

We need to talk



Scottish Young People Create Change on Gender-Based Violence

A focus group report

“We Need to Talk”: Scottish Young People Create Change on Gender Based Violence

A focus group report on the views and opinions of Scottish young people about what needs to happen to tackle Gender-Based Violence, produced for Edinburgh Rape Crisis Centre, Shakti Women's Aid, LGBT Youth Scotland, and Edinburgh Women's Aid as part of the Scottish Young People Create Change Network, March 2016.

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The Scottish Young People Create Change Network would like to thank all young people, teachers, facilitators and staff involved in the SYPCC Edinburgh event. We would also like to extend our thanks to colleagues at Shakti Women's Aid, Scottish Borders Rape Crisis Centre and Rape Crisis Scotland for their feedback on the first drafts of this report.

For further information please visit www.sypcc.org.





Introduction: Scottish Young People Create Change



Scottish Young People Create Change is a network of Scottish third sector organisations working with young people in the area of Gender-Based Violence (GBV).

Launched in Edinburgh in 2015, the network currently consists of Shakti Women's Aid, Edinburgh Rape Crisis Centre, Edinburgh Women's Aid, and LGBT Youth Scotland.

The purpose of the network is to work with young people in Scotland on the subject of gender-based violence, providing education and equipping Scotland's young people with the tools to create change.

"These things are really happening and people need to know about them!"

– **Young Person**, Scottish Young People Create Change

Young people are facing extremely high levels of gender-based violence. Young women are experiencing sexual violence both at school (BBC 2015), in their relationships (NSPCC 2009) and out in the wider world (Girl Guiding UK 2014).

Nearly 90% of LGBT young people feel that homophobia is a problem in Scotland, and research indicates that nearly 70% experience homophobic or bi-phobic bullying at school – which in turn negatively impacts on their education (LGBT Youth Scotland 2012).

13% of young women say that an intimate partner has made them feel threatened (Girl Guiding UK 2015), and on just one day in Scotland, 331 children and young people were living in a Women's Aid refuge (Scottish Women's Aid 2015).

Not only are young people experiencing gender-based violence, they are also often not able to name it as such, or are surrounded by attitudes which normalise or dismiss it.

Whilst 52% of young people surveyed by LGBT Youth Scotland identified having experienced some form of abusive behaviour from a current or

ex-partner, only 37% recognised the behaviour as abuse. 2 in 5 people in Scotland believe that if a woman is raped when drunk or wearing revealing clothing, it is at least partially her fault (Scottish Social Attitudes Survey 2015).

Increasingly young people are being influenced by the media and pornography and developing negative and unrealistic expectations of relationships as a consequence (Zero Tolerance 2014).

