



SARC Awareness Training

Mountain Healthcare

The Solace
Centre

Presented by:

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Male outreach Crisis Worker





Trigger warning

This presentation may be distressing,

You will be warned before videos play!

I will be around 5 minutes after the session if anyone needs to talk





SEXUAL ASSAULT REFERRAL CENTRE

INTRODUCTION TO SURREY SARC

What we do:

Forensic medical

Forensic samples

Aftercare (support and guidance, referrals and medication + PEP)

Referring in

Any agency can refer in, the most common are police, social and self referral

What staff do we have?

SARC Manager

FNE (Forensic Nurse Examiner)

CW (Crisis Worker)

Admin

Counsellor

Male outreach worker

Opening times:

Office hours 09:00-17:00

Out of hours: 17:00-09:00

How do we help?



Referring to the SARC inc STRATS

Coming to the SARC

Medical Examination

Aftercare + emergency
contraception + Referrals

RASASC - counselling + ISVA

Follow up

Forensic clean



Who do we help?

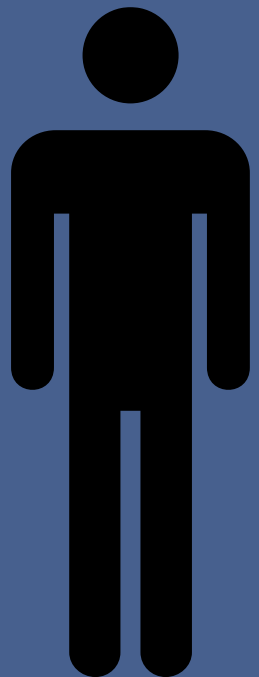


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Anyone who has been sexually assaulted

With or without police
involvement

There are no Gender or Age
restrictions





FFLM Guidelines

(Faculty Forensics of legal medicine)

Forensic Windows

Oral

2 Days

Skin contact

2 days up to 7 if not washed

Digital penetration

2 days

Vaginal

7 Days (3 days for a child before puberty)

Penile samples

3 Days

Anal

3 Days

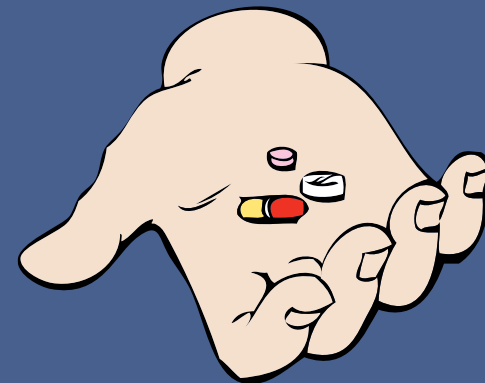
Forensics are more effective if taken ASAP as the more time passes the less chance of DNA being detected



Toxicology

Blood 72 hours

Urine 120 hours





What is Sexual assault / Abuse?

"The legal definition of rape is when a person intentionally penetrates another's vagina, anus or mouth with a penis without the other person's consent"

MET Police

Sexual Harassment (still Legal)

Revenge porn

Stealthing

Sexual Abuse

Sexual Assault

Sexual touching +
Digital penetration

Rape

Non consensual sexual
intercourse via vaginal,
oral, and anal

#NOMEANSN

video next page



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What is consent?

Video from Thames Valley Police describing consent

CONSENT

IT'S SIMPLE AS TEA



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Equipment used in the SARC (excluding PPE and samples)



Vaginal Speculum
not used for children under 13



Anal Proctoscope
not used for children under 13



Forensic swabs / Samples
only external swabs for a child under 13



Colposcope
used to record and take images



forensic suite



Signs of sexual assault / abuse

Unexplained pregnancy

STI / STD

Over sexualised
behaviour

Absence from work or
education

not exhausted

Unexplained marks bruises and cuts on
the body

Afraid / avoids a specific person

Change in emotions and
persona + mental health



Signs of sexual assault/abuse for a child

Having received un explained items / gifts

All from Previous page

Drug + Alcohol Useage

Lack of peer relationships

Refusing to change for PE or
participate in physical
activities

Changes in eating habbits

not exhausted

Bed Wetting

Running away from
home / care

Displays an inappropriate
amount of knowledge around
sex for their age

Difficulty walking or sitting

Sleep disturbance or nightmares



Childrens pathway under 13

Referral - Police + Social care

Get to know the child
through play etc:

Create a calm relaxed environment

The medical examination is child lead and depending on age what samples can be taken
(Non-invasive)

Referrals - depending on incident

A step-by-step guide to SARCS for children

<https://www.youtube.com/watch?v=gOWX1xxnTWg>



How sexual assault + abuse barriers present across different ages

0-5: Barriers reporting due to age such as being able to verbalise / communicate and not knowing between right and wrong

5-10: May face barriers reporting due to age and fear from the abuser

10-17: May have an issue due to fear / confidence to disclose

Stockholm/Helsinki syndrome: A coping mechanism to a captive or abusive situation

Level of maturity



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FGM

Female Genital Mutilation

Referrals: below 18 = Police and Social Care

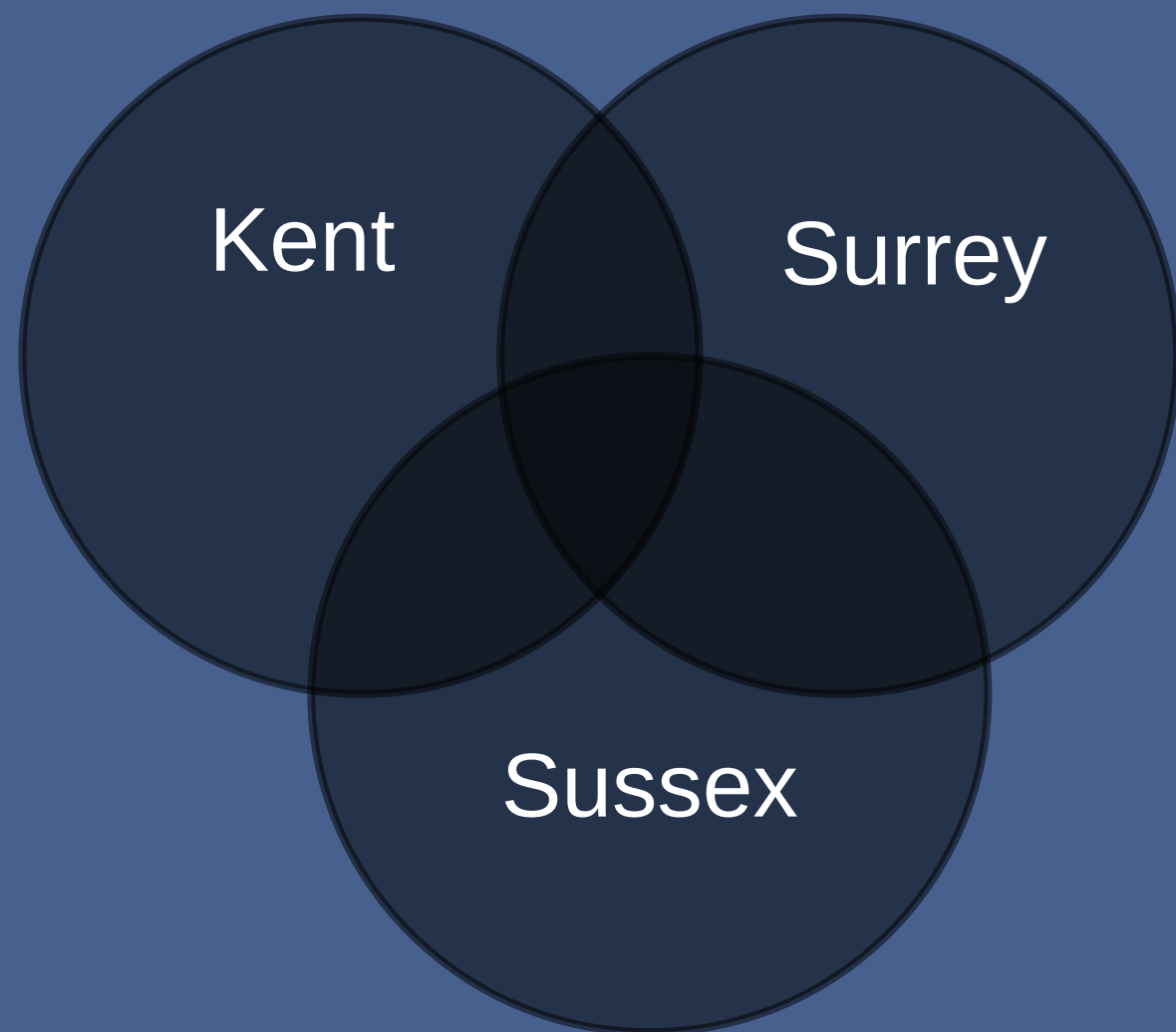


MSAS

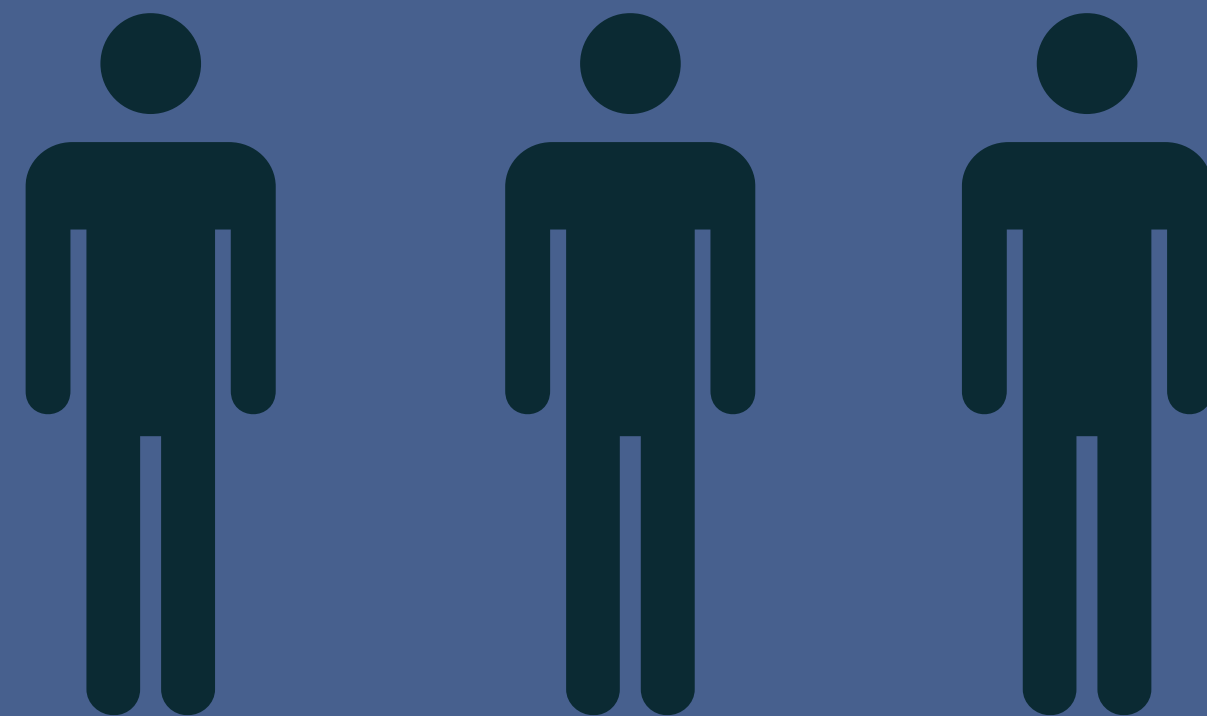
Male Sexual Assault Support



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Three Counties



Three Male outreach worker

video next page



Video

This video can be upsetting





Checking in





Assumptions from the video

"I would give her a hug"

'you were a little

'Let her know girls not her fault'

Assumptions + Myths

In reality

'A man cannot be raped'

'Only gay men are sexually assaulted'

'Only gay men sexually assault other men'

