW, the nature and scale of the problem and a gendered perspective, and the importance of men becoming part of the solution 2/ the “gender box exercise” 3/ video clips of men talking about VAW and The “Man Box” exercise 4/ presentation and group discussion on bystander theory, and ways of challenging and intervening safely 5/ A presentation about men’s campaigns to end VAW and specific information on the history and work of the White Ribbon Campaign. Participants are given an opportunity to take the White Ribbon Pledge, and to feed back on the session.

The sessions are facilitated by prison officers who have volunteered to be trained as White Ribbon Speakers by White Ribbon Scotland. SPS is very grateful to Callum Hendry, WRS’s National Co-ordinator, for his considerable efforts, energy and assistance in providing training and ongoing support to SPS speakers as they take the work forward. Materials such as the presentation, video clips and training CDs have been adapted by WRS for use in prisons.

## **Feedback from participants**

Early reports and previous reports from HMP Dumfries suggest that the sessions have a very powerful impact on participants, for whom a gendered consideration of VAW may represent a very new perspective on the issues. There has been a gratifying absence of defensiveness or resistance.

## **Future hopes**

The immediate objective is to embed and mainstream this thread of SPS’s approach to VAW in all Scottish male prisons as part of our wider body of VAW work. In the future I hope it will be possible to accredit serving prisoners as White Ribbon Speakers and peer educators/mentors to help sustain the work itself, and the culture of prisons as places not that do not tolerate or condone VAW by silence and inaction. Peer education and mentoring approaches can work very well in prison settings. I also hope that SPS White Ribbon speakers work with other speakers in the community to deliver White Ribbon events outside prison walls.

## **Approach and possible barriers**

Prison Officers are very professional in their approach to creating working relationships with offenders: relationship building and maintenance with people who display challenging attitudes and behaviour is part of their everyday job, and they are very good at it. They are also flexible, adaptable and motivated to work with new approaches to reducing offending, and supporting offenders to develop the skills and behaviours they need to lead successful lives on release.

Prisoner culture might be a barrier to some offenders taking part; offenders who have committed VAW offences will be ashamed of their behaviour (even if they don’t admit it to themselves or recognize the emotion of shame), and will be afraid of being identified by their peers as someone who has offended against women or children in case other offenders seek to bully or assault them due to the nature of their crimes. Offenders who have not committed VAW offences may be concerned that participation in the sessions may be seen by others as tacit admission that they have been involved in VAW. That’s

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partially why we would not specifically target attendance at sessions at those convicted of VAW offences. We will keep participation as open as possible because we want as many men as possible to attend, to help create the tipping point in Scotland where this behaviour stops.

## Evaluation and impact

It is too early for a formal evaluation of the work; however session plans include an opportunity to give feedback at the end, and participants can take the White Ribbon Pledge should they wish to do so. It will be an indicator of success if offenders give positive feedback and take the pledge. Anecdotal evidence so far indicates that the sessions can have a powerful impact on the men who attend them, giving them much greater awareness of the issues that women face, the sheer scale of the problem, and developing commitment from participants not only not to engage in acts of violence, but not to condone such acts by silence and inaction. Feedback from HMP Dumfries has been particularly powerful.

Prison staff have responded to the initiative with great enthusiasm and professionalism: evaluation of the speaker training was very positive, the speakers are very keen to deliver to offenders and their colleagues. As was mentioned earlier, this strand of work is part of a wider body of work over the coming years. Every prison in Scotland now has an officer or manager who is that prison's designated VAW co-ordinator, reporting to a senior manager on this work.

As part of their duties, establishments have been developing working relationships with their local Violence Against Women Partnerships to begin to consider future service developments and strengthen links between prison and community structures and services. As a result, there is a structure in each prison

that will help sustain White Ribbon work in prisons.

## Lessons learned

There were some suggestions at the speaker training that a more specific set of materials and operating instructions for the sessions would be a useful development, and we will look at this in due course, when our speakers have more experience of delivery, and therefore a more complete view of what aids success in the prison setting.

## Future development

I would like SPS to continue to deliver White Ribbon Sessions to male offenders for the foreseeable future and continue the burgeoning partnership with White Ribbon. I would like it to be mainstream SPS practice. As I mentioned earlier, where appropriate, I would eventually like to see serving prisoners qualifying



HMP Dumfries

as White Ribbon Speakers and working alongside prison officers to deliver White Ribbon sessions to other offenders.

As SPS looks to develop its VAW work more broadly, we will be looking to have very strong links with community-based statutory and third sector agencies to provide a comprehensive range of services to tackle the prevention and perpetration of all forms of VAW, and in prisons which hold women, we will be looking to develop comprehensive service provision for women who are survivors.

**Paul Davidson**



# White Ribbon work in prisons

**Billy Black is a Prison Officer at HMP Dumfries who has been very much involved with the White Ribbon work with prisoners there. In conversation with Rape Crisis Scotland, he described his involvement and how it's been going:**

**RCS: How did you get involved in the White Ribbon work in Dumfries prison?**

**BB:** I was approached by my line managers within the prison, to see if I would be interested in doing things about violence against women, and it was an area that I was quite interested in getting involved with. It was only after I started to get some literature and materials about it that I realized how big an issue it really was. My line manager at the time mentioned to me that there was going to be a speaker's thing for White Ribbon. He told me what it was about, and asked if I would be interested in becoming part of that and I said 'Yeah I would'.

Callum Hendry came down to Dumfries and did this training session for a day with local people – there was me and my line manager from the prison and basically it developed from there. I haven't done much speaking outwith the prison because I've not had a chance to get it developed yet but we intend to do it in the future. But we started thinking how we could do it and we just decided we would do it with our local convicted population. We've done it with about 30 prisoners now, and it's been really well taken. We don't screen people if you understand, so sometimes the attitudes are not like what I would class as – like mine. They think that some of the things are normal...