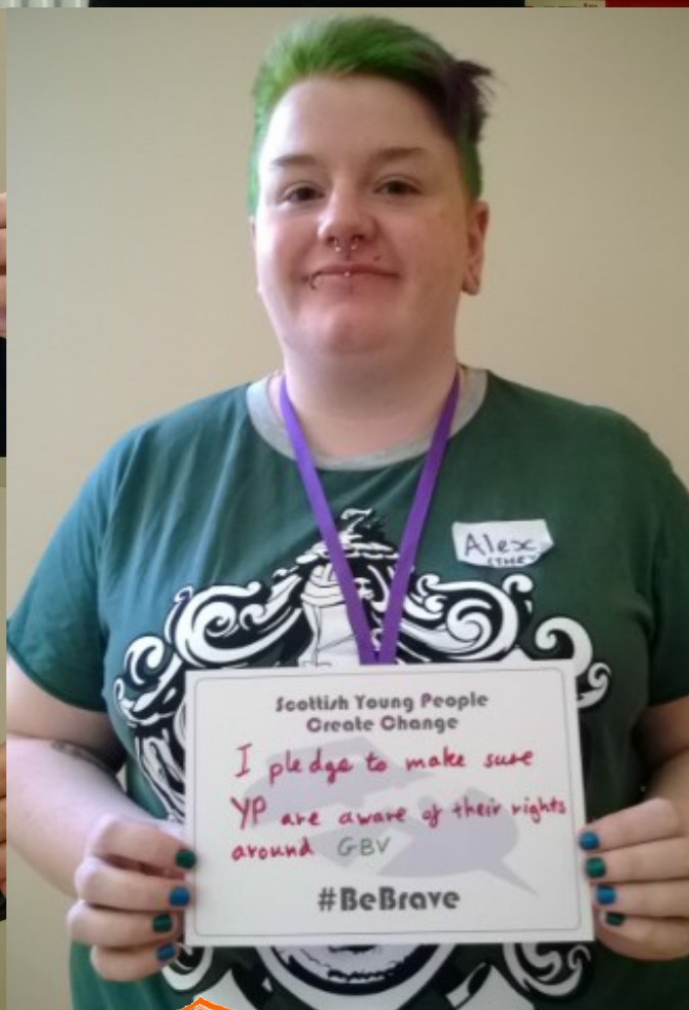
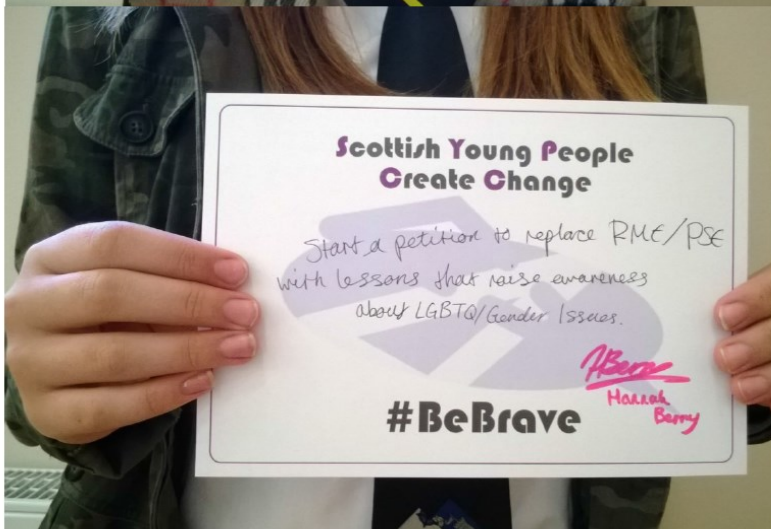
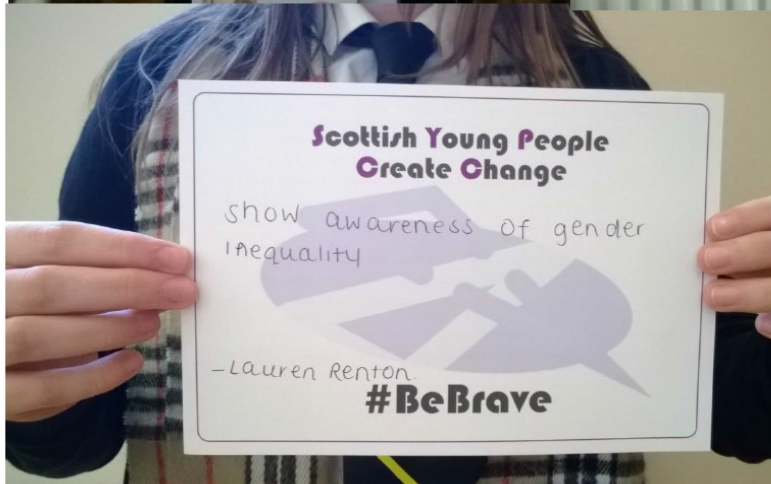
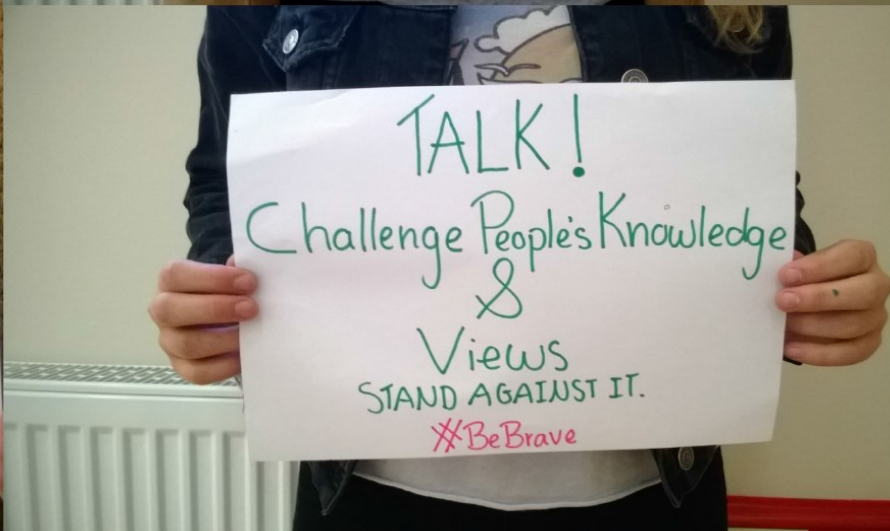
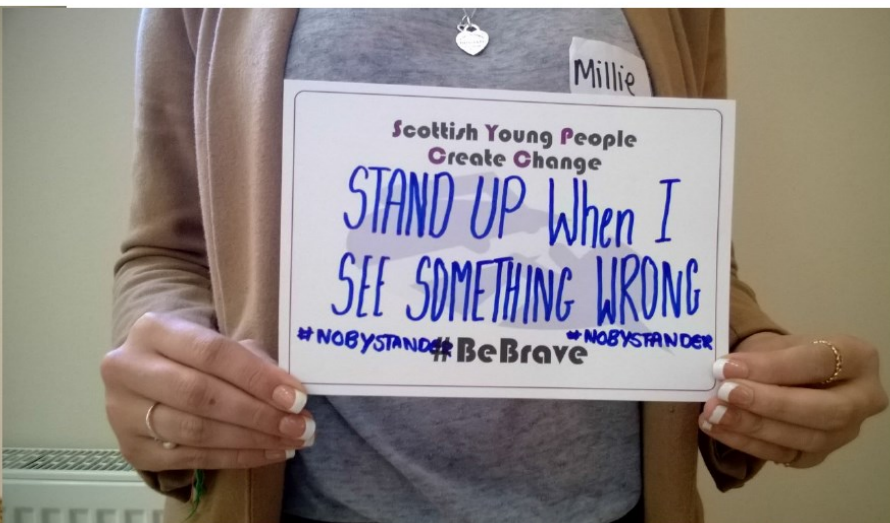
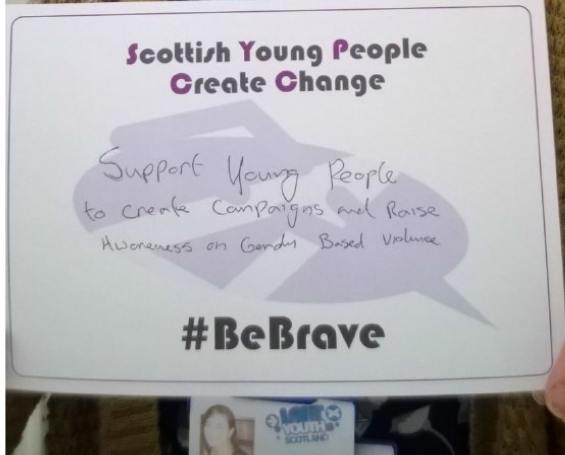
Locally, organisations and service providers working with young people are crucially aware of high levels of gender-based violence and the damaging attitudes which facilitate it. In 2014, Edinburgh Rape Crisis Centre's STAR project supported 81 young survivors of sexual violence; Shakti Women's Aid worked with 146 black and ethnic minority young people with experience of domestic abuse, forced marriage or female genital mutilation; and Edinburgh Women's Aid supported 195 young people who had experienced domestic abuse.