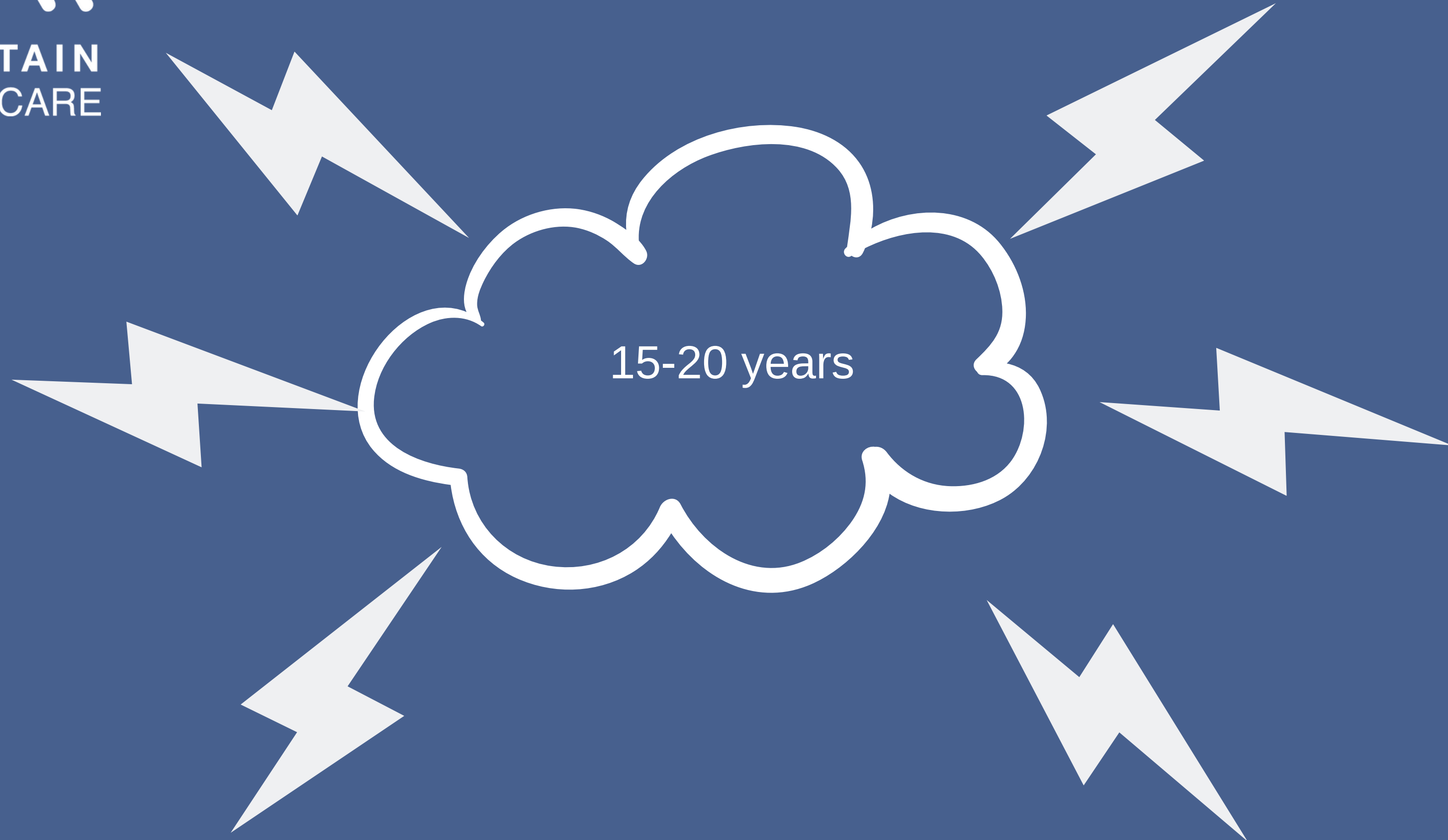
'Victims go on to be a perpetrator'

'Men cannot be a victim of sexual
assault'



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speaking up and reporting





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A social expectation to 'be a man'

'Men don't cry'

'Don't be a Pussy'

'You girl'

'Big girls blouse'

'Grow up'

'You're supposed to
be tough'

Different society, cultures, and ethnic groups

Strong

Aggressive

Bold

confident



statistics

1 in 6 males will have experiences some form of sexual violence / assault in their life

The male suicide rate was 15.8 per 100,000, compared to a female suicide rate of 5.5 per 100,000

Males aged 50-54 were found to have the highest suicide rate (22.5 per 100,000)



statistics

LGBTQ+

Stats from Galop

The vast majority of LGBTQ+ survivors surveyed indicated that they were sexually abused by someone known to them (79% of 755 who experienced sexual violence since the age of 18).

