

Child Rights and Well-being Impact Assessment (CRWIA) of Rape Crisis Scotland's National Sexual Violence Prevention Programme

March 2023

1. Summary of Programme

Rape Crisis Scotland (RCS) is Scotland's leading organisation working to end sexual violence. RCS raises awareness of the prevalence and impact of rape, sexual assault and abuse, advocates for better health, justice and community responses, and works to make sure that no matter what happened or when, survivors can access specialist support.

Our national sexual violence prevention programme was launched in April 2013. It followed a consultation with the Rape Crisis services and external stakeholders, which identified a need for national support to coordinate and support prevention work with children and young people (CYP) in Scotland, and to develop a national sexual violence resource pack. The materials were externally evaluated in 2015.¹

Prevention Workers from all 17 Rape Crisis Centres, from the Western Isles to the Scottish Borders, deliver workshops in schools and youth groups in their areas, working in partnership with these settings to best meet their needs. Workshops are offered on seven different topics: gender, consent, sexual violence, pornography, the impact of sexual violence and available support, social media, and effective prevention and intervention. The workshops are adapted for four different age groups (S1-2, S3-4, S5-6, and 18-25 year olds). As of November 2022, workshops from Prevention Workers have reached over 122,435 young people since the programme started in 2013.²

The programme collects evaluation data from CYP workshop participants after each session, and from the Prevention Workers delivering the sessions every quarter.

The prevention programme is funded by the Scottish Government, via the Children, Young People and Families Early Intervention Fund and the Delivering Equally Safe Fund.

2. What aspects of the policy/measure will affect children and young people up to the age of 18?

The national prevention programme is funded to be delivered for ages 11-25, and as outlined above, has material designed for four different age/stage groups. The programme is funded to be delivered in all local authorities in Scotland.

The vast majority of CYP who come into contact with the programme will do so in their school setting, where most of the programme's workshops are delivered. From April 2021 - March 2022, the programme reached over 27,952 young people in 181 school settings across Scotland.

The resource pack has also been created to be used by Rape Crisis centres to deliver the programme. A sample of the resource pack is available on the Rape Crisis Scotland website.³

3. What likely impact – direct or indirect – will the policy/measure have on children and young people?

¹ An Independent Evaluation of Rape Crisis Scotland's Sexual Violence Prevention Project (2015) <https://www.rapecrisis-scotland.org.uk/files/final-evaluation-report-26-04.pdf>

² 16 Days of Action 2022: Prevention and Speaking Out. Parliamentary Briefing by Rape Crisis Scotland (2022) <https://www.rapecrisis-scotland.org.uk/resources/16-Days-of-Action-Prevention-and-Speaking-Out.pdf>

³ <https://www.rapecrisis-scotland.org.uk/files/rcs-preventing-sexual-violence-sample-version1.pdf>

The programme has been developed specifically to be delivered to CYP, with young people up to the age of 25 being included. There will be direct impact for CYP taking part in the programme's workshops delivered by Rape Crisis Prevention Workers. The workshops and resource pack material are designed to have positive impact in the lives of CYP, helping them to understand, discuss, and feel supported in accessing support in regards to sexual violence. Feedback from CYP who have taken part in the sessions to date suggests overwhelmingly positive direct impact.

The programme will also have indirect impact on CYP. The workshops and resource pack are designed to ultimately deliver a safer and fairer environment for young women and girls to grow up in, in line with the aims of Equally Safe, Scotland's National Strategy to Prevent and Eradicate Violence Against Women and Girls.⁴ For example, the workshops raise awareness of harmful sexual behaviours, laws regarding consent, and how to access support services. Young people sharing this information with their peers outside of the workshop sessions will lead to indirect positive impact for other young people who do not have access to the sessions.