In order to raise awareness of gender-based violence, and work towards preventing it, the SYPCC network launched their first event in Edinburgh City on the 10th of September 2015. The focus of the event was to bring young people from across Edinburgh together to discuss the topic of gender-based violence and hear their views on what needs to happen to create change.

The purpose of this report is to represent the views of those young people, providing a bridge between their voices and professionals, policy makers and practitioners.

"After today I feel more knowledgeable to help someone else and speak about [Gender-Based Violence]"

– **Young Person**, Scottish Young People Create Change



edinburgh rape crisis centre
supporting survivors of sexual violence



EDINBURGH
WOMEN'S AID

Key findings

1. Young people want better education, and they need us to ensure they receive it

Sex and Relationships education is not compulsory in Scotland, and yet young people taking part in SYPCC focus groups consistently highlighted the need for more education as a key concern, as well as asking for improvements to what is already offered. They want their education to be inclusive of different gender identities and sexualities, to teach them about gender and gender-based violence, and to be relevant to them. Further, young people asked that education doesn't start and end at school – believing instead that everybody, from parents to the general public, should be educated about GBV. Young people need professionals, practitioners and policy makers to help ensure they get access to this education, and lay the foundations of knowledge for young people to build on and share.

2. Young people want to be at the core of creating change, and they need us to help them get there

Young people want to take part in bringing an end to gender-based violence. They want to be involved. Throughout feedback and in focus groups young people reported that they don't just want to stand by and let things happen – however they recognised that they also need to be given the skills and space to feel able to stand up and make a difference in the first place. They are looking to professionals, services, and their school communities to help them provide this.

3. Young people are living with gender-based discrimination, and they need everyone to take action on it

Gender-based violence is more than physical acts; young people repeatedly raised the issue of gender-based discrimination and forms of verbal and emotional abuse such as name calling. Young people want to be able to have the discussions which challenge this, but they need a supportive peer group and safe environment to help them get there – seeking changes which stretch from ending the objectification of women in the media, to promoting positive role models and a greater awareness at school and in the wider community. It is the responsibility of all of us to work towards changing harmful attitudes, and creating safe spaces in which young people can thrive.

About the Event: SYPCO Edinburgh

The network's first event was held at Norton Park conference centre, Edinburgh. 35 delegates joined representatives from Shakti Women's Aid, Edinburgh Rape Crisis Centre, Edinburgh Women's Aid and LGBT Youth Scotland. 28 of these were young people, with 7 teachers present, representing 7 Edinburgh schools, as well as one university student and young people from local community groups.

On reflection sheets, delegates were asked to indicate what they felt they already know about gender-based violence before starting the day. Knowledge was varied with an even balance between delegates; some stating they knew 'nothing at all', others mentioning specific forms of GBV, and a smaller few indicating more knowledge in the area or linking gender-based violence to gender inequality.

theatre project on preventing sexual violence, part of the Edinburgh Rape Crisis Centre's prevention work. Alongside ERCC's prevention worker, Nadine Jassat, they shared two films from the 'Young Voices Preventing Sexual Violence' DVD which the young people involved in the project made with Media Co-op, Edinburgh Rape Crisis Centre and Rape Crisis Scotland.

After hearing from a young person who had taken action against GBV, it was over to the young people attending to share their ideas on what needs to happen to create change, in the format of focus groups.

With a facilitator, young people were split into six groups, where they worked through a series of five questions:

"You have power. You can make a difference. And that change will be stronger if you work together " @AmalAzzudin @SYPCreateChange #bebrave

← ↻ 3 ❤️ 2 ...

The day began with a keynote speech from Amal Azzudin, a human rights campaigner and member of the 'Glasgow Girls'. Amal spoke about the role young people can play in creating change, and the importance of standing up for what you believe in.

Delegates then launched into the first workshop, titled *Setting the Scene with Gender*, delivered by Shakti Women's Aid. Following a break, delegates were split into groups and attended three different workshops: *What Is Sexual Violence?* with the Edinburgh Rape Crisis Centre, *LGBT Experiences of Gender-Based Violence* with LGBT Youth Scotland, and *Shame and Gender-based Violence* with Shakti Women's Aid.

There was a break for lunch, before the day resumed with an input from a representative of a group of young people who had created change. Shashwat Sharma (aged 18) spoke about his experience as a member of the 'Do You Know'

1. What are the common forms of gender based violence among young people in Scotland today?
2. What needs to happen to help prevent gender based violence in the first place?
3. Before today, had you heard of any of the GBV services we have discussed? What can we do to help young people feel more confident knowing where to go for support?
4. What would you like to see the Scottish Government and other professionals do to have a positive impact on the issues discussed?
5. What can young people do to create change? Is there anything they need to help them do this?

