



# Rape Crisis National Prevention Programme

The Rape Crisis National Prevention Programme delivers high-quality evidence-based educational workshops to young people in schools and youth settings across Scotland. Prevention workers are based in local Rape Crisis centres and can work with teachers and youth workers to plan programmes to meet their needs. The programme is coordinated by Rape Crisis Scotland.

**RAPE  
CRISIS  
SCOTLAND**

[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

We acknowledge the support of the Scottish Government through the CYPFEIF and ALEC Fund and the Violence against Women and Girls Fund.





## What do teachers say?

Teachers express concerns about early sexualisation, inappropriate or abusive sexual relationships and young people's use of social media including bullying. Here are some of their comments on the programme:

**“The prevention worker developed a good relationship with the class, she set the scene well and explained why her visit was so important.”**

**“I was very impressed with layout of pack and resources... The pack tied in well with what is already being delivered within the curriculum.”**

**“Thought materials were very suitable to age group e.g. lyrics to songs they listen to; and video clips were ‘bang on for the group’”**

**“At the start she produces a laminated information sheet to let us know what she is covering, she checks that out with us immediately. She is calm, everything is measured, it is planned, the materials are excellent.”**

## Key facts about the programme:

### It complements the Curriculum for Excellence

The programme draws on a wide range of evidence from research and practice, and is designed to contribute to Curriculum for Excellence Health and Wellbeing Experiences and Outcomes, and other key frameworks such as *Getting it Right for Every Child*. It is funded by the Scottish Government and makes a key contribution to *Equally Safe*, Scotland's strategy for preventing and eradicating violence against women and girls.

### It is externally evaluated and evidence-based

Our external evaluation findings indicated the programme is highly effective in improving young people's knowledge and attitudes in relation to sexual violence. You can read the full evaluation at [www.rapecrisisscotland.org.uk/prevention-work/](http://www.rapecrisisscotland.org.uk/prevention-work/).

### It is adapted for age and stage

The programme contains a range of materials adapted for different ages and stages from secondary upwards. It offers a safe space to support young people to develop positive attitudes and behaviours by looking at key issues such as consent, gender stereotypes, the influence of media and pornography and how to access support, including key information such as the law.



## Why is the prevention programme needed?

There is growing awareness of the need to take proactive action to tackle sexual violence, and a wide range of research demonstrating how young people are affected by harassment, sexual assault, pornography and sharing of sexual and intimate images. These are problems for the whole of our society to tackle, but it is particularly important for young people to have safe spaces and sound information to help them navigate pressures and expectations around gender, sex and relationships, and to gain a clear understanding of consent and appropriate sexual behaviour. We know that many young people have been affected by sexual violence, and workshops seek to increase their access to support and protection, encouraging them to seek support from their school or another appropriate local service.

## What does the programme include?

The programme includes seven topic areas as shown on the wheel, each adapted to four age or stage groups. We worked closely with equalities agencies to ensure the materials are inclusive of all young people.

Workshops support young people to develop positive attitudes, knowledge, skills and behaviour, using a range of attractive and participatory activities.



## How do young people feel about the programme?

Feedback from young people we work with shows that 93% agree they should have access to this education. 91% said they would be more likely to recognise bullying and sexual harassment online and avoid joining in, and 97% said they understood that people have the right to change their mind about taking part in any sexual activity at any time.

Here are some of their comments:

**“Having someone from outside is good because they’re professional - they deal with it all the time.”**

**“The videos were good, strong. Point got across about consent.”**

**“Even though the discussions were serious, we will still be able to have fun.”**

**“The sessions were well thought out and presented perfectly.”**



## Arranging programmes and partnership working

Rape Crisis centres around Scotland are delivering workshops, and we work closely with partner agencies and local strategic working groups. Please get in touch if you'd like to arrange programmes or discuss ways of working together. Contact your local centre or [prevention@rapecrisisScotland.org.uk](mailto:prevention@rapecrisisScotland.org.uk).

### Edinburgh Rape Crisis Centre

(Edinburgh and Lothians): [info@ercc.scot](mailto:info@ercc.scot)

**Fife Rape and Sexual Assault Centre:** [info@frasac.org.uk](mailto:info@frasac.org.uk)

### Forth Valley Rape Crisis Centre:

[contact@forthvalleyrapecrisis.org.uk](mailto:contact@forthvalleyrapecrisis.org.uk)

**Lanarkshire Rape Crisis Centre:** [info@lanrcc.org.uk](mailto:info@lanrcc.org.uk)

**Orkney Rape Crisis:** [contact@orkneyrapecrisis.scot](mailto:contact@orkneyrapecrisis.scot)

**Glasgow & Clyde Rape Crisis** (Greater Glasgow and Clyde): [info@rapecrisiscentre-glasgow.co.uk](mailto:info@rapecrisiscentre-glasgow.co.uk)

### Rape and Sexual Abuse Centre

**Perth and Kinross:** [info@rasacpk.org.uk](mailto:info@rasacpk.org.uk)

### Rape and Sexual Abuse Service

**Highland:** [prevention@rasash.org.uk](mailto:prevention@rasash.org.uk)

### The STAR Centre (Ayrshire):

[admin@starcentreayrshire.org](mailto:admin@starcentreayrshire.org)

### Rape Crisis Grampian:

[prevention@rapecrisisgrampian.org.uk](mailto:prevention@rapecrisisgrampian.org.uk)

**Scottish Borders Rape Crisis Centre:** [info@sbrcc.org.uk](mailto:info@sbrcc.org.uk)

**Shetland Rape Crisis:** [contact@shetlandrapecrisis.scot](mailto:contact@shetlandrapecrisis.scot)

**South West Rape Crisis and Sexual Abuse Centre:** [admin@rape-crisis.org.uk](mailto:admin@rape-crisis.org.uk)

### Western Isles Rape Crisis Centre:

[info@wircc.org.uk](mailto:info@wircc.org.uk)

### Women's Rape and Sexual Abuse Centre

**Dundee & Angus:** [info@wrasac.org.uk](mailto:info@wrasac.org.uk)

## Supporting young people's participation

We also support young people to get involved, and to take action about their own concerns. Here's some of their work.



Reclaim the Night march



Presenting at a conference



Summer school with Media-Coop



Expert panel at an event at Parliament