4. Which groups of children and young people will be affected?

The programme has been developed to be inclusive of all CYP. The vast majority of workshops are delivered to children and young people of school age (13-17). Data is collected on the age and gender of participants in the workshops (on an 'opt-in' basis, so not recorded for every participant). From April 2021 - March 2022, the programme reached over 27,952 young people in 181 school settings across Scotland. These young people include girls and young women (47.8%), boys and young men (51.6%), and gender queer and non-binary people (0.6%).⁵

Other equalities data, such as ethnicity, sexual orientation, religion, and disability status, are not currently collected by the programme. A recent Anti-Racism Review of Rape Crisis Scotland's Early Prevention Programme's Curriculum found that there are opportunities for the workshop materials to be developed to better address, represent, and respond to the experiences of young people of colour. One recommendation was to include specific evaluation questions aimed at gathering data on the workshop experiences of young people of colour.⁶ A recent scoping project by Three Sisters Consultancy on sexual violence prevention for young people with additional support needs (ASN) in Scotland also recommended that a specific question regarding additional support needs be added to the participant feedback form.⁷ We will explore how we can best gather this data without compromising CYP's privacy in a school setting and in observance of GDPR principles.

We are currently undertaking a review of the programme's materials. We expect that the programme will continue to be mostly delivered to children in the age bracket of 13-17 in secondary school settings. This is because research suggests that prevention of gender-based violence is most effective in this age bracket and this setting.⁸ This approach will

⁴ Equally Safe, Scotland's Strategy to Prevent and Eradicate Violence Against Women and Girls (2017) <https://www.gov.scot/publications/equally-safe-scotlands-strategy-prevent-eradicate-violence-against-women-girls/>

⁵ Percentages drawn from participant feedback in which information regarding gender was disclosed (48% of all responses).

⁶ Rape Crisis Scotland Early Prevention Programme Curriculum: Anti- Racism Review. Briana Pegado (2022). Publication forthcoming.

⁷ Sexual violence prevention for young people with Additional Support Needs (ASN) in Scotland: a scoping project. Three Sisters Consultancy (2022). Publication forthcoming.


⁸ Piolanti A, Jouriles EN, Foran HM. Assessment of Psychosocial Programs to Prevent Sexual Violence During Adolescence: A Systematic Review and Meta-analysis. *JAMA Netw Open.* 2022;5(11):e2240895. doi:10.1001/jamanetworkopen.2022.40895

also allow Rape Crisis Centres to continue developing meaningful partnerships with local schools.

5. Will this require a CRWIA?

Yes. We know from our evidence base that the programme impacts a high number of CYP in Scotland, both directly and indirectly. We are also currently undertaking a review of the prevention programme materials, expected to be completed by the summer of 2023. In order to inform this review, better understand the impact of the programme, and identify areas of the programme which require further development, a CRWIA is required.

Signed by:



22nd March 2023

Kathryn Dawson

Director of Prevention & Training



22nd March 2023

Sandy Brindley

Chief Executive Officer

The CRWIA

1. Which articles of the UNCRC does this policy/measure impact on?

There are 54 UNCRC Articles. Listed below are the articles that most closely align with the work of Rape Crisis Scotland's national prevention programme