Groups were given five minutes for questions one and two, and ten minutes for questions three, four and five. This report details the young people's responses to these questions.

After this, delegates were given the opportunity to make pledges for what they will do to create change on gender-based violence, and photographs of these pledges are included throughout the pages of this report.

Young people also completed reflection sheets after each step of the day, to ensure fluid monitoring of the day and allow us to evaluate based on their feedback. This has been taken into consideration in the writing of the report, and in planning of future SYPCC work. A full copy of this feedback can be given on request from SYPCC.

"[I] feel it was important to reflect and [I] became aware of a very important issue, I almost feel ashamed not knowing about it."

– **Young Person**, Scottish Young People Create Change

"Very informative and enjoyable day & I hope I can make a difference one day"

– **Young Person**, Scottish Young People Create Change

"If you want to make a change then raise your voice, don't just stand there..... do something. If you see someone being a victim of gender based violence, help them, support them rather than just turning away. I know it can be hard to speak out in front of people when there is a whole culture opposing you but just know that you are right..."

What we do is our future, so if we change now it's good for our future, too. It is also hard for young people to speak up as people often ignore the views and opinions of young people, people say they are inexperienced or don't know what they are talking about. Just remember you have the right to speak up, and keep on speaking until someone hears you and you make a positive change."

Shashwat Sharma, 'Do You Know' Theatre Project:
Young Voices Preventing Sexual Violence.



Gender-Based Violence: Young People's Views



GBV: Young People's Views

“These things are really happening and people need to know about them”

– **Young Person**, Scottish
Young People Create Change

As part of our mission at SYPCC to help empower young people to create a change in the area of gender-based violence, we needed to explore with the young people what we mean by gender. This took place in the *Setting the Scene with Gender* exercise, and details of the young people's responses to this exercise will be explored here, before continuing on to look at the findings from the focus groups.

By examining gender-stereotypes present in young people's lives, and the gendered messages these send about how to look and behave, young people built discussions of gender-based violence on a foundation of understanding *why* it is gender-based in the first instance.

The work created by young people in this session revealed that not only are historically established gendered expectations alive and well – ideas that men are “bread winners” and women are “housewives” – but that there are also new challenges faced by young people in relation to gender, such as the rise of lad culture and pornography. Women are expected to shave “down below”, men are to be “laddish” and have “banter”.

The word “sexual object” was repeated again and again on sheets for stereotypical women, similarly we saw repeated references to pressure for young men to be sexually active and have a “strong sex drive”. Key concerns included young men being

told to suppress and not show emotion, and young women being presented as sexualised, “unintelligent”, and pressured to always “look flawless”.

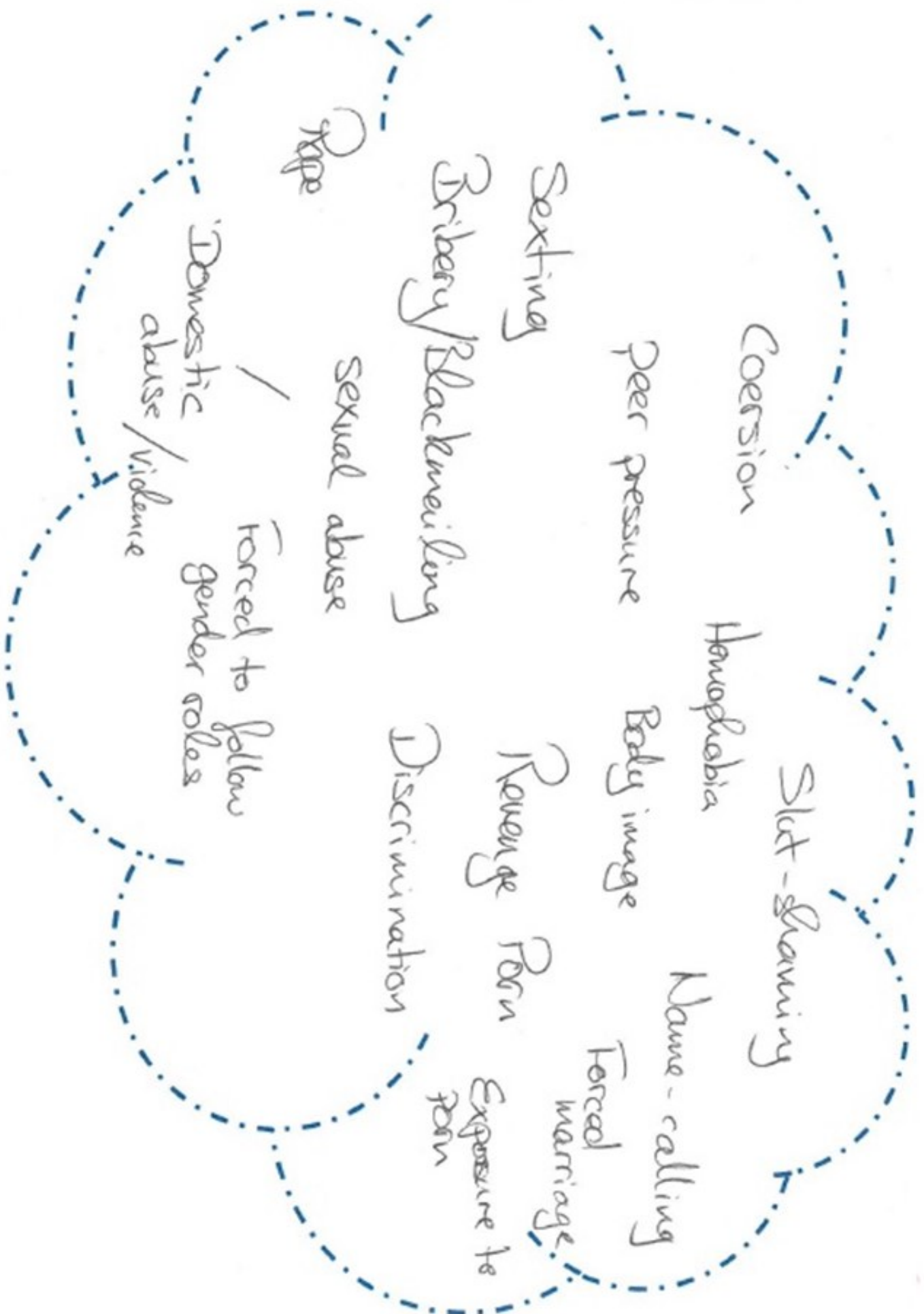
Perhaps unexpectedly, some young people also explored gender and families – one group linked the traditional ‘giving away’ of a bride by her father to women being “always [the] property of men”, another explored judgement on mothers surrounding whether or not they breast fed.

