



Rape & Sexual Abuse Support Centre  
Rape Crisis South London

National Freephone Helpline

**0808 802 9999**

12:00 – 14:30 daily

19:00 – 21:30 daily

**NATIONAL HELPLINE**





**RASASC**

rape and sexual abuse  
support centre

**RAPE CRISIS  
SOUTH LONDON**

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# Who are we?

Helpline  
Counselling  
Advocacy  
Outreach  
Prevention

# RASASC

- Have been working with survivors for over 30 years
- See 150 female clients per week for specialist therapy
- Offer specialist play therapy to girls aged 4+
- Receive between 250 to 350 helpline calls per week
- Trained 2700 education and health professionals last year
- Supported script writers in developing programmes dealing with all forms of sexual violence
- Offer a women only space for female clients who have experienced sexual violence

# Reasons for being here

- Sexual Violence is often misunderstood by society, including therapists
- Many clients come to us saying that they have found their therapists find it difficult to engage with the sexual violence they have experienced
- Occasionally we hear about therapeutic interventions which are based on lack of knowledge about sexual violence

# What is VAWG?

- Who knows the United Nations Definition of VAWG?

# Violence against Women and Girls (VAWG)

‘Any act of gender-based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women,  
including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.’

What are the 8 strands of VAWG?

# The 8 strands of VAWG are:

Domestic Violence

**Sexual violence**

Stalking and Harassment

‘Honour’ based violence

Forced marriage

Female Genital Mutilation

Prostitution & trafficking

Sexual exploitation



# Sexual Violence

“Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person’s sexuality using coercion, by any person regardless of their relationship, in any setting, including but not limited to home and work.”

“Sexual violence and abuse is any behaviour of a sexual nature which is unwanted and takes place without consent or understanding.”

# Sexual Violence

- Rape or sexual assault
- childhood sexual abuse
- pornography
- image based sexual abuse
- up skirting
- sexual harassment
- flashing, etc.

What are we told about  
sexual violence?

# 'These girls are vicious and greedy': Premier League star who was cleared of gang rape hits out at women who he claims target wealthy footballers

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## Former judge says rape conviction rates will not improve until 'women stop getting so drunk'



# 'These girls are vicious and greedy': Premier League star who was cleared of gang rape hits out at women who he claims target wealthy footballers

## Six footballers jailed over gang rape of 12-year-old girls in midnight park orgy

By DAILY MAIL REPORTER  
CREATED: 21:38, 17 March 2011

## 'The rape was not violent'

## 'Weirdo' milkman sexually assaulted young girls in his van

News > UK > Crime

## Judge calls victim, 13, a 'sexual predator': Outcry as 41-year-old man walks free after admitting sex with girl

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News > UK > Crime

## Sex teacher Stuart Kerner spared jail after judge says he was 'groomed' by 16-year-old girl

# Rape Myths

Women lead the rapist on by what they wear  
and how they act **rape is the result of  
a misunderstanding** Rape is  
being jumped on by a stranger  
in a dark alley Men aren't to blame for  
rape **If you're drunk it's your fault**  
Rape is an accusation easy to make but hard  
to prove **Women say no when they  
mean yes** Women lie about rape



# Rape Myths

Men can't be raped **only gay**  
**men get raped** **only gay men**  
**rape other men** he had an erection so  
he wanted/like it **Men are less/more**  
**affected** **'Real' men don't get raped**

# Childhood Sexual Abuse Myths

Perpetrators are strangers in a dark coat in the playground  
Children always tell if they're being abused  
boys who are abused will grow up to be abusers  
it has to involve penetration to be sexual abuse  
Children lie about sexual abuse



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KUS  
K

11/12

10/12

"NO MORE  
RAPE CULTURE"

# Why myths matter

- Juries
- Excuse perpetrators
- Silence survivors

I am terrified by the prospect of being raped (or of being raped again).



As part of this fear I cannot believe that the rape was unprovoked. I need to believe that people who are raped are in control and somehow bring it on themselves.

**It was my fault I was raped.**



If I can believe that I in some way precipitated the violence then I can believe that I can be in control of my own life - which means I won't get raped in the future.



I protect myself from the idea of being raped (again) by emphasising how much control people who are raped have over events.



What is the legal definition of rape?

# Legal Definition of Rape

Penile penetration of the vagina, anus or mouth without a reasonable belief in consent is rape.

What is the legal definition of  
consent?

# CONSENT

Consent is defined as agreeing by choice, and having the freedom and capacity to make that choice.

Children under 13 cannot give consent

# Responses and Impacts



# Rape Responses: The Five F's

Friend Fight Flight

Freeze Flop



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Abused **Angry** Anxious **Ashamed**  
**Betrayed** Confused **Detached** Disconnected  
Dismissed **Embarrassed** Exhausted Fearful  
Frustrated **Guilty** **Helpless** Humiliated  
Isolated **Lonely** **Lost** **Not normal** Powerless **Sad**  
**Scared** **Stigmatised** Stuck **Self-blaming**  
Terrified Useless **Vulnerable** Weak



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# Responses and Coping

Alcohol Drugs Self injury Eating  
'dis'orders Distractions Overwork  
Over exercise Mental health  
presentations Denial Forgetting  
Dissociate Minimise Rationalise

And many more.....