<p>Article 2 non-discrimination</p>	<p>Rape Crisis Scotland recognises that the UNCRC applies equally to all children and young people regardless of race, sex, gender, religion, or disability. All of our services operate on the basis of upholding the rights of CYP to non-discrimination.</p> <p>We deliver our prevention programme workshops to CYP in schools and youth groups across the country. The workshops are designed to be accessible to all CYP. The workshops take an intersectional approach: as well as engaging with gender inequality and gender-based violence, the workshops include information on how other forms of discrimination relate to, and compound, gender-based violence. For example, workshops explore how particular forms of gender-based violence are perpetrated against members of the LGBT+ community, and how pornography may encourage discrimination by embedding harmful stereotypes relating to race, sexuality, or disability. Feedback from young people in these sessions shows that these inclusions are well-received, for example, one 14 year old participant disclosing 'I liked the inclusion of the LGBTQ+ situation', and another stating that the most important thing they learned in the session was 'how many minorities such as LGBTQIA+ people are sexualised in media'.</p> <p>Workers adapt workshops to be as accessible and non-discriminatory as possible based on feedback received from young people. For example, a worker in Moray recently reported creating a video resource that introduces the centre, based on feedback from young people that having too many written materials can be hard to take in.</p> <p>In Rape Crisis Scotland, we have created an organisational Anti-Racism group that coordinates anti-racism work across the whole organisation. We also have a prevention-focused anti-racism working group with Prevention Workers to ensure anti-racism is being addressed within the prevention programme.</p> <p>We are currently reviewing our workshop material to ensure that it is as relevant and as inclusive as it can be. A recent anti-racism review into the prevention programme materials made a number of recommendations, including the training of workers in anti-racism, a re-design of the curriculum to better reflect the experiences of young people of colour, and a system of disclosure for young people of colour who have experienced racist trauma and abuse. A recent scoping report into prevention work with young people with additional support needs (ASN) also made a number of recommendations to improve accessibility for young people with ASN, relating to similar themes of training for workers and revision of the curriculum to better meet the needs of CYP with ASN. Recommendations from the review and the scoping report will be considered as part of our current review of prevention programme materials, and embedded to the greatest extent possible within current funding restrictions. We have applied for additional funding from the Scottish Government's Children, Young People, Families and Adult Learning Third Sector</p>
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	<p>Fund to support the systematic work required for full embedding of these recommendations.</p>
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<p>Article 3 best interest to be a primary consideration</p>	<p>We are committed to making the best interests of CYP a primary consideration in creation, development, and delivery of the programme. Some examples of how we embed children’s best interests into the work of the prevention programme include:</p> <ul style="list-style-type: none"> • Some of the prevention programme’s materials being developed with CYP to ensure they are as relevant and meaningful as possible for other CYP • Staff being regularly trained in the dynamics of gender-based violence, trauma-informed working, child protection, and children’s rights • All sessions beginning and ending with signposting to specialist support services in case participants have been affected by sexual violence
<p>Article 6 the right to life, survival and development</p>	<p>Gender-based violence impacts heavily on a child’s right to life, survival, and development. In the most extreme cases, gender-based violence may involve domestic homicide, or the victim taking their own life. More commonly, in relation to this right, it manifests as direct negative impact on the victim’s health, wellbeing, and development, often over long periods of time.</p> <p>The prevention programme seeks to ultimately prevent gender-based violence by enabling young people to explore the issue, and helping them to develop their knowledge on harmful behaviours, supporting legislation, and specialist support services. While it is impossible to truly quantify the extent to which the programme has prevented, or lessened, the negative impact of gender-based violence on the right to life, survival and development of young people in Scotland, feedback from young people in the last year suggests that it has a positive impact in doing so. For example. 90% of respondents said they ‘strongly agreed’ or ‘agreed’ that after their prevention programme workshop(s), they now knew where they or a friend could go for support if they experienced gender-based violence. This may, for some young people, be life-saving.</p>

[Article 12](#) respect for the views of the child

We recognise how essential meaningful participation is in upholding the rights of CYP, and have incorporated at all stages of creation, development and delivery of the programme. Some of the prevention programme materials were developed with CYP when initially created in 2013. Feedback is collected from all workshop participants, including feedback on their experiences of the session, what they learned during it, and what future sessions they would like to have. This feedback informs the development and planning of future workshops. Some examples of recent changes workers have reported making to workshops based on feedback from young people include:

- 'I use phrases pupils have come up with in sessions e.g. "Anything that isn't a yes is a no".' (Prevention Worker in Forth Valley)
- 'I adapted my professional practice based on last quarter with regards to asking individual students answers. Instead, I've gone more for small group discussion and the use of post it notes to make students feel more comfortable relaying their thoughts/answers' (Prevention worker in Moray)

Young people are also involved in designing and delivering elements of the prevention work. From Oct 21 - September 22, over 200 young people were involved in delivering prevention work across Scotland as part of the prevention programme. For example, recent work undertaken by Youth Ambassadors at RASAC Perth and Kinross included a takeover of Young Scot's Instagram to bust myths relating to sexual violence, and the development of a drop-in support service for local young people if they have experienced sexual violence.

[Article 13](#) freedom of expression

The prevention programme workshops are designed to facilitate discussion within groups of CYP. Workers report working to create environments which foster collaboration and discussion:

'As a consequence of the pandemic and the lack of outside speakers young people have had, they were finding it difficult to speak out in large class settings, especially when the topics were surrounding sensitive subjects like sexual violence. I have therefore adapted the workshops to become more group based with interactive activities and discussions to allow young people to feel more comfortable expressing their thoughts and opinions.' (Prevention Worker in Glasgow)

As outlined previously, views of all CYP taking part in the session are sought via feedback forms, which in turn inform the development and delivery of future sessions.