Whilst the young people's critical engagement with these indicates an awareness and growing enthusiasm to challenge gender stereotypes, it also reveals how pervasive and persistent such stereotypes are.

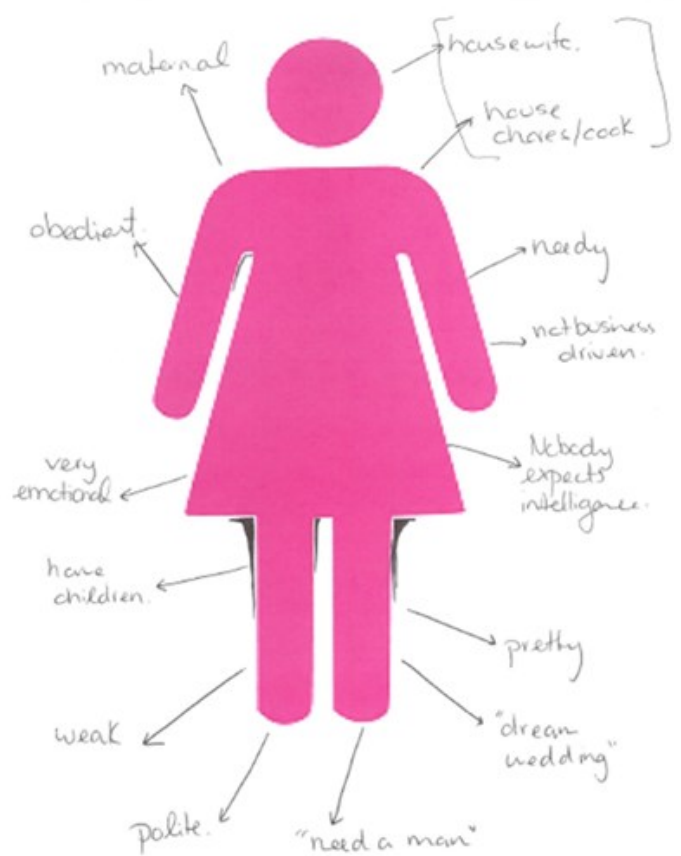


Word clouds showing young people's analysis of gender stereotypes for women (above) and men (below).





Above: Young People respond to the question 'What Are the Common Forms of Gender-Based Violence Amongst Young People in Scotland?'



Above: Images made by young people exploring gender stereotypes as part of opening workshop 'Setting the Scene with Gender'.

Gathering Young People's Views: **focus Group Responses**

Focus Group Responses

Social media is a good tool to use if you feel your voice needs to be heard and change is possible if you are passionate"

– **Young Person**, Scottish Young People Create Change

In 6 focus groups, young people and a facilitator were given the following questions to discuss:

1. What are the common forms of gender based violence among young people in Scotland today?
2. What needs to happen to help prevent gender based violence in the first place?
3. Before today, had you heard of any of the GBV services we discussed? What can we do to help young people feel more confident knowing where to do for support?
4. What would you like to see the Scottish Government and other professionals do to have a positive impact on the issues discussed?
5. What can young people do to create change? Is there anything they need to help them do this?

On worksheets given, young people were asked to record their conversations and then, from this, produce their top 3 'final answers' to each question. See example worksheet, across. Young people's conversations were written in the 'clouds' and their final answers in the 'box'.

Young people were initially given 5 minutes per topic, however we quickly observed that this was not enough time, consequently an additional 10 minutes was given to questions 4 and 5 which were identified as key questions.

Due to time constraints, not all groups provided three 'final answers' for question 1, meaning that we could not fairly base an analysis on the 'final answers' data alone. Consequently, in order to best represent young people's views on question 1, the themed analysis here represents *all* data provided on the worksheets – both the 'final answers' selected, as well as the wider conversations evidenced in the discussion 'clouds' on the left of the sheets (as above).

This data was consistent with overall findings, and information taken from the discussion 'clouds' parallels with the themes highlighted in the 'final answers', with rape, gender-based discrimination, online abuse, verbal abuse and name calling all featuring heavily.

In our analysis we identified overarching themes in young people's responses using a process of thematic coding, and have also cited specific suggestions made by individual groups.

"I feel inspired to speak up and stand up for what I believe in!"

