



SELFIE

Sexualisation, Exploitation, Love, Friendship, Information, Empowerment

Sexual Violence Prevention Work within Schools

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Worcester

West Mercia
Rape & Sexual Abuse
Support Centre



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Ethos & Vision

“All survivors of sexual violence receive the support they need, when they need it, for as long as they need it”.

WMRSASC provides a free, confidential and non judgemental service for women, men and children (aged 11+) who have experienced any form of rape or sexual violence, abuse or exploitation at any time in their lives

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Strategic Aims & Services

- Prevent
 - SELFIE – Schools Project
 - Accredited Training Delivery & Development Programmes for professionals
 - Awareness raising & campaigning

- Cope
 - Independent Sexual Violence Advisors (ISVA)
 - Children & Young People's ISVA (CHISVA 11+)
 - Family ISVA (Support for Secondary Victims)

- Recover
 - Telephone Helpline & Referral Line
 - Email Support
 - Adult Counselling Sessions
 - Children's Counselling Service (currently aged 11+ launching 5 to 11 years 1st October 2016)

- Supported by:
 - Outreach support
 - Consultation & Advice
 - Volunteering



Why work in Schools?

- “sexualised behaviour is considered to be the new social norm in young people’s daily lives” (2016: 2)
- “where they feel pushed into sending a sexual image too early in a relationship or when they’re too young – or the image gets into the wrong hands and is used against them... this can escalate to bullying – in the physical and digital world – and blackmail, dropping out of school and suicidal thoughts” (2016: 2)
- Fixers (The Trouble with....Sex in Schools)
<http://www.fixers.org.uk/UserFiles/Files/FixersSS.pdf> (2016)



Why work in Schools?

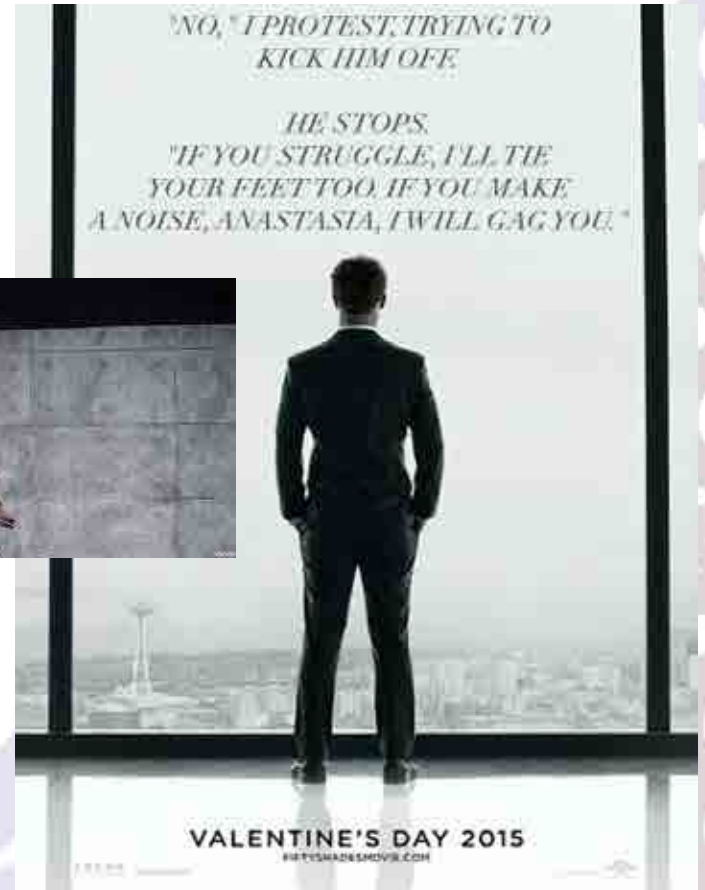
- Exposure to 24 hour a day television and digital media has taught young people new sexual attitudes – ‘sex with randoms is the norm’
- 27% (one in four) said they had felt pressurised into sexting, sexual activity, drinking alcohol and taking drugs in and around school
- 18% reported being sexually harassed once or more than once and
- 34% did not feel safe walking to and from school
- 12% said they had been sexually assaulted
- When asked what the solution to this was:
- *“earlier, more detailed and more wide ranging sex education to include the consequences of sexting, matters of consent and risk ...what constitutes a healthy relationship, sexual pleasure for men & women, gender and sexuality differences”*