[Article 14](#) freedom of thought, belief, and religion

We respect the beliefs and religions of all CYP that we work with. A recent anti-racism review commissioned by Rape Crisis Scotland into the prevention programme materials found opportunity to include more helpful representation of how religion can intersect with issues relating to sexual violence. This recommendation will be incorporated into the current review of materials.

<p>Article 16 protection of privacy</p>	<p>We uphold the rights of CYP to privacy in all matters relating to them. Our workshop feedback forms ask for explicit consent to share anything that a CYP discloses. All workers are trained in child protection and children’s rights, and would not share any information that may identify a child or young person unless strictly necessary as part of safeguarding procedures. Our workshop feedback forms do not ask for names, and no photographs are taken during workshops.</p>
<p>Article 17 child's access to information, and role of mass media</p>	<p>The role of mass media is a subject in several of the prevention programme’s workshops. The workshop on Sexualisation looks in depth at the role of advertising and the media in the perpetration of gender-based violence. 92% of participants over the last year stated that they ‘strongly agreed’ or ‘agreed’ that as a result of the workshop, they increased their understanding about how the media can influence behaviours, thoughts, and feelings about sex.</p> <p>Workers adapt sessions to ensure that they are as relevant as possible to CYP experiences of the media. For instance, one worker shared: ‘I am always checking in with young people about the particular language they are using, and the kind of media that they are consuming, in order to make workshops as engaging and relevant to the young people’s lives as possible I listen to what they have to say about the social media platforms they are using, the TV shows they are watching, and the celebrities that they are interested in so that I can meet them where they are at, and engage with them on their level, using examples and scenarios that feel relevant to them.’ (Prevention Worker in East and West Dunbartonshire)</p>
<p>Article 19 protection from all forms of violence</p>	<p>The prevention programme exists to challenge, educate, and ultimately eradicate gender-based violence in Scotland. In line with Equally Safe, Scotland’s Strategy to Prevent and Eradicate Violence Against Women and Girls, it prioritises prevention and early intervention as key tools in ending violence against women.</p> <p>While it is impossible to truly quantify the extent to which the programme has prevented, or lessened, gender-based violence in Scotland, feedback from young people taking part from workshops in the last year suggests that they are better informed about consent, laws relating to sexual violence, and where to go for advice and support, as a result of the workshops. Young people also gave feedback on how the workshops better helped them to understand the ‘scale’ of sexual violence, and how relatively ‘low-level’ behaviours that go unchallenged can lead to more violent and harmful behaviours in the future. One young person said ‘the most important thing I learned was how these "small" things, like stereotypes, can often lead to much worse behaviour’.</p>
<p>Article 23 rights of disabled children</p>	<p>We work with schools to ensure that CYP with additional support needs are supported to take part in our workshop sessions. Our workshop content explores how other forms of discrimination, including disability, relate to, and compound, gender-based violence. RCS recently commissioned a scoping project on sexual prevention programmes for young people with additional support needs from Three Sisters Consultancy. Recommendations from this will be considered as part of our current review of prevention programme materials, and embedded to the greatest extent possible within current funding restrictions. We have applied for additional funding from the Children, Young People, Families and Adult Learning Third Sector Fund to support the full embedding of these recommendations.</p>