– **Young Person**, Scottish Young People Create Change

WHAT CAN YOUNG PEOPLE DO TO CREATE CHANGE? IS THERE ANYTHING THEY NEED TO HELP THEM DO THIS?

OUR FINAL ANSWER....

Have the last word! Please choose your top 3 and why. Don't worry, we'll still look at the discussions you had on the left, but we want to know what YOU think are the most pressing issues facing young people in Scotland.

Above: Example of focus group worksheet used by young people at SYPCC Edinburgh.

Question 1: What do the most common forms of gender based violence among young people in Scotland today?

Although three key themes emerged, many of the forms young people mentioned are interlinking, and could come under multiple areas such as domestic abuse, sexual violence, and abuse of new technologies all at once. However by identifying key trends we have been able to highlight specific concerns and dynamics which young people are signalling as the common forms of GBV amongst their peer group.

1. Sexual Violence, Harassment and Pressure

Whilst rape and sexual abuse were specifically named in 5 out of the 6 groups – including one mention of childhood sexual abuse – what stood out overwhelmingly was the role of pressure and coercion. Young people highlighted “sexual blackmail and coercion” and “feeling pressured around sex”, as well as peer pressure. Young people also highlighted harassment including “cat calling”, “street harassment”, “aggressive flirting” and sexual and transphobic harassment. Paralleled with the second and third key groups, young people were concerned with online forms of sexual violence such as sexting and so-called revenge porn, as well as verbal forms such as name calling and use of language like “slut”.