Social influence



'Basically...porn is everywhere'



**Come here, Rude boy, boy
Can you get it up, Come here
Rude boy, boy. Is you big enough
Take it, take it, Baby, baby
Take it, take it, Love me, Love me
Rihanna lyrics (2009)**



Prevalence of Sexual Violence

- 1 in 20 children in the UK are sexually abused
- Over 90% of sexually abused children were abused by someone they knew
- 1 in 3 children abused by an adult do not tell anyone
 - (Radford, L. et al (2011) Child abuse and neglect in the UK today)
- Disabled children are over 3 times more likely to be abused than non-disabled children
 - (Jones, L. et al (2012) Prevalence and risk of violence against children with disabilities)
- Over 47,000 sexual offences against children were recorded in the UK last year (2014/15)
 - (Bentley, H. et al (2016) How safe are our children?)



Prevalence

- For every child identified as needing protection from abuse, another 8 are suffering abuse
 - (NSPCC (2013) How safe are our children?)

- Over 2,400 children were victims of sexual exploitation in gangs and groups from August 2010 to October 2011
 - (Berelowitz, S. et al (2012) “I thought I was the only one. The only one in the world.”)

- 1 in 5 indecent images of children shared online were taken by the child themselves
 - (CEOP (2013) Threat assessment of child sexual exploitation and abuse)



Sexual Violence

- *“The long term effects of rape on its victims can include depression, anxiety, post traumatic stress disorder, drug and substance misuse, self-harm and suicide. But things can be different. The simple fact is that when victims receive the support they need when they need it, they are much more likely to take positive steps to recovery. This should be our goal”.*
- (Govt. Response to Stern Review 2011)



SELFIE

Sexualisation Exploitation Love Friendships Information Empowerment

- SELFIE is an educational resource designed to increase young people's access to high quality sexual violence prevention and support.
- Originally developed by Rape Crisis Scotland (Preventing Sexual Violence; an educational resource)
- Adapted & piloted by WMRSASC on behalf of Rape Crisis (England & Wales) to support prevention work nationally.
- Pilot project:
 - 53 sessions to 752 children and young people
 - 98 teachers, staff and governors.
- The resource is designed to be adaptable to meet the specific needs of the local area and of education providers.



SELFIE

Topics covered:

- **Gender**
 - (Attitudes Towards Gender & Sex)
- **Consent**
 - (Sexting, photos, videos)
- **What is Sexual Violence**
 - (Sexual exploitation & grooming)
- **Sexualisation**
 - (Stereotypes, media, peer pressure)
- **Impacts and Support**
 - (Support services available)
- **Social Media**
 - (Facebook, Twitter, Sexting & Revenge Porn)
- **How to prevent sexual violence**

We are confident that this resource will support young people to negotiate healthy, safe and respectful sexual relationships at a time that's right for them.



Consent



CONSENT

IT'S SIMPLE AS TEA

<https://www.youtube.com/watch?v=fGoWLWS4-kU>



Consent

If a girl is raped when she is drunk, she is partly to blame	When a girl says 'no' to sex, she doesn't always mean it.	Boys sometimes feel pressurised to have sex when they don't really want to
At the start of SELFIE : 16% strongly agreed, 18% agreed, 33% were not sure, 16% disagreed and 17% strongly disagreed	At the start of SELFIE: 22% strongly agreed, 18% agreed, 33% were not sure, 9% disagreed and 18% strongly disagreed	At the start of SELFIE: 22% strongly agreed, 10% agreed, 30% were not sure, 15% disagreed & 23% strongly disagreed
At the end of SELFIE: 51% strongly disagreed and 49% disagreed.	At the end of SELFIE: 39% strongly disagreed and 61% who disagreed	At the end of SELFIE: 65% strongly agreed, 27% agreed and 8% were not sure