<p>Article 28 right to education</p>	<p>The Prevention Programme seeks to educate and inform CYP in Scotland on a range of issues relating to gender-based violence. The workshop content is designed to fit in to the Curriculum for Excellence, expanding significantly upon the current Relationships, Sexual Health and Parenthood education offered in Scotland. While the prevention programme is not part of statutory education, Prevention Workers work to foster relationships with schools in their area, resulting in repeat invitations to give workshops. We also work with national partners including the Scottish Government to ensure work around GBV is coordinated and to contribute to improvements in CYP's experience of and access to such education, beyond our own programme.</p>
<p>Article 29 aims of education</p>	<p>The prevention programme works to uphold this article, in particular section (d) (the preparation of the child for responsible life in a free society, in the spirit of understanding, peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin;). It does this through ensuring CYP are better informed about gender-based violence and what it looks like, how it intersects with a variety of protected characteristics, and where specialist support is available. It also works to challenge inequality and discrimination and to encourage positive relationships across different backgrounds and experiences.</p>
<p>Article 30 child's belonging to a minority background having access to that minority's culture, religion and language</p>	<p>We respect the beliefs and religions of all CYP that we work with. Prevention Workers ensure that sessions are supportive of CYP rights to have access to their culture, religion and language. For example, one worker reported: 'I was informed after one session that a student couldn't fill out the evaluation form because his first language isn't English. As a result I forwarded a copy of our new prevention resource in Arabic for the student in question. I have now put in place measures to ensure similar students are able to take part as much as possible, which includes checking with teachers before each session for language barriers and carrying hard copies of our resource in all the additional languages we have produced' (Prevention Worker in Edinburgh).</p> <p>We have developed a series of such translated materials with support from partners at Shakti Women's Aid, which are now available in Urdu, Polish and Arabic to support all of our programme delivery, and are also being distributed by Shakti Women's Aid to families they support.</p>
<p>Article 34 sexual exploitation</p>	<p>The Prevention Programme delivers workshops on pornography. Upon completion of the workshop, 100% of respondents in the last year stated that they strongly agreed or agreed with the statement 'I know more about the pornography industry and how it can take advantage of some people who work in it.' The programme also helps to challenge the causes of sexual exploitation by exploring consent and mutuality in sexual relationships, and how power and coercion can be used as part of exploitation.</p>

<p>Article 39 rehabilitation and reintegration of victims of violence</p>	<p>The prevention programme is delivered by workers from local Rape Crisis centres, which offer specialist support to victims of sexual violence. The workshops make signposting to specialist services a fundamental part of the workshop, with success: in 2021-22, 90% of workshop participants stated that after the workshop, they now know where they or a friend could go for support if they experience sexual violence. Centres report substantial increases in overall numbers of young people accessing support since the programme started.</p> <p>Workers also continue to adapt sessions to ensure that support services remain relevant and accessible to all participants, for instance, one worker reported: 'I am also adding to the list of support services available to students during each of my workshops, to include services available to young boys and men. I have had a number of male students comment that they wouldn't know where to go for support if they experienced sexual violence.' (Prevention Worker in Edinburgh).</p>
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2. What impact will your policy/measure have on children's rights?

The prevention programme has a positive impact on all of the rights outlined above. The prevention programme has a particular positive impact on Article 12 (respect for the views of the child), Article 19 (protection from all forms of violence), Articles 28 and 29 (the right to education and the aims of education), and Article 39 (rehabilitation and reintegration of victims of violence). Examples of positive impact on specific rights are outlined in our response to the previous question.

As a duty bearer, we will continue to build on the positive impact of this programme by undertaking further work to realise children's rights. We are currently working to review, update, and improve our prevention programme materials, based on feedback from CYP and Prevention Workers. We have applied for additional funding from the Children, Young People, Families and Adult Learning Third Sector Fund to ensure we can fully embed recommendations made in a recently commissioned anti-racism review into our materials, and recommendations from a scoping project into prevention programme delivery for CYP with ASN.

These recommendations include further training for RCS prevention workers, creating and adding to session content to better reflect the experiences of young people of colour and disabled young people, increasing understanding of all participants of how racism and ableism can intersect with and compound sexual violence, and including evaluation questions aimed at capturing and monitoring the experiences of young people of colour and disabled young people in the sessions.

Incorporation of these recommendations will strengthen a number of children's rights, particularly Article 2 (non-discrimination), Article 12 (respect for the views of the child), Article 23 (rights of disabled children), and Article 30 (child belonging to a minority background having access to that minority's culture, religion and language).

3. Will there be different impacts on different groups of children and young people?

We have identified no negative impacts on the rights of children and young people from the Prevention Programme. We recognise that there may however be different experiences in groups of CYP taking part in the workshops, particularly in regards to gender. The workshop content reflects the gendered nature of sexual violence, which is overwhelmingly

perpetrated by boys/young men towards girls/young women.⁹ As outlined previously, the gender distribution of workshop participants is largely representative of the population as a whole, meaning an equal distribution of boys/young men and girls/young women, and around 1% of workshop participants being non-binary.