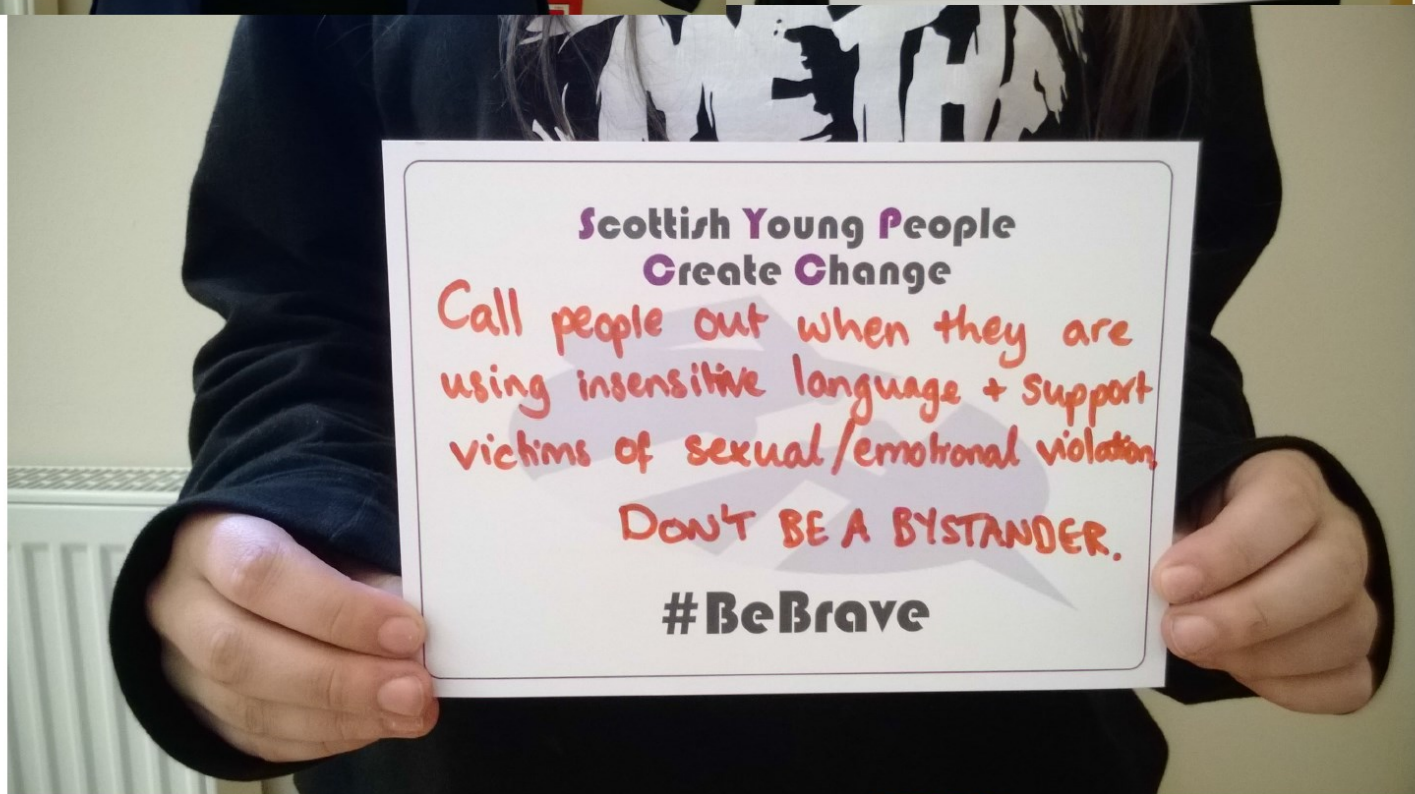
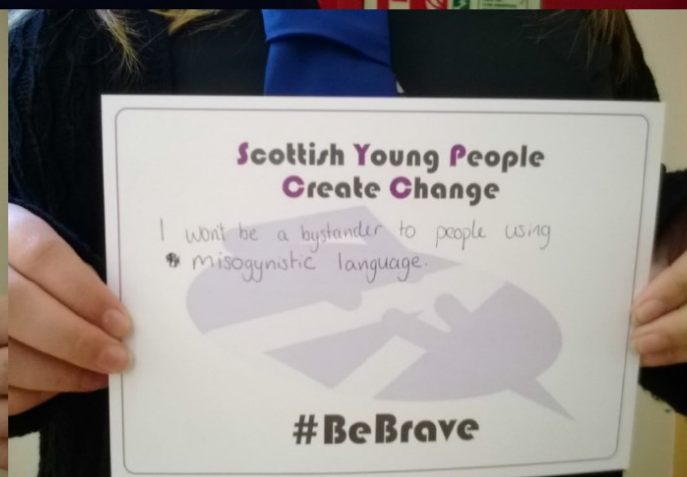
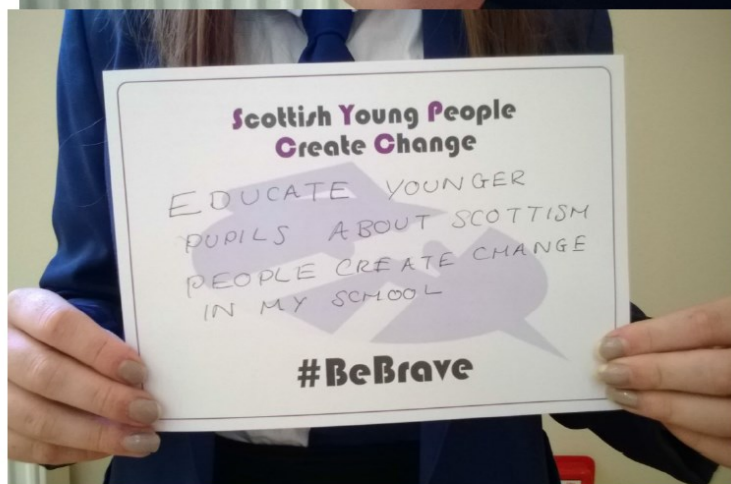
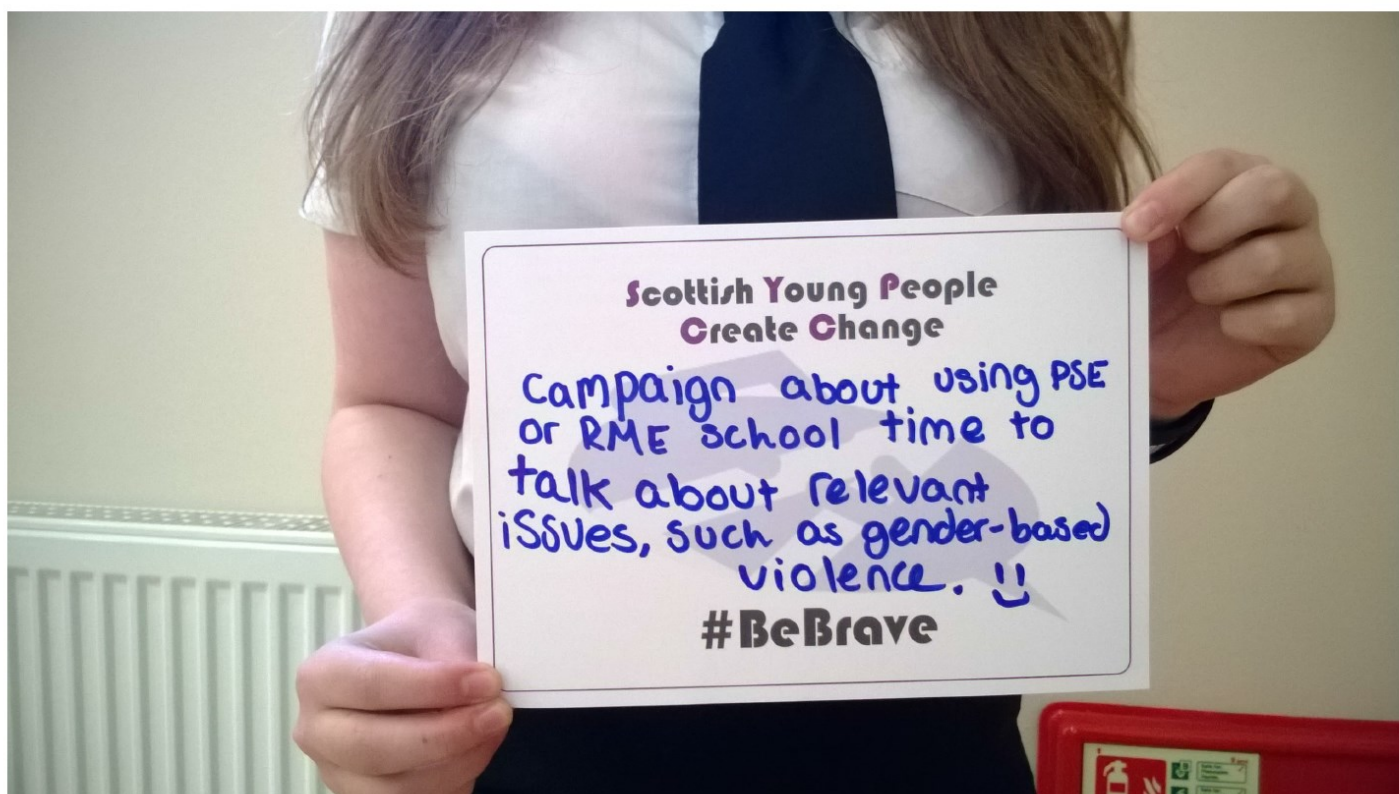
2. Peer Attitudes and Gender-based Discrimination

Participants overwhelmingly cited concerns about name-calling (including homophobia), body image pressure and being forced to follow gender roles (including so-called ‘slut-shaming’). There was the sense that this was also influenced by peer attitudes – including using inappropriate and discriminatory language and ignoring unacceptable behaviour, and this was also linked to the harassment and peer pressure discussed above.