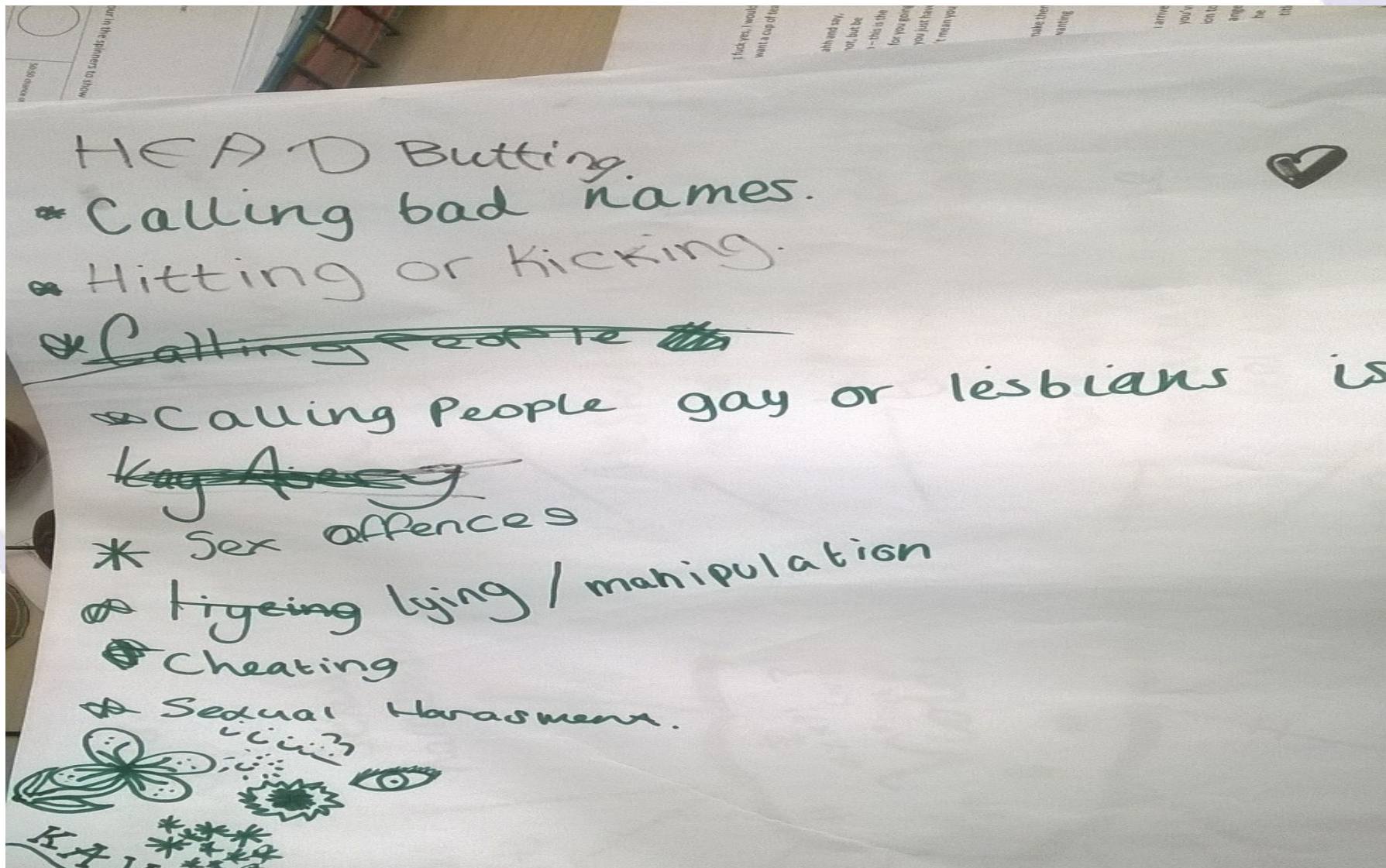
What is Sexual Violence

Forms of sexual violence



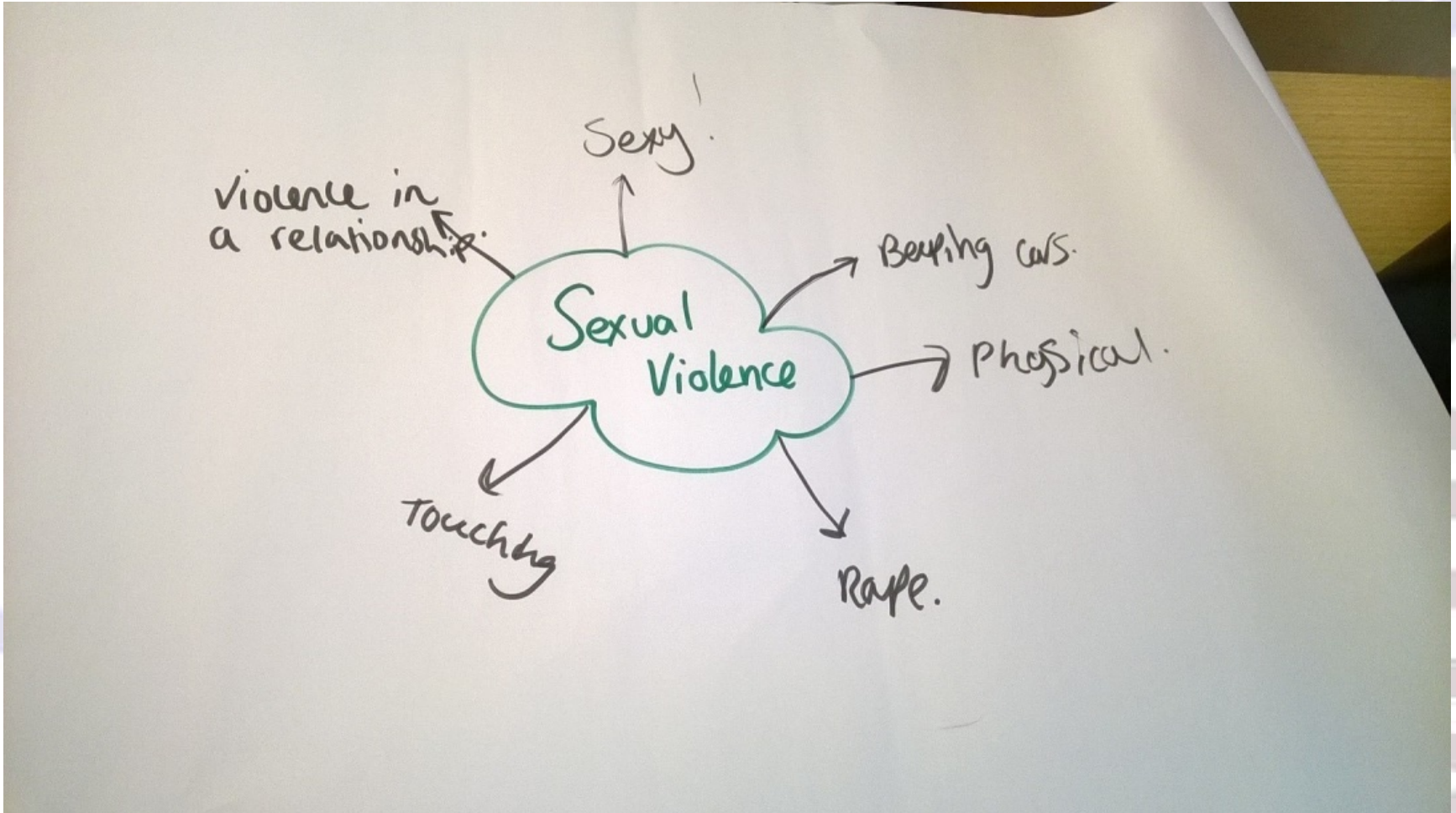


What is Sexual Violence (Before)





Before



Violence!

Liv George
Steph Ollie
Louis
Moraga

Not asking for content

Threats.

Manipulation

extreme Stalking irl.

Sexual abuse

Sexual harassment

Abuse in General.

Child abuse

Pestering people to send racy photos.

Begging for Nudes.

When you throw violent shade.

Verbally Abuse.

Purposely making someone feel upset.

homophobic comments

Bullying

Bribing

Calling/insulting people without reason.

Physical contact to hurt somebody purposely.

Being hypocritical to people to make them feel really bad.



The Law & Control

I know what the law says sexual violence is?