**RCS: What would you say was an example of that?**

**BB:** There was this gentleman who didn't



Visit room,  
HMP Dumfries

think pornography was taking advantage of women – he thought that was acceptable. Or that women who dress up to go out with short mini-skirts and that are asking for it. And to try and challenge these – it was difficult, but eventually the majority of the group took it on board and through that it developed and he was the odd one out if you like. That left us with another problem because we didn't want to leave him isolated either, if you know what I mean – he's going back into the same area as these people – it could've reverted to violence, so we had to manage that. After we looked into it we actually found out that this young man had previous for domestic violence on partners so obviously he didn't think just as well as myself and others did. So it was quite an eye-opener because you don't know what you're going to come up against.

**RCS: No. So are the men taking part self-selecting?**

**BB:** What I do is I go to them and say look I'm doing a seminar on White Ribbon, (there are posters throughout the hall where they're located) – would you like to take part? And they say yes or no. If they say no, I leave it. If they say yes, when I get maybe 8, we'll have a session. I could take 10 if I want to, but I find 8's an easy number to work with

**RCS: What happens in a typical session?**

**BB:** We bring them into a group (we've got a flipchart), and we ask them the question "If a woman's going out on a Saturday night up the town, what are the

# White Ribbon work in prisons

kinds of things she needs to think about? And they'll come out with 'the mobile phone', 'taxi', 'what she's wearing', 'how she's getting home', 'has she got enough money', 'who is she going with' 'where's she going' 'how's she getting back' – things like that - and we get a big list. And then on the other side we say 'Right - it's now your turn – what do you think about?' – and you're lucky if you get three things. And it shows the imbalance between what a woman has to think about and what a man has to think about. And we use that throughout to highlight what we're trying to achieve. And then we do the presentation – it explains where White Ribbon came from, what it's about, what we're trying to achieve. It goes into things like exploitation, prostitution and the way women are portrayed in the media. And we even had a guy who stopped ordering the Nuts magazine after doing it!

**RCS: Oh really?**

**BB:** Yeah he said 'That's it – I won't be ordering that again' and he cancelled his order. It can have an effect on them, you know? At the end of the day I feed back on what they think went well, what wasn't so good, what we could do differently, and we also ask them if they want to sign the pledge [The White Ribbon pledge never to commit, condone or remain silent about violence against women]

**RCS: And how many of them do?**

**BB:** Most of them do. The only problem we've got is the violence – what we've got to try and explain to them is that they don't take it into their own hands to sort every problem. You see getting the police involved with these young men – they see them as the enemy. And they'd rather just go in and batter the person that was abusing a woman. That's one of the conflicts we do have with prisoners – they think 'I'll just batter him and that's

it sorted', but all they're doing is making it worse for themselves and that's what we've got to try and get into their minds, you know?

**RCS: It sounds like it's work that's made a bit of an impact?**

**BB:** I would say it has, yes. The prisoners seem to enjoy it. Once they've done it, I don't have any problem getting other people coming forward to do it, because prisoners will recommend it – 'It's good that', 'I enjoyed that'. But you also get the odd one who doesn't get the point of it. And there's some of them come and they say 'I'm totally against it because my Dad used to beat my Mum' and things like that, and you've just got to work with what you get. I think White Ribbon makes them aware of attitudes that they've got – or preconceptions of what goes on.

**RCS: What about your colleagues? How have they responded to the work?**

**BB:** Mostly favourable – a lot of them don't know a lot about it. The last time Callum did the training at Barlinnie two more colleagues were trained but I don't know if they've done anything yet.

**RCS: And are there any things you would change, having done this? Are there any lessons you've learned that you would take forward if you were doing it again?**

**BB:** The only thing you've got to be careful of is to be aware that you don't know what you're going to open up. If you get the wrong attitude or the wrong people with bad attitudes, you could have conflict in the group with the people that do see where you're coming from. It's just an awareness of the dynamics of the group, and how it pans out, and to try and manage it as best you can. I think there has to be something further on, for

# White Ribbon work in prisons

the hardened ones, so that we can move them to something different.

I think White Ribbon's a great thing, and as we know, the majority of men don't beat up women but it's that % or whatever that's left...I had no idea how prevalent it was, and that it's not just done in a back street or a local council estate – it's so widespread it's unreal.

**RCS: Why do you think this kind of work is important and why do you think it's particularly important to carry it out in a context like a prison?**

**BB:** The people we've got here have not got the best starts in life. A lot of them have first-hand experience of domestic violence, whether it's been with their Mum and Dad or Dad's on them or Mum's on them or whatever it may be and I think that if they know this is not normal, we can change it. If we can get in early enough, we might change that attitude, and make them realise 'hold on a minute, I'm not alone – this happens' cos these boys are talking about it to themselves.

It's to open up the dialogue to start with, so that they can speak about it to somebody and then obviously if they come back to me I can take them to speak to somebody. We've got listeners, I've got agencies that I can organize to come and speak to them one to one or whatever. I think it's maybe just about saying 'Look, you're not alone with this – you can speak about it – and giving them the opportunity to do that. I've got counsellors that I can put in place if need be, if it went to that level.

**RCS: And is this something you see as continuing in the prisons?**

**BB:** I think this'll continue. I'm sure that every prison now has got people trained, and they're starting to deliver it. We were



they all bought into this vision.

**RCS: It sounds pretty groundbreaking. I take it there's nothing like this happened before really?**

**BB:** As far as I'm aware, Dumfries was certainly the first prison, and we're about a year in front of everybody else. It's going in the right direction, but as I say this is only the first step – we need to have something there for these people that don't get it – don't see where we're coming from. These are the people who are committing all these crimes. We've got the LTP side, which is the local sex offenders – we don't do it with them – there's no point in doing it with them because there are other programmes they've got to do, and White Ribbon would probably just be a waste of time. We're not doing it with long termers. We're doing it with the local convicted population from Dumfries & Galloway, basically – people from Dumfries, Stranraer, places like that. We don't go through their records to see if they are a sex offender – if they have sex offences in their previous we would take them, and see what comes out of the group. But you might find that they wouldn't come. That's fair enough – we don't force anyone – it's on a voluntary basis.

