

RAPE CRISIS SCOTLAND



**PREVENTION
PROGRAMME**

The Rape Crisis Sexual Violence Prevention Programme



Rape Crisis Scotland is funded by the Scottish Government to deliver its national Sexual Violence Prevention Programme, which provides free, high quality educational workshops to young people (aged 11 – 25) in schools and youth settings in every local authority area in Scotland. Rape Crisis Centres are the lead specialists working to end sexual violence across Scotland, and together bring decades of experience supporting survivors of sexual violence and delivering prevention work.

The Prevention Programme's primary purpose is to support young people to develop the skills needed to build safe, equal and positive relationships based on consent.

It is underpinned by an intersectional gendered analysis, which enables young people to explore how gendered power dynamics, social norms and structures allow sexual and gender based violence to thrive. It helps young people to recognise sexual violence when they see it, and challenge the harmful attitudes and behaviours that enable it to occur. The programme takes a participatory and inclusive approach and recognises the importance of engaging boys and young men in the solution as a means of preventing sexual violence.



The Rape Crisis Sexual Violence Prevention Programme

Prevention workshops cover four key topics: **Consent, Power, Understanding Sexual Violence** and **Pornography**. Each workshop:

- Is free to access
- Is adapted for three age groups (S1-2, S3-4, S5-6)
- Is designed to be delivered within a single class period
- Contains both a skills-based and knowledge-based activity to encourage putting learning into practice
- Explains our Child Protection procedures
- Signposts to resources and support services for young people who have been affected by sexual violence



The Prevention Programme is designed to be adaptable to meet the needs of local areas, schools and youth settings. The programme is delivered by specialist Prevention Workers who are located across 17 local Rape Crisis Centres. You can get in touch with your local Rape Crisis centre [here](#) to find out more about accessing the programme.



Programme Topics



Consent

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

Power

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





Understanding Sexual Violence

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

Pornography

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



A Holistic Approach to Preventing Sexual and Gender-Based Violence

We work extensively with partners to ensure that the Prevention Programme works to complement and enhance other approaches being taken to prevent sexual and gender-based violence in schools.

The Prevention Programme promotes children's right to protection from violence and abuse in line with **UN Convention on the Rights of the Child**. It has been designed to complement the national **Curriculum for Excellence (CfE)** and to make a valuable addition to the delivery of **Relationships Sexual Health and Parenthood (RSHP)** education Experiences and Outcomes.

We have worked closely with Education Scotland to strengthen schools' understanding of the way that the **Rape Crisis Prevention Programme** and the **Mentors in Violence Prevention Programme (MVP)** complement each other as part of a holistic approach to curriculum delivery. Rape Crisis Prevention workshops are delivered by practitioners with specialist expertise on sexual violence prevention, and MVP uses a peer education model whereby senior pupils are trained to deliver workshops exploring scenarios related to gender based violence to younger pupils, so the programmes can work in tandem to strengthen the school curriculum.

Rape Crisis Scotland has also developed **Equally Safe at School (ESAS)**, an online intervention supporting schools to implement a whole school approach to preventing gender-based violence. It comprises six key parts; whole school assessments, a pupil-led action group, staff training, policy development, curricular enhancement and a pupil-led school campaign. Existing programmes, such as the Prevention Programme and the MVP Programme, all contribute to a whole school approach and the ESAS tools can be used to ensure a comprehensive and holistic approach.

Rape Crisis Scotland also worked with the Scottish Government and Zero Tolerance to lead on the development of the first ever national schools gender-based violence guidance: **Preventing and responding to gender based violence: a whole school framework**. You can access the GBV Framework [here](#).



Outcomes Mapping

A Curriculum for Excellence: Outcomes and Experiences

- I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. *HWB 4-45b*
- I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. *HWB 4-46c*
- I recognise that power can exist within relationships and can be used positively as well as negatively. *HWB 4-45a*
- I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. *HWB 4-46a*
- I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it. *HWB 2-49a*
- I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse. *HWB 4-49b*
- I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. *HWB 4-46b*

Rape Crisis Sexual Violence Prevention Programme: Outcomes

Consent

- I understand what consent means
- I understand how power can influence giving consent
- I feel more confident practising consent

Power

- I understand how power can influence sex and relationships
- I feel more able to recognise power dynamics within relationships
- I feel more confident creating equal relationships

Understanding Sexual Violence

- I understand how sexual violence is an abuse of power
- I feel more able to recognise sexual violence when I see it
- I feel more confident challenging the attitudes that enable sexual violence to exist in society

Pornography

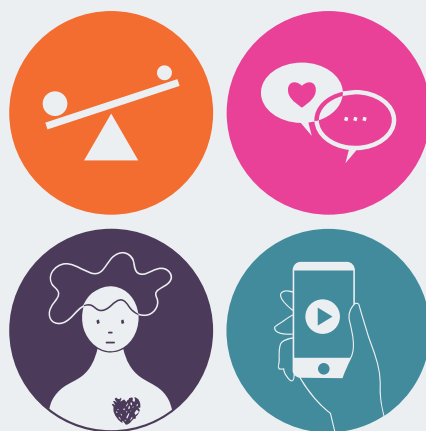
S1-2

- I understand how our world can influence expectations around sex and relationships
- I feel more able to develop relationships that feel good for me and others

S3-4

- I understand how pornography creates 'sexual scripts'
- I understand how pornography can reinforce stereotypes (for example, about people's gender, race, sexual orientation or disability)
- I feel more able to develop sexual relationships based on consent and equal pleasure





Rape Crisis Scotland Helpline (for anyone aged 13+)
08088 01 03 02

**Information about other support services is
available [here](#).**

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We acknowledge the support of the Scottish Government
through a Delivering Equally Safe Fund Grant and a CYPFEIF
and ALEC Fund Grant.

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