

## FACTS

Anyone can be sexually abused, assaulted or raped regardless of age, gender, background or lifestyle

Most perpetrators of rape and sexual assault are known to their victim

Most abuse takes place indoors in the person's own home or the abuser's

Rape and sexual abuse are crimes of power and violence

The survivor is never to blame for the abuse. The abuser is always the one to blame for the abuse

## Contact Us At:

29 Townsend Place	2a Burnside North
Kirkcaldy	Cupar
Fife	Fife
KY11 1HB	KY15 4DG
01592 642336	01334 655205

Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)  
Website: [www.frasac.org.uk](http://www.frasac.org.uk)

## Opening Times

Monday to Friday 9am – 5pm

## Other Useful Numbers

Rape Crisis Helpline:	08088 01 03 02
Childline:	0800 1111
Samaritans:	08457 90 90 90
Young Minds:	0207 336 8445
GUM Clinic:	01592 643774
Women's Aid:	01592 261008
	01334 657537

Funded by Fife Council & Scottish Executive

**Fife Rape &  
Sexual Assault  
Centre**

**( FRASAC )**

**YOUNG  
PERSONS'  
PROJECT**

R U aged between 12 & 25?

Have U experienced Rape or Sexual Abuse?

Would U like to talk to someone about what happened?

## Who Are We?

FRASAC is an independent voluntary organisation which offers a range of free and confidential support services to anyone, male or female, who has been raped or sexually assaulted at some point in their lives.

We offer:

- Face-2-face support
- Outreach 2 all areas of Fife
- Support, information & advice for partners, relatives & friends of survivors
- Practical support 2 access other agencies
- Support through Police & Court procedures
- Crisis Appointments

U may have been abused by a member of yr family, a family friend, another trusted adult, a stranger or a group of adults. It may have happened once, or over a period of time. If U feel yr life has been affected by rape or sexual assault, U can contact us 4 support.

## How Do I Get Help?

U can phone the number on the back of this leaflet. We would prefer if you could contact us yourself. However, we realise this may be difficult for you so a friend, family member, doctor, social worker or some1 else can make the call for U.

## What Happens Next?

Once u have made that 1<sup>st</sup> step in contacting us, u will B offered an "Information Session" 2 talk about the type of support that's best 4 U. U don't have 2 tell us private details of yr assault & u can bring someone with u if u feel that would help.

## What is Support?

It can often B hard 2 talk 2 someone that u already know well. Speaking to a Support Worker can B an opportunity 4 U 2 talk about yr problems & 2 B really listened 2. It can help U 2 make sense of what happened 2 U. We can also offer support on things like getting legal advice, benefits information, housing matters and other things U want to talk about.

## How Long Would the Support Sessions Last?

U wld normally see the Support Worker for 1 hour each week, or each fortnight if you prefer that. You can stop the sessions at any point – this is something U are in charge of and yr Support Worker wld work with u 2 help you begin & end the sessions, when it feels right 2 u.

## Support - Crisis Support

Some people may not want 2 come regularly but feel the need for occasional support – for example when things get on top of U one day. This support can be offered in person or via the telephone.

## Young Persons' Group

This is an informal group which is set up each time there is a reasonable number of young people interested in coming together. It can be an opportunity 2 meet other young people & share experiences, which can support the healing process and help you feel less alone.

## Confidentiality

We have a strict policy on confidentiality and, as a rule, do not release information about clients to anyone else without their permission. The Support Worker will talk 2 U about confidentiality when U meet for yr information session.

The information we will ask you when you first make contact is:

- Your name
- Your contact details (for cancellation in case of unforeseen circumstances)
- Where you heard about FRASAC
- Any special needs or considerations