I think it's one of the best things that they've done in a long time and if we can get it eradicated – I know it'll not be in my lifetime, and as the attitudes change, it might make things different.

**With many thanks to Callum Hendry, Paul Davidson and Billy Black**



# Prevention: Lanarkshire & Borders

**Rape Crisis Scotland asked Hannah Brown and Joanna Kent, Prevention Workers at the Lanarkshire and Scottish Borders Rape Crisis Centres about the background to their work:**

**RCS: Why you think Prevention work is so important?**

HB: I think prevention work is very important as attitudes need to be challenged before they are fully developed. Young people learn from role models, parents, teachers and peers so it is important to start creating positive role models that promote equality and allow young people to feel empowered.

I also think that young people are bombarded with images across the media that objectify women and teaches them that the value of a woman is in her ability to be sexy. This is thwarting young women's progress and ability to achieve. This also tells young men that women are not to be respected and instead treated as a means to their sexual end. It forces upon young people how they should define their sexuality and compels young women into a dichotomy where they are either labelled as overtly sexual, or denied any kind of sexuality at all.

I think that these issues have never been deconstructed properly in schools before, and that people have become entirely desensitized to the images that are all around them.

To question the messages that are sent to young people via the media is to begin to challenge the harmful behaviours and attitudes that they are embedded within. I think that this generation of young people are our next hope for achieving gender equality.

*JK: Research is showing that young people are experiencing increasing levels of violence within their sexual relationships and this may be due to several factors; for example that children are sexualised from a young age with media stereotypes defining young men and young women in increasingly narrow roles according to gender, and that viewing pornography is becoming a normal experience for teenagers growing up.*

*Additionally young people are reporting sexual bullying and 'sexting' (where a personal sexual image is requested or sent via social media or mobiles) as a normal daily event in their lives. The messages young people are receiving encourage confusing sexual stereotypes leading to negative expectations of sexual relationships where certain violent behaviours may be seen as acceptable. Issues around sexual violence are stigmatizing and affect the mental health of young people.*

*Prevention work will raise awareness among young people about what sexual violence is, and will give them a safe space and the language to talk about the issues they are facing, to seek help and/or to challenge inappropriate sexual behaviour among their peers. The aim of the work is to give young people the skills and resources to create safe and healthy sexual relationships and to reduce sexual violence.*

**RCS: What does it mean to the centre to have your post in place now?**

HB: Lanarkshire Rape Crisis has always offered support to young people aged 12 and up, but I think previously perhaps it was difficult to advertise this support to young people and many did not know it was available. I think that the prevention work will raise awareness not only of the

# Prevention: Lanarkshire & Borders

support but also encourage young people to speak up and seek support for any issues they may have experienced.

*JK: This new post is having an extremely positive impact both for us as an organisation and for attitudes and perceptions locally.*

*We have been aware of the need for preventative work for some time, for example through the increased access from young women and anecdotal feedback coming from young people locally.*

*Unfortunately, with the relative youth of our organisation and a small capacity to take on additional work, we were previously unable to take much sexual violence prevention work forward. However, the work that we were able to do created a useful baseline and grounding for the work we are doing now.*

*I am also aware through our positive and proactive work with the local VAW Partnership that there is a real appetite for joint work in this area. This is a very exciting and worthwhile project, which we can see having a positive impact locally in the Scottish Borders on attitudes and understanding of sexual violence.*

**RCS: What would you say are the main/priority areas or issues that you want to be focusing on over the next few months/couple of years?**

HB: I think it would be good to make schools in the region aware of the prevention work and help support workers/teachers/parents understand the issues. Realistically, I will not be able to reach all the schools that I want to over the next few months or even years, but it is good to see sustainable work starting in schools and peer mentors being established amongst young people.

It would be great to have a strong working relationship with the schools and staff so that they are willing to support on-going work. I would like to see young people taking an active role in the development of prevention work through a core group of young people being involved in focus groups to identify issues.

I would also like to see this prevention work leading to the development of a young person's project within Lanarkshire Rape Crisis where young people can be involved in activism, and find empowerment, education and support.

It would also be ideal to do some valuable work with more vulnerable groups of young people not involved in mainstream schooling, as I personally feel that these young people are most at risk.

*JK: Feedback from organisational partners and education providers so far has shown that work on sexualisation and pornography is a priority, as well as a focus on what constitutes sexual violence and the role of social media.*

*Those working directly with young people in the Borders are confirming that these huge issues have not been directly tackled in any other form up to this point and that young people currently feel unable to talk to teachers and parents about issues relating to sexual violence as they experience them.*

*Additionally here at SBRCC in the past year there has been an increase in young women accessing the service for support. Despite their distress many of them have expressed confusion around whether what they have experienced is actually rape or sexual violence, or whether they are in some way to blame. In response we are keen to work on the issue of consent; specifically negotiation of consent and the responsibility to gain*

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*consent within every sexual encounter.*

**RCS: Have you undertaken any work in schools yet? What is your plan of action/timescales?**

HB: I started work last year in two schools: one non-mainstream school for young offenders in Uddingston where I have been doing a number of workshops with the young people there. I have also been working with the seniors of John Ogilvie High School in Hamilton. Here the seniors are helping to identify issues with me and then will be co-facilitating workshops to S3/4 students. I have done workshops with the seniors and have discussed with them how to present this to the younger students and workshops commenced in January.