Gendered experiences of the workshops could manifest in a number of different ways. For instance, it would be much more likely that a young woman taking part in a workshop will have experienced gender-based violence than a young man. If discussing the subject is triggering for her, her right to participate (Article 12) may be impacted. Rape Crisis Prevention Workers are trained in trauma-informed working and minimise this risk through acknowledging the prevalence of sexual violence, outlining where support is available, and managing discussions so that they are respectful. The format of workshops is also important in order to ensure that survivors are able to participate, and workers adapt this according to need. For instance, one prevention worker shared: 'I split the singular workshops in two parts to allow young people to discuss issues without feeling rushed. This was welcomed by both young people and school staff as they had time to settle in, familiarise with me and create a safe and comfortable space for the young people to start share their thoughts and experiences.' (Prevention Worker, East and West Dunbartonshire).

Feedback from workers and from participants shows that boys and young men can sometimes feel the workshops focus too much on male perpetration of violence. Prevention workers work to maintain the balance between representing the reality of sexual violence, which is overwhelmingly perpetrated by men towards women, and ensuring that boys and young men feel fully able to realise their right to participate in the sessions. Examples from workers include:

- 'Due to the comments of 'what about men' and young boys feeling excluded from the sexual violence discussion, I have added some statistics regarding other genders. This has been useful to show young men the disproportionate affect on female survivors in an inclusive but factual way.' (Prevention Worker from Glasgow)
- 'I continue to try and adopt a more inclusive approach by addressing male survivor statistics whilst at the same time highlighting the fact that perpetrators are almost always male.' (Prevention Worker from Argyll and Bute)

Varying experiences of the workshops may also arise depending on other protected characteristics and experiences of the participants, such as race, religion, ability, and sexual orientation. While no impact on the rights of particular groups of CYP has been identified in session feedback from CYP, we will work to incorporate the recommendations from the anti-racism review and the ASN scoping project to improve the quality of data gathered from young people to allow us to better monitor this, while continuing to ensure protection of CYP privacy. This is part of our ongoing work to monitor, assess and review the feedback from participants and from Rape Crisis Centre workers to address any discernible impact on particular groups of young people.

⁹ Scottish Crime and Justice Survey 2019/20 (2020) [shorturl.at/aexzR](https://www.scotland.gov.uk/Information/Statistics/2020/01/Scottish-Crime-and-Justice-Survey-2019-20); National Education Union and UK Feminista, 2017. "It's just everywhere": A study on sexism in schools – and how we tackle it. Available: <https://ukfeminista.org.uk/wp-content/uploads/2017/12/Report-Its-just-everywhere.pdf>

4. If a negative impact is assessed for any area of rights or any group of children and young people, can you explain why this is necessary and proportionate? What options have you considered to modify the proposal, or mitigate the impact?

No negative impact of the prevention programme on the rights of any children and young people has been identified. As outlined in our response to question 3, where we have identified any potential risks for rights to be impacted, we work to adapt and develop session material to mitigate this.

5. How will the policy/measure contribute to the wellbeing of children and young people in Scotland? Outline how the implementation of the policy/measure will support public bodies in Scotland to meet their duties to safeguard, support and promote the wellbeing of children in their area, with wellbeing defined by eight wellbeing indicators. The indicators are: Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, and Included.

The wellbeing of children and young people in Scotland is measured against the eight wellbeing indicators outlined in the Scottish Government's Getting it Right for Every Child framework. The indicators are: Safe; Healthy; Achieving; Nurtured; Active; Respected; Responsible; and Included, often abbreviated to the acronym, SHANARRI. Using the SHANARRI indicators, Rape Crisis Scotland's Prevention Programme will have the following impact on CYP:

Safe - We believe that everyone deserves to live free from the fear and threat of sexual violence. Our workshop sessions are designed and delivered as part of a programme which seeks to address and ultimately eradicate sexual violence and its impact. Local Prevention Workers are PVG-certified, and they are trained in child protection and trauma-informed working. Every session starts and ends with safety and support information, and an explanation of the programme's child protection obligations. Young people will be advised of who they can speak to during the session, and information will be shared on how to access specialist services. Prevention Workers report any concerns to the school/education provider's designated Child Protection officer before leaving the premises, and where appropriate, Rape Crisis centres may continue to liaise with the school or lead professional to promote a young person's safety or wellbeing.