Most (54%) of the LGBTQ+ survivors surveyed reported that the orientation of the perpetrator of their most impactful sexual violence experience was heterosexual.

Around 1 in 6 LGBTQ+ survey respondents reported being sexually abused by a stranger (17%). Interview participants also described being subjected to sexual violence by strangers or people not known to them

Fact

- LGBTQ+ people are at higher risk of suicide due to the way they are treated
- Conversion therapy is still legal and still practiced
- PRIDE - [Personal Rights in Defense and Education \(PRIDE\)](#)

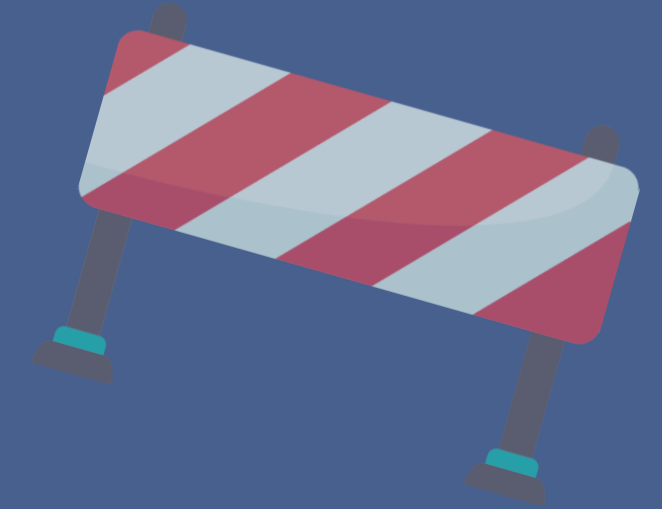


statistics

'For rape or sexual assault by penetration, there were no significant differences between ethnic groups, or across ethnicity for men and women. However, for indecent exposure or unwanted sexual touching, those in the Mixed ethnic group were significantly more likely to be victims than those in the White, Asian and Other ethnic groups.'



Breaking the Barriers



Working in partnership with other organisations and charities

Changing the way sexual assault is seen by people

Tackling the Stigma, Myths and assumptions of sexual assault

Working with marginalised groups

Working with males + female

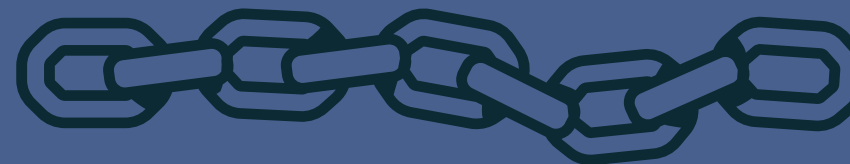
Ensuring people are aware of our service



1 in 3 females



1 in 6 males



1-10 children



Understanding of SARCS



SARC process

Forensic windows

Referrals

Understanding of sexual assault

Consent

Difference between marginalised groups

FGM

Common signs of SA in children and adults



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Feedback

from mix genders

‘The staff were lovely
and Friendly’



‘Thank you for all you
guys do’

‘You have helped me
through the hardest time
in my life’

‘This is a much needed
service’

Questions



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SARC_MSAS



@surreySAR
C

Seeking support for personal or professional please let me know or get in contact with your line manager!



Resources

Youtube

Type: 'SARC animation'

<https://www.youtube.com/watch?v=K6FtxoI6FRY>

Type: 'NHS SARC'

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

W

Google

<https://www.gov.uk/report-rape-sexual-assault>

<https://www.legislation.gov.uk/ukpga/2003/42/contents>

<https://sexualabusesupport.campaign.gov.uk/>