*JK: We plan to begin work with Scottish Borders College (students 16+) within one faculty who are currently focusing on gender-based violence, and perhaps later to develop this with some awareness-raising work at Heriot Watt University's School of Textiles and Design with whom the college share a campus and do a lot of joint work.*

*There are lots of statutory and voluntary sector youth groups within the area and we aim to focus our work on one geographical area (Hawick) that has an existing effective multiagency approach to youth work where a particular need for sexual violence prevention work has been identified. Additionally we are planning some work on a smaller scale within a specialist mental health youth project.*

*We are keen to link into particular schools where we can complement and develop current sexual health work and I have been meeting with our local partners who deliver work in schools to decide on areas of focus and the best way to approach schools, where staff can feel inundated*



Hannah has been working with Senior pupils at John Ogilvie High School in Hamilton

*with timetable pressures and resources.*

*Because there are 9 high schools in the Borders spread across a wide geographical area I am keen to focus the work in a couple of schools to begin with in order to provide effective work with those pupils.*

**RCS: What do you think of the new Prevention Pack and how do you think it will be used?**

HB: I think the prevention pack is brilliant. The materials are relevant and use songs and adverts from modern culture so that young people may relate. In addition to this the workshops use scenarios that young people can look at and discuss objectively. They are interactive and encourage young people to come to their own conclusions. They are also adaptable to fit the specific needs of the young people, school or region. I think it will be important to ensure that these materials stay relevant to the young people if the prevention pack is going to be implemented long-term by the service.

*JK: The prevention pack is comprehensive, well-researched and evidenced and a great resource to implement a national prevention work strategy at a local level according to local need. It will allow us to work flexibly with partners choosing from a range of*



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*7 workshops that can be delivered in any order either as part of a programme or as standalone sessions. The pack gives me confidence in delivering the message with loads of stats to back up what I am saying to young people and teachers/youth workers. The feedback from the workshops is also very helpful in developing it. Also important is the fact that SVPW's throughout Scotland regularly feed back their own experiences of using the pack and share ideas and further resources as we come across them through delivery in our own areas.*

## **RCS: Do you think we need to be getting different messages across to boys and girls?**

*HB: I think that we need to get a consistent message to both boys and girls that sexual violence is not acceptable and should not be tolerated. I am in favour of holding mixed gender workshops so that young people can learn to respect and appreciate each other's opinions.*

*JK: This is a difficult one. It is really important that boys and girls feel equally on board with the messages about sexual violence; that girls do not blame boys as 'perpetrators' and boys do not feel blamed and labelled causing them to switch off.*

*The message for young men is that they can be a part of the solution by questioning and challenging what they see going on around them. The way to engage both genders is through education about how sexualisation narrows gender choices; and the media, the music industry and the porn industry manipulate all young people to constrain their choices.*

*Peer pressure and social expectations can affirm these positions making it feel impossible to move out of set roles. The message to both genders would be*

*that we all need to take responsibility, that there are choices we can all make about what is acceptable and that support is available to all boys and girls experiencing sexual violence.*

*We need to examine the cultural reasons why the majority of sexual violence is perpetrated by men against women, and this is part of the prevention work. It is about understanding not attacking.*

## **RCS: Do you think there are any challenges or considerations particular to your own locale/population?**

*HB: I think the main considerations and challenges I will encounter here will be to do with religious schools and the concern that this work is encouraging young people to engage in sexual relationships.*

*JK: The obvious challenges for us are that the Borders area is very large geographically though sparsely populated. It is important to reach young people in as many areas as possible and not just in the larger population centres. So travelling may take additional time when delivering the work.*

*The less obvious challenges are that as a traditional rural society expectation around gender can be very set, and it will be important to find a way to carry out the work in a way that supportively challenges these attitudes without being seen as threatening to tradition (for example the traditional roles played by men and women in the annual Common Riding events).*

*Another commonly held belief here is that as a beautiful, safe rural area to bring up families young people are protected from urban issues and therefore less affected by issues such as sexual violence – however we know that this is not the case.*

# Prevention: Lanarkshire & Borders



'Consent is sexy' by Steve Rhodes

*A final consideration about disclosures of sexual violence is that many people know one another and this can increase fear in relation to reporting, confiding in others or accessing support.*

**RCS: Who do you see as key partners in undertaking this work?**

HB: I am/will be working closely with education, sexual health, social work, Womens Aid, the police, NHS and youth services.

JK: Our key partners are Rape Crisis Scotland, the local VAW multi agency partnership, Community Learning and Development workers in schools/youth settings, schools, voluntary and statutory youth projects, Borders College and Heriot Watt University.

**RCS: What do you think are the main challenges in taking this work forward?**

HB: I think the main challenges will be with the attitudes of professionals who do not perceive this work as necessary or relevant. I think the obvious challenge will be with changing the attitudes of young people towards their own sexuality and behaviours online.

JK: One of the main challenges for me will be using my time effectively within the current funded period of 18 months, with only 21 hours per week, in order to reach as many young people as possible.

*Additionally I think that it might be difficult gaining access to schools to address such difficult subject matter and to*

# Prevention: Lanarkshire & Borders

*communicate the need for a specifically gender-based approach to preventing sexual violence that is distinct from current sexual health and relationships education.*

**RCS: What kinds of indicators do you think there might be to let you know you're on the right track & that the work is making an impact?**

HB: We are using pre and post workshop questionnaires to see if there has been any changes in attitudes amongst the young people I am working with. I would like to start some focus groups with young people and I think having young people eager and willing to participate will be testament to how successful the workshops have been. Also, receiving good feedback from teachers, parents, workers and other partners that I will be working with will be a good indication that the work is a success and is being received well.

*JK: I will know the work is making an impact from positive feedback from young people, an interest from young people in developing and shaping the work further, being sought out to deliver the workshops based on word of mouth, an increase in referrals to SBRCC and appropriate agencies from young people who have attended the workshops, an increase in disclosures within schools/college/youth settings I have worked with, parents wanting to find out more about the issues or a demand for parent info sessions in schools, anecdotal feedback from teachers, youth workers, college staff etc.*

**RCS: Where would you hope to be with this work in five years time?**

HB: I think that this work is extremely important and I think that young people have a key role in changing societal attitudes with regards to sexual violence.

For this reason I would like to see a young person's project being developed within Lanarkshire Rape Crisis. This project would not only provide support to young people who have been affected by sexual violence but would also have a community of young people involved with it who would have their finger on the pulse with regards to local issues.

These young people would meet regularly, discuss these issues and be involved in activism and education for other young people. This project is something which I myself would like to develop as part of this post and hopefully funding could be secured to get this up and running.

*JK: In 5 years' time it would be great to have a well-developed service in place, with increased funding to utilize a number of workers.*

*The aim would be to build on the models we are piloting over the current 18 month period, for example where we plan to pilot the prevention work through a multiagency youth forum in Hawick, and to roll these out over the other localities through already existing partnerships.*

*The project would deliver workshops and awareness-raising sessions across all schools, youth organisations and the local college, as well as perhaps work with Zero Tolerance on training for teachers, staff and youth workers.*

*Additionally the project would serve as a local information resource for prevention work with young people feeding into and as well as out of a national approach.*



# The Art of Protest



All images: Tatyana Fazlalizadeh

Two years ago, Brooklyn-based artist Tatyana Fazlalizadeh, created 'Stop Telling Women to Smile,' a series of large-scale posters, featuring images of women with anti-harassment captions, that she pasted onto walls in public places. These works challenge the wearily familiar expectation/demand for women to appear friendly, open, and available so often expressed in the catcalls of strangers who harass them in the street.

Find out more at <http://stoptellingwomentosmile.com/>

# Play fair

**Ever walked into a toy store and noticed how the shelves are stacked? Often there will be one very pink aisle and one very blue aisle, telling us which toys are for boys and which are for girls.**

These colours, toys, and their associated attitudes become quickly culturally ingrained and as a result can have a lasting effect. Girls are put off buying things that are categorised as “boyish” and boys are made fun of for liking things perceived as “girly”.

Accepting this cultural norm is hugely problematic and an Edinburgh based group of volunteers called Play Fair is working to challenge the gendered divisions of toys. Play Fair is a group of activists challenging stereotyping of children’s toys and play in Scotland with the belief that children have the right to equality and a life free of discrimination.

At Play Fair we think that toys should be fun, educational and gender neutral, rather than a tug of war between blues and pinks, action toys and baking sets. Our aim is to let children grow up in a happier and fairer Scotland. We want to end the gender stereotyping of toys and let children grow up in a society where they can play with whatever they choose, free from out-dated ideas about what is suitable for boys and for girls.

Many would ask why it is particularly important to address the gender stereotyping of toys and why this is the target of our campaign. At Play Fair, we would argue that gender stereotypes that develop at an early age perpetuate inequality and reinforce culturally mediated differences between men and women. Toys for boys often promote adventure, action, and even fighting and

war, whereas toys for girls promote ideas of ‘girliness’, encourage girls to take on nurturing roles, and are often more associated with dressing up or being pretty.

Around Christmas particularly the amount of gendered advertising and branding was very visible and shows just how huge a problem the gendering of toys is. Considering the very out-dated ideas of gender these stereotypes are based on it is extraordinary that they are still being perpetuated in the 21st century.

Everyone is different and when these gender stereotypes are reinforced it can create vulnerabilities in some people and gives power to others. It means that children who play with toys not traditionally associated with their gender can feel alienated and different which can cause confusion later on in life. At the extreme, gender inequality is linked to domestic abuse and other forms of gender-based violence.

Children should be growing up in environments where they have respect for others, embrace difference and diversity and participate in a wide range of activities. Our campaign is all about promoting these qualities by ensuring children have a gender equal upbringing.

## **So what are we doing right now?**

After Christmas we launched a project to raise awareness regarding the gender stereotyping of toys. Our campaign revolves around raising awareness of Play Fair and to encourage children to think about the gendering of toys. To include children and use their creative minds, we decided to ask children to design gender neutral toys.





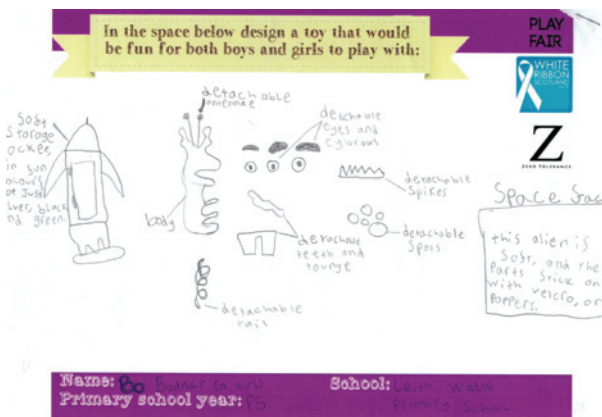
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We ran a competition where we asked primary school children in the Edinburgh area to draw a picture of a toy they think would be fun for everyone to play with.



### Primary 2 Winner

Children have such active imaginations, and we decided that the best people to design new and innovative toys are

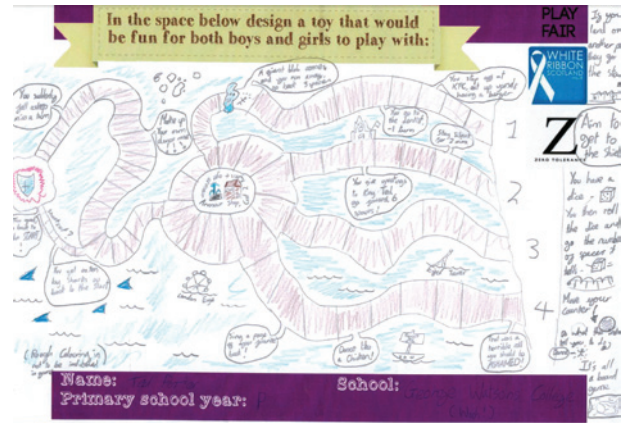


### Primary 5 Winner

children themselves. We were impressed with the ideas they came up with and the entries proved that children can produce toys that are not aimed at just one gender.