Healthy - Sexual violence impacts heavily on mental and physical health. A core part of the prevention programme is to educate CYP on where they can go for support if they experience sexual violence. Accessing support is a crucial stage of recovery from sexual violence. Our objective in signposting to support services is to reduce the chance of self-harm, suicide, and further harm and trauma.

Achieving - Sexual violence and associated behaviours impact on the school experiences and educational outcomes of young victims. 25% of 11-to-16 year old girls state that concerns over potential harassment made them consider whether or not to speak out in class.¹⁰ Our prevention programme seeks to empower anyone impacted by sexual violence to know that it is not their fault, and that support is available. It also communicates to young perpetrators of sexual violence that their behaviour is not acceptable.

Nurtured - Prevention Workers work to create sessions that feel safe and comfortable for participants. Information is provided at the beginning and end of sessions regarding safety and access to support services, and prevention Workers are trained in identifying and responding to sexual violence-related trauma. Feedback from young people in the sessions supports the safe and nurturing structure of the sessions: one young person said 'no one

¹⁰ Girlguiding UK (2015) Available at: <https://www.girlguiding.org.uk/globalassets/docs-and-resources/research-and-campaigns/girls-attitudes-survey-2015.pdf>

judged what was said and it made me feel comfortable' (aged 17). Another reported '[the session] was very inclusive' (aged 15).

Active - Gender-based violence impacts negatively on women and girls' participation in society. This is particularly evident in a school environment: 11-to-16 year old girls said that harassment impacted what they wear (55%), their body confidence (55%), where they go (34%), and how they use social media (35%).¹¹ The programme works to empower all young people, and particularly girls and young people, to understand their rights and the law in regards to sexual violence, and to know what they can do if they experience it. As outlined in our response to question 1, CYP participation plays an active, central role in design and delivery of the prevention programme, and we will continue to build on the programme's facilitation of young people taking active leadership roles in addressing and preventing sexual violence in their communities.

Respected - Respect is a crucial part of preventing sexual violence. Our workshop content is designed to highlight how a lack of respect is directly related to harassment and violence, for example the harms that are linked to the sexualisation of women and girls, and the sexual behaviours shown in many forms of pornography. Respect for the views of CYP is fundamental to how the prevention programme is designed and delivered. As outlined elsewhere in this CRWIA, CYP play an active role in creating and delivering prevention work. Feedback data from CYP participants is collected in each session delivered, and used to inform and develop the delivery of sessions.

Responsible - Our prevention programme aims to empower CYP to be responsible for their actions. In our sessions, we facilitate discussion using scenarios and examples to help CYP reach conclusions about what kinds of behaviours they think are safe and fair. We encourage young people to understand that responsibility for sexual violence lies with the perpetrator, not the victim. One of our learning outcomes is 'The session has helped me to be clear that it's my responsibility to find out whether or not a sexual partner consents, and to respect their wishes'. Feedback from young people suggests that this message of responsibility is being heard: 'consent' and 'how important consent is' consistently emerges as one of the strongest themes in responses to the question 'what is the most important thing you learned today'.

Included - Our prevention programme workshops and resources have been designed to be delivered to all CYP. Existing materials include examples relating to how disability, race, and sexuality can intersect with how victims and perpetrators are seen, and what barriers exist to support. As examples throughout this CRWIA demonstrate, workers endeavour to create an inclusive environment for the CYP taking part in sessions, taking care with terminology, examples, and statistics, in order to make the sessions as relevant as possible. As outlined elsewhere in this CRWIA, we are currently undertaking work to review materials, and will be incorporating recommendations made in a recent anti-racism review, and a recent scoping project into providing prevention services for young people with ASN, into the materials review to the extent possible within current funding restrictions. Additional funding is being sought from the Children, Young People, Families and Adult Learning Third Sector Fund to allow for full integration of the recommendations from both the anti-racism review and the scoping project. Feedback from CYP relating to inclusion will also be incorporated into the materials review.