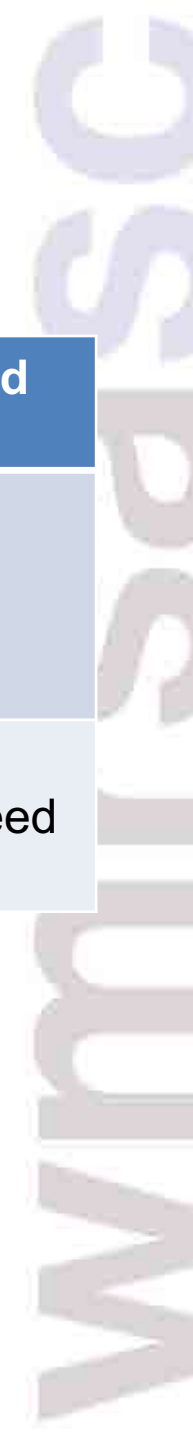
At the start of SELFIE:
5% strongly agreed, 20% agreed, 42% were not sure, 29% disagreed and 4% strongly disagreed

At the end of SELFIE:
77% strongly agreed and 23% agreed

A boy should not tell his girlfriend what to do

At the start of SELFIE:
24% strongly agreed, 13% agreed, 41% were not sure, 13% disagreed and 9% strongly disagreed

At the end of SELFIE:
60% strongly agreed and 40% agreed





Sexualisation





Impact & Support

If a friend told me they had been raped or sexually assaulted, I would know where they could go for support

At the start of SELFIE:
10% strongly agreed, 8% agreed, 49% were not sure, 17% disagreed and 16% strongly disagreed

At the end of SELFIE:
66% strongly agreed, 34% agreed

I understand how sexual violence and abuse can affect people

At the start of SELFIE:
10% strongly agreed, 11% agreed, 29% were not sure, 26% disagreed and 24% strongly disagreed

At the end of SELFIE:
65% strongly agreed, 35% agreed



Social Media



#1 LETS TALK ABOUT SEXTING

Sexting is defined as sending or posting sexually suggestive texts/images, including nude or semi-nude photographs.



Sheffield Futures SF

The infographic has an orange background. At the top left, there is a smartphone icon with the number '1' inside, followed by the text '#1 LETS TALK ABOUT SEXTING' in white and blue. Below this, the definition of sexting is written in blue. In the center, there is a simple line drawing of a person with long black hair, whose torso and legs are covered in grey rectangular boxes to represent blurring. At the bottom right, the 'Sheffield Futures SF' logo is visible.

12% of all children and young people aged 11 – 16 years old who use social media, have reported receiving an unwanted sexual message.*

85% of 11-21 year olds are aware of sexting. **

6 in 10 of 11 -21 year olds have taken part in sexting. **

**NSPCC Research; The experiences of 11-16 year olds on social networking sites; **Girl's Attitude Survey 2014, Girl Guides*



Social Media

If a girl sends her boyfriend a picture of herself, its OK for him to send it to his friends

At the start of SELFIE:
18% strongly agreed, 18% agreed,
29% were not sure, 22% disagreed
and 13% strongly disagreed

At the end of SELFIE:
64% strongly disagreed and 36%
disagreed

If a friend was pestering, 'sexting' or sexually harassing someone I would tell them they should stop

At the start of SELFIE:
20% strongly agreed, 17% agreed,
38% were not sure, 16% disagreed
and 9% strongly disagreed

At the end of SELFIE:
78% strongly agreed and 22% agreed





Girl Guiding: Girls' wellbeing explored:

Understanding Pressures and Resilience (Sept 2016)

1. Listen to girls and young women, take them seriously and make sure their voices count .
2. Demand that schools take a zero-tolerance approach to sexual harassment
3. Teach wellbeing and respect through compulsory PSHE & RSE
Make Personal, Social, Health and Economic Education a statutory entitlement for all young people .

“High-quality Relationships and Sex Education should be a statutory part of PSHE with a modernised curriculum that includes teaching on sexual consent, gender equality, healthy relationships, online safety, violence against women and girls, and LGBT relationships. This would help to challenge some of the gender stereotypes and double standards that create pressure in girls' lives”.

4. Stop children's exposure to harmful sexualised images and content in mainstream media

<https://www.girlguiding.org.uk/globalassets/docs-and-resources/research-and-campaigns/girls-wellbeing-explored-think-resilient-report.pdf>



Development

- Development of additional modules aimed at 11 to 18 year olds within hard to reach groups, additional needs and specific communities e.g. LGBT, Not in Education, Employment or Training (NEET)
- Development of additional resource for those identified at risk of offending (problematic sexualised behaviours)
- SELFIE Plus - a new resource aimed at adults for delivery to parent, teachers and community groups.
- Development of SELFIE for primary schools.
- Supported by the West Mercia Police & Crime Commissioner



Contacts

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