# Poem by Halsey

<https://www.youtube.com/watch?v=Dpq8pHLhdV0>

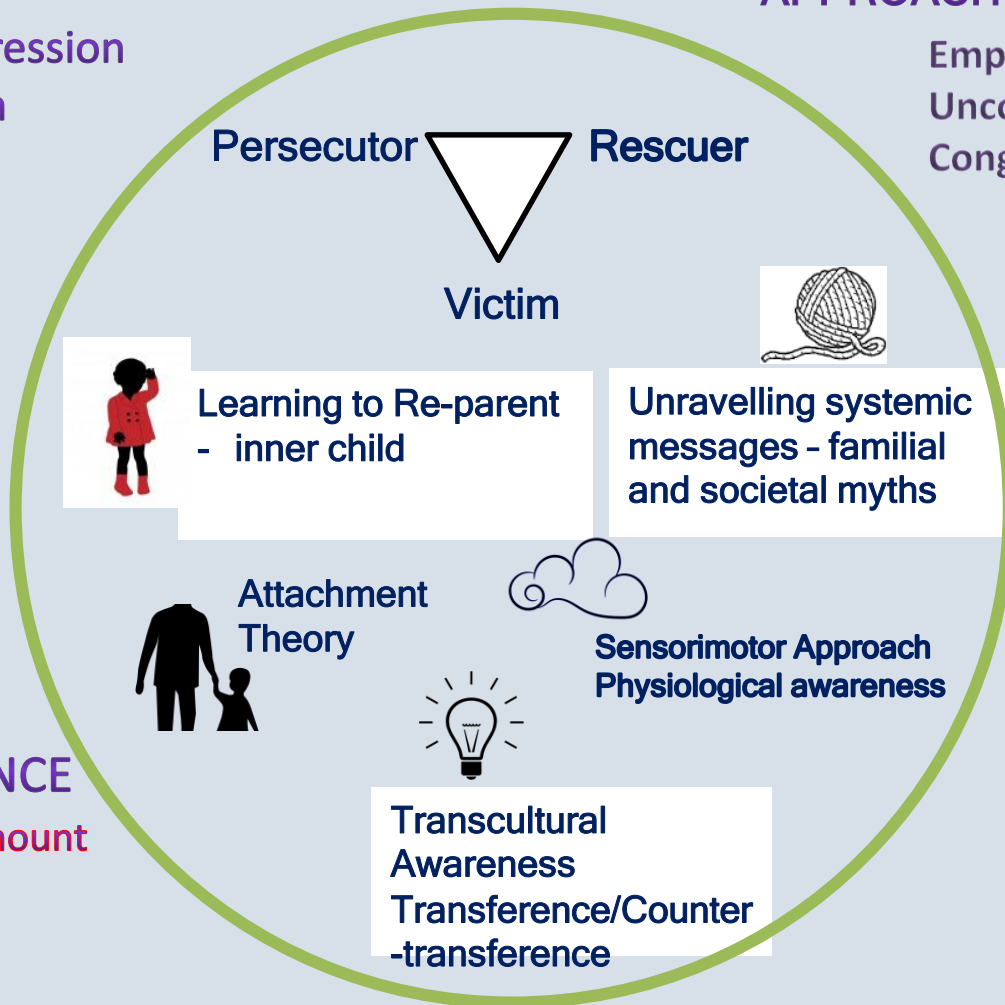
# Empowerment Model

Awareness of regression  
and mental health  
presentations  
e.g. BPD, DID.

## PERSON-CENTRED RELATIONAL APPROACH

Empathy  
Unconditional Positive Regard  
Congruence

Seeing the  
work through  
the knowledge of  
gendered violence



WORKING ALLIANCE  
- boundaries paramount

Accepted Acknowledged Alive Balanced  
Believed Brave Calm Energetic Control  
Confident Connected Free Grounded  
Heard Peace Powerful Proud  
Respected Safe Strong Supported  
Survivor Trusted Understood Validated

Empowered Workers  
=  
Empowered Clients

# 12 Week Accredited Training

- Week 1: VAWG
- Week 2: Empowerment, equality and diversity
- Week3: Rape
- Week 4: CSA
- Week 5: Guilt and Shame PTSD and Flashbacks
- Week 6: Coping and Suicide
- Week 7: Ritual Abuse
- Week 8: Dissociative Identity Disorder
- Week 9: Anger and Drama Triangle
- Week 10: Domestic Abuse
- Week 11: Psychosexual Issues
- Week 12: Attachment and Endings





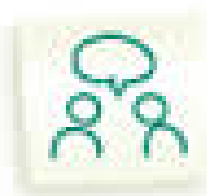
Office: 0203 5983 898

Helpline Web Chat:

(Monday to Friday, 10.30am to 9.00pm)

(Saturday & Sunday, 10:00am to 6:00pm)

<https://www.survivorsuk.org/>



**Safeline**  
Surviving Abuse

Call free on: 0808 800 5005

Text on: 07860 027 573

<http://www.safeline.org.uk/>





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**0808 802 9999**

**Every day, 12-2.30pm, 3-5.30pm & 7-9.30pm**  
Free, confidential, emotional and practical support.

Rape Crisis North London - 0207 619 1350  
Rape Crisis East London - 020 7683 1270  
Rape Crisis West London - 020 8567 7347  
Rape Crisis South London - 0208 683 3311

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

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