¹¹ *ibid.*

5. How will the policy/measure give better or further effect to the implementation of the UNCRC in Scotland?

The prevention programme gives better and further effect to the implementation of the UNCRC in Scotland by providing CYP with education, support, and opportunities to meaningfully participate. Running in partnership with education settings and youth groups, the programme reaches thousands of CYP every year. Its offering is unique to the Scottish education landscape. CYP rights are embedded throughout the programme, from its inception to its delivery. Now in its tenth year and continuing to evolve, it is a prime example of a programme that has been developed with CYP, for CYP, with children's rights embedded throughout it.

The prevention programme also acts as a best practice example to other agencies on the implementation of the UNCRC in gender-based violence work. The programme's Prevention Workers work in close partnership with local government, statutory and third sector organisations, including social work, the NHS, education, charities, police and sexual health among others, as well as multi-agency and gender-based violence partnerships.

Learning from the programme is also fed into Scottish Government policy and practice, for example in the Gender-Based Violence in Schools Working Group, the Gender Equality Taskforce in Education and Learning, and the Mentors in Violence Prevention Steering Group. We have also met directly with the Cabinet Secretary for Education and Skills to explore how the rights of CYP in relation to gender-based violence can be integrated into the Educational Reform process.

6. How have you consulted with relevant stakeholders, including involving children and young people in the development of the policy/measure?

As outlined elsewhere in this CRWIA, CYP are actively engaged throughout the creation, development, and delivery of the prevention programme sessions and materials. Some of the prevention programme materials were developed with CYP when initially created in 2013. Feedback is collected from all workshop participants, including feedback on their experiences of the session, what they learned during it, and what future sessions they would like to have. This feedback informs the development and planning of future workshops. CYP are also involved in delivering elements of the prevention programme.

CYP feedback is essential to development of the programme. As evidenced throughout this CRWIA, workers continually make adaptations and changes to programme materials and delivery based on feedback they receive from CYP. Our current review of prevention programme material will further embed recommendations made by CYP in their feedback. Rape Crisis Prevention Workers, who deliver the sessions, also submit feedback on their experiences and learning for each quarter, which is used to further develop the programme and its materials.

As outlined previously, we have also sought guidance from experts in anti-racist practice and ASN accessibility to provide us with recommendations for the prevention programme's development. These will be considered in our current review of programme materials, and additional funding has even sought from the Children, Young People, Families and Adult Learning Third Sector Fund to allow us to fully incorporate the systematic changes recommended to improve accessibility.

7. What evidence have you used to inform your assessment?

Evaluation data is collected and collated from CYP participants in every session delivered. The data collected relates to age and gender of the participant, a number of questions regarding the session content to determine whether learning outcomes have been achieved, a question asking what the most important thing the young person learned was, and space for further feedback. Quarterly feedback is also collected from the Rape Crisis Prevention Workers delivering the sessions. To provide the most relevant and up-to-date picture of CYP experience of the prevention programme, this CRWIA has used feedback data from the previous eighteen months from both CYP participants and Rape Crisis workers. It has also used academic research as evidence to support points, which has been referenced throughout.

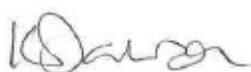
8. How will the impact of the policy/measure be monitored?

Staff in Rape Crisis Scotland are responsible for monitoring the impact of the prevention programme via the continuing evaluative data collection from both workshop participants and workers.

9. How will you communicate to children and young people the impact of the policy/measure on their rights?

We will convert the findings of this CRWIA into accessible material for CYP. We will do this by developing social media material highlighting the prevention programme, outlining specific CYP rights, and providing accessible information on how they are embedded into the prevention programme. In developing this material, we will use direct quotes (where permission has been granted) from CYP who have taken part in the sessions, to ensure that the material feels as relevant as possible to the CYP reading or watching it.

10. Sign & Date



22nd March 2023

Kathryn Dawson

Director of Prevention & Training



22nd March 2023

Sandy Brindley

Chief Executive Officer