Children are capable of understanding the concepts of masculine and feminine toys and this competition has proved that when given the opportunity to create their own toy they do not instinctively default to binary definitions of gender.

Using the children's designs we ran an exhibition at The Forest Café in Edinburgh to display the results and raise awareness of our campaign. This was free and gave members of the general



### Primary 7 Winner

public a chance to see the designs the children who took part in the competition came up with and for us to explain why gender stereotyping of toys must stop.

## What can you do?

After hearing about our campaign many people would like to know what they could do and the good news is there is lots! If you have children or work with children one of the most important things to do is to help them to grow up in a fairer world. Some ideas for practice are to consider communication with children; lots of research has found that often people compliment girls on what they look like and boys on what they are doing; or tell boys not to cry and girls to 'smile' and 'be nice'.

Consider complimenting girls on what they are doing and encourage them to play in the mud, and dress up as fire fighters. Encourage boys to be scared, upset, or emotional; praise boys when they share and let them know it is ok to play role play games. With toys, try and use more imaginative play and role play games; and find toys that are not designed for a particular gender. These simple things can make a big difference.

Many other campaigns around the world



# Play fair

are also beginning to address these issues too. Recently Toy R Us signed a pledge to stop gender stereotyping of toys in their stores; and other large toy manufacturers are beginning to address these issues too. You can sign a pledge to stop toy retailers promoting gendered views of toys at: [www.lettoysbetoys.org.uk](http://www.lettoysbetoys.org.uk).

We at Play Fair are also running a campaign to pledge ask Edinburgh toy retailers to do the same thing. For more information about our campaign visit our website, which also has a guide with lots more tips to challenge gender stereotyping in the early years.

**HOT BUY!**

**Personalised Dress-Up Outfits**

~~£19.99~~ ~~£9.99~~  
**£3.99**

**F. Personalised Princess Dress**  
Beautiful princess dress-up gown with personalised crown. For children 3-6 years approx. Personalisation: name up to 11 letters.  
880-742-50JE £19.99  
~~£9.99~~ ~~£3.99~~

**G. Personalised Fireman Outfit**  
Two-piece fireman outfit with hat. For children 3-6 years approx. Personalisation: name up to 11 letters.  
880-742-42JE £19.99  
~~£9.99~~ ~~£3.99~~

fun&games 57  
24studio.co.uk

Visit [www.zerotolerance.org.uk/Projects/EarlyYears](http://www.zerotolerance.org.uk/Projects/EarlyYears).

Finally, keep in touch with us! Follow us on [facebook.com/PlayFairCamp](https://facebook.com/PlayFairCamp) or on Twitter: @Playfaircamp.

We hope to run further exhibitions and will continue campaigning so do keep checking what we are up to.

**Olivia Mason, Play Fair**



# He's The Stud & She's The Slut

## Young people's views on sexualisation and relationships

Despite the media and political interest in sexualisation over the past few years – and the continued focus on its impact on children – it is only recently that there has been a move to include young people's voices in the debate.

Even now if you Google 'sexualisation of children' most search results will be adults giving their views on what they think young people need. The debate itself is incredibly polarised – either sexualised media and pornography are 'robbing children of their innocence' or those who are worried about sexualisation are engaged in a prudish 'moral panic'.

Zero Tolerance, along with the Women's Support Project, have been working with young people over the last four years to support them to speak out about porn culture and sexualisation. This year we carried out a piece of research aimed at finding out more about how young people experience and define sexualised media and pornography; if and in what ways they think it affects their lives; and how they learn about sex and relationships.

237 young people aged 14 – 19 living in Scotland filled in an online survey, and 40 aged between 16 and 20 took part in focus groups. A group of young peer researchers were involved throughout the process, giving input on questions and conducting focus group sessions.

The young people who participated in this research were not 'prudish' or against young people knowing about sex or exploring their sexuality. Many, however, were critical of sexualised media and the way they had been taught (or not taught) about sex and relationships.

For these young people, sex and the

portrayal of sex are only seen as problematic when they come packaged with sexist stereotypes, violence and a misrepresentation of what sex is like in real life.



"Most pornography that is available on the internet now is quite brutal."

"Sexualisation of women is seen as okay and something quite ordinary. Whereas if men were posed/dressed/photographed/etc. like a lot of women it would make people feel uncomfortable."

"I think that there is a difference between porn and erotica, and the latter should be talked about more, even in schools, to encourage people to find something from which they can gain pleasure and enjoyment that is not sexist, violent, and completely false."

That is not to say that all young people are fully clued up about porn and sexualised media and immune to its influence. Many participants showed worrying attitudes to women, LGBT people and sexual violence, joking about portrayals of abuse in pornography and blaming victims; terms such as 'slut' were used frequently throughout the survey and focus groups.

"All the lassies are slags nowadays."

"If [girls] are going to leave the house [in short skirts] then they need to think about the consequences."

# He's The Stud & She's The Slut

Most young people thought that negative attitudes to women and to sex were commonplace in their peer group and described a variety of ways sexualised media can have an impact on young people – even when aware that it is unrealistic.

“Men are more interested in sex than women because they are assaulted by sexual themes from a younger age and are encouraged by pornography etc.”

“The [picture] of Rihanna, looking at that, even though you know she probably doesn't look like that it makes you feel quite bad about yourself”

The research demonstrated a marked gender gap in attitudes and a general feeling from both boys and girls that there are very different expectations for the ways they approach sex. It was widely acknowledged that any overt sexual behaviour in girls is labelled 'slutty' while boys need 'experience' to be respected.