3. Use of Technologies: Smartphones and Online

Young people were crucially concerned about the circulation of intimate images without consent. So-called revenge porn was named twice, as well as ‘sexting’ - including threats, force and blackmail to send sexual pictures. This included the production of sexual material and young people being shown sexual material, as well as exposure to porn. Young people demonstrated concern about the online world, group chats and social media sites, and indicated that blackmail and bribery were involved, that the issue came from peers, and that girls and women were targeted.

One group also highlighted FGM, and Forced Marriage, and two groups highlighted Domestic Abuse, with one group stating that Domestic Abuse was “prob [sic] most common”.



Question 2: What needs to happen to help prevent gender based violence in the first place?

Four key themes emerged.

1. Education

It was overwhelmingly clear that young people felt that education was the way forward in helping prevent gender-based violence. Young people felt passionate about this, arguing that “more knowledge will stop it”, and that “no education will lead to ignorance”. Interestingly, this was not only education for young people – several groups highlighting the need for gender-based violence education for parents, too. Young people also pointed to education on specific issues such as healthy relationships, and bystander intervention – i.e. what to do if you witness gender-based violence. Young people offered different suggestions of what this could practically look like; one group suggested workshops on keeping yourself safe should be done and revisited at different ages, another group suggested workshops for everyone, targeting the “source” (presumably the perpetrator).

2. Media and Wider Culture

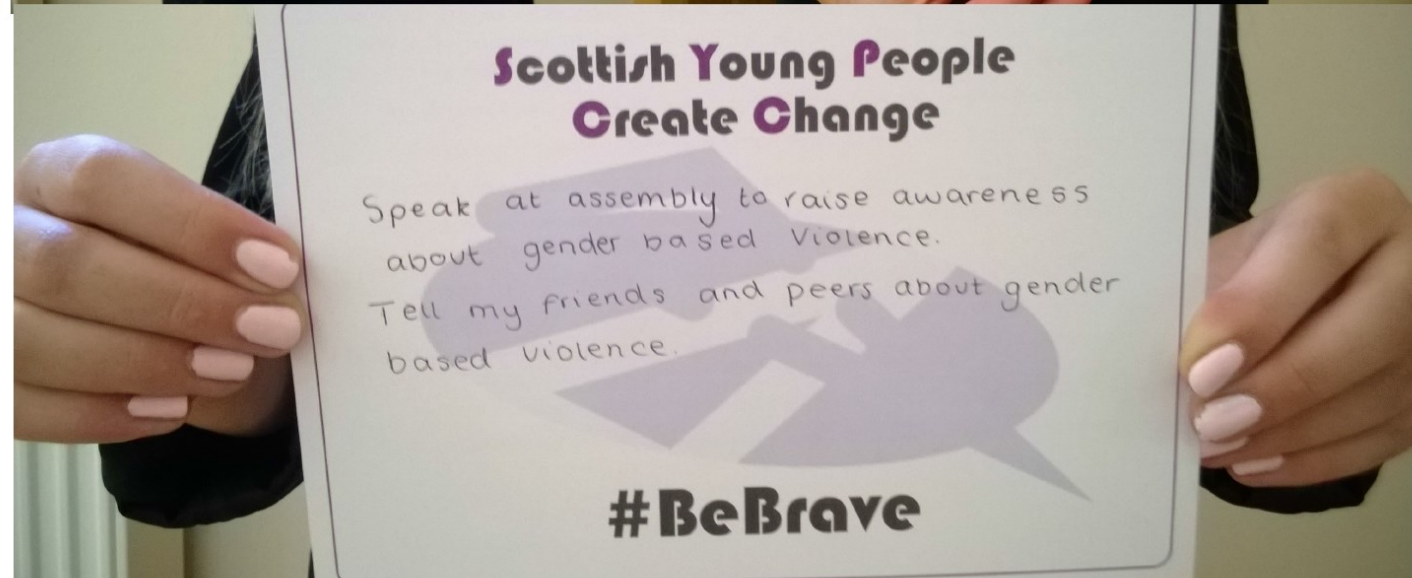
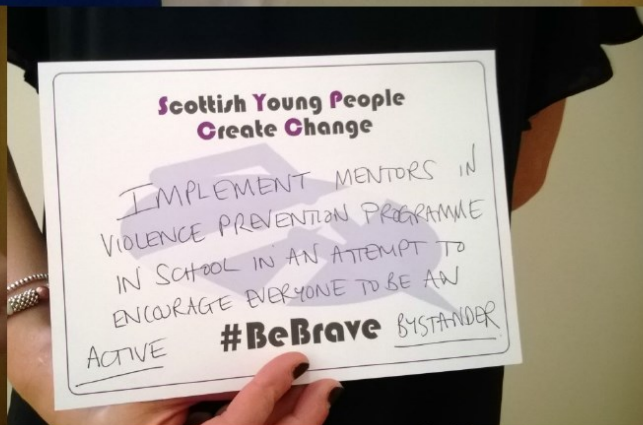