Sexualised media and pornography were usually described as being aimed at heterosexual males, not appealing to women and often demeaning to women and LGBT people.

“[In porn] all women are made out to be sluts.”

“[If someone showed porn in a group] most of my girl friends would probably cringe, but the guy friends are more likely to just laugh.”

“[In porn] the LGBT community is depicted in a stereotype very damaging to the individuals.”

Participants in the survey and focus groups were often very critical of the sex education they received in school and said they wanted much more

***“Most pornography that is available on the internet now is quite brutal.”***

information available to them on sex and relationships. Less than a quarter said that school was the most common way of learning about sex and relationships, and half said there is not enough information available in general on these issues.

“School only tells you what sex is and how to avoid getting pregnant instead of the things that are equally as important.”

“The day you get sex education everyone's like ‘Oh my god it's sex ed. day’ and everyone's giggling in the classroom... it's just like a moment... outside of normal learning.”

The overall picture from this research is that young people are surrounded by harmful, gendered attitudes to sex and relationships. They want and need much more support on these issues. While good work is happening it is clearly not reaching all young people, and a big opportunity is being missed to change attitudes and contribute to preventing violence and abuse. Better work is needed work in schools but also in youth groups, by parents, online and via any other sources young people want to access.

“There's a lot of different young people and a lot of different personalities and a lot of different levels of maturity... there's



# He's The Stud & She's The Slut

got to be a lot of different information available to them.”

This piece of research was conceived as a pilot, and was run over a very limited period of time on a small budget. Although we were able to include a good sample of LGBT voices in the research, there are other marginalised groups – such as young people with disabilities and BME young people – we were not able to explicitly cover and who may be differently impacted. It's important we keep talking to young people about these issues and tailoring support and information to their needs.

Finally, it should be pointed out that prevention work with young people is not a get-out clause for adults. Issues such as sexting and online pornography may be new but the underlying causes – sexism and double standards about sex – have been around for a long time and are perpetuated by adults in a commercialised culture that is often targeted at teens but not usually created by them.

When we gave the survey participants the statement ‘most adults think that men should not have sex with a lot of different people’, 35% agreed that this was true. When we gave them the same statement about women, 84% agreed.

***“School only tells you what sex is and how to avoid getting pregnant instead of the things that are equally as important.”***

If many young people's attitudes about relationships are sexist and harmful, that is because they are learning from the adults around them.

It is our responsibility to change our culture while supporting young people to navigate it, rather than expecting them to fix our problems for us.

The full report of the research can be accessed at <http://zerotolerance.org.uk/Projects/AttitudesResearch>.

To receive a copy email:  
[laura.tomson@zerotolerance.org.uk](mailto:laura.tomson@zerotolerance.org.uk)

**Laura Tomson, Zero Tolerance**



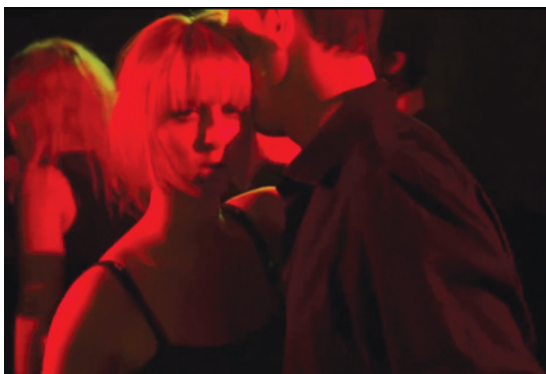
# Who Are You?

**Imagine the scene described below:**

*You are on a night out with your friends in a nightclub. You head off to the bar to get some drinks and when you come back you see your friend dancing with a man you don't recognise. She has had a bit to drink but appears to be enjoying herself.*

The scene above reflects the story line in the short film 'Who are you'. Made by a New Zealand organisation of the same name [see <http://www.whoareyou.co.nz/>], the film develops the story of a typical night out enjoyed by many. The fact that it is set in a bar in New Zealand is irrelevant - it could be a club in Dundee or Edinburgh.

The film introduces us to a range of bystanders who start to observe the unfolding scenario which becomes more disturbing as more alcohol is consumed. It is clear 3 minutes into the film that the woman is heavily intoxicated whilst the man is not.



The bystanders in the film: her friends, club staff, strangers and a flat mate all appear to see an issue but do nothing. The end result is that the man and woman end up back at her flat. When the camera pans away from the bedroom door the audience is left under no illusion that something very wrong is going to happen in that room.



Bystanders react differently but we know from experience that in these situations people still don't know what to do. It is a mixture of 'is it my business?' and fear. The latter is especially true for men. It's not exactly a 'high five' moment for you to challenge your mate who is doing 'just what men do' – am I right? To step in here would leave you at risk of being ridiculed in front of your peers.

Let's go back to the film.

What is happening behind that closed bedroom door is rape or a sexual assault. Why? Because it is clear from the woman's condition that she is incapable of giving consent.

The film provides a perfect opportunity and platform to engage a range of individuals in the prevention of these crimes. It also allows us to discuss the issues at play. For example 'surely a drunk woman is partly responsible for being raped?' or 'she didn't actually say no'. Both these statements along with others can be used to chat around the issues. They can be used to raise awareness as well as to challenge the attitudes surrounding rape which unfortunately still exist in Scotland. Of course a drunk woman is not responsible for being raped. The rapist is the only one to blame here.

Sex without consent is rape and a discussion of 'free agreement' is

# Who Are You?



also possible and unfortunately very necessary. We know that the law around rape suggests that a victim, male or female, who is intoxicated is incapable of giving consent. This remains an issue that needs to have some discussion time in Scotland. With reports of rapes 'as common as robbery' in Scotland



(Glasgow Herald, 10th October 2013) it is clear that the stranger rapist whilst still an issue remains in the minority with the vast majority of victims knowing who the perpetrator is.

Having worked closely with the 'Who Are You' team we now have a fantastic resource here in Scotland which is being used to engage night clubs and other licensed premises in being part of the solution to prevent rape. Whilst we know that the night-time economy is where these incidents often start we know that it is not the problem. Rapists are. The final section of the film rewinds the scenario and looks at the role each bystander could play in preventing the end result. The interventions are simple



but effective and, importantly, stop further victimization. Watching the film can inspire individual leadership as potential bystanders start to identify safe options for intervention.

So: to male readers: what would you do if you returned and saw your 'mate' with a woman in the circumstances described? What would you do if he gave you the 'thumbs up'? Would you do the right thing not just for the sake of the woman but for your mate as well? Nobody wants to be called a rapist but it is situations like these that have a real impact - both on the lives of victims and on men who are still not sure what consent actually means.

Towards the end of last year around 50 Licensing officers from Police Scotland were trained to deliver an engagement session with staff and management from pubs and clubs across Scotland. 'Who Are You?' is an invaluable resource in the fight against men who commit rape.

The film is also being used to engage 5th and 6th pupils within Scottish High schools though the 'Mentors in Violence Prevention' Programme led by the Scottish Violence Reduction Unit. As these young people leave school the film and accompanying lesson will give them knowledge of how they can be part of the solution to these horrific crimes.

'Who Are You' will undoubtedly help to raise awareness of an issue which has the potential to be personal to each and every one of us. **Graham Goulden,**  
**Violence Reduction Unit**



# Prevention Resources

## Websites, campaigns and blogs

16 Impacts of Sexual Assault:	<a href="http://16impacts.wordpress.com/">http://16impacts.wordpress.com/</a>
MsUnderstood:	<a href="http://www.msunderstood.org.uk/index.html">www.msunderstood.org.uk/index.html</a>
The F Word:	<a href="http://www.thefword.org.uk/blog/">www.thefword.org.uk/blog/</a>
Edinburgh Hollaback :	<a href="http://edinburgh.ihollaback.org/">http://edinburgh.ihollaback.org/</a>
Edinburgh Hollaback tumblr :	<a href="http://hollabackedinburgh.tumblr.com/">http://hollabackedinburgh.tumblr.com/</a>
Stop revenge porn :	<a href="http://stoprevengepornscotland.wordpress.com/">http://stoprevengepornscotland.wordpress.com/</a>
Feministing :	<a href="http://feministing.com/">http://feministing.com/</a>
Jezebel :	<a href="http://jezebel.com/">http://jezebel.com/</a>
Black Feminists :	<a href="http://www.blackfeminists.org/">http://www.blackfeminists.org/</a>
Everyday feminism :	<a href="http://everydayfeminism.com/">http://everydayfeminism.com/</a>
Everyday sexism project:	<a href="http://everydaysexism.com/">http://everydaysexism.com/</a>
No more page 3 :	<a href="http://nomorepage3.org/">http://nomorepage3.org/</a>
Rewind Reframe :	<a href="http://www.rewindreframe.org/">http://www.rewindreframe.org/</a>
Scarleteen:	<a href="http://www.scarleteen.com/">http://www.scarleteen.com/</a>

## Prevention or Education resources

VAW training resources:	<a href="http://tiny.cc/nkm4ax">http://tiny.cc/nkm4ax</a>
My dangerous loverboy :	<a href="http://www.mydangerousloverboy.com/">http://www.mydangerousloverboy.com/</a>
Love is nice - escape the trap :	<a href="http://tiny.cc/k1m4ax">http://tiny.cc/k1m4ax</a>
So you got naked online :	<a href="http://tiny.cc/h2m4ax">http://tiny.cc/h2m4ax</a>
With friends like these :	<a href="http://tiny.cc/e3m4ax">http://tiny.cc/e3m4ax</a>
Consequences :	<a href="http://tiny.cc/as39ax">http://tiny.cc/as39ax</a>
Time for T.E.A. :	<a href="http://tiny.cc/53m4ax">http://tiny.cc/53m4ax</a> (LGBT National Youth Council)
We are man :	<a href="http://tiny.cc/64m4ax">http://tiny.cc/64m4ax</a> (End Violence Against Women)
Megan's Story :	<a href="http://tiny.cc/a6m4ax">http://tiny.cc/a6m4ax</a>
Strong choices:	<a href="http://tiny.cc/56m4ax">http://tiny.cc/56m4ax</a>
Gang associated sexual exploitation and violence :	<a href="http://tiny.cc/9l39ax">http://tiny.cc/9l39ax</a>
TED talk with Jackson Katz :	<a href="http://tiny.cc/8jn4ax">http://tiny.cc/8jn4ax</a>
This is Abuse :	<a href="http://thisisabuse.direct.gov.uk/">http://thisisabuse.direct.gov.uk/</a>
Tom Ska Sex Talk :	<a href="http://tiny.cc/p8m4ax">http://tiny.cc/p8m4ax</a>
Bish:	<a href="http://bishuk.com/">http://bishuk.com/</a>
Give 'n' Get project :	<a href="http://www.givenget.info/">http://www.givenget.info/</a>
TED X Talk Gary Wilson: The great porn experiment :	<a href="http://tiny.cc/jv39ax">http://tiny.cc/jv39ax</a>
Alan Bissett on being a lad and pornography (BBC Radio 4 Iplayer):	<a href="http://www.bbc.co.uk/programmes/b039d1fp">http://www.bbc.co.uk/programmes/b039d1fp</a>

Rape Crisis Scotland, Tara House, 46 Bath Street, Glasgow G2 1HG  
[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)  
Email: [info@rapecrisisscotland.org.uk](mailto:info@rapecrisisscotland.org.uk)  
Helpline 08088 01 03 02 (Every day, 6pm to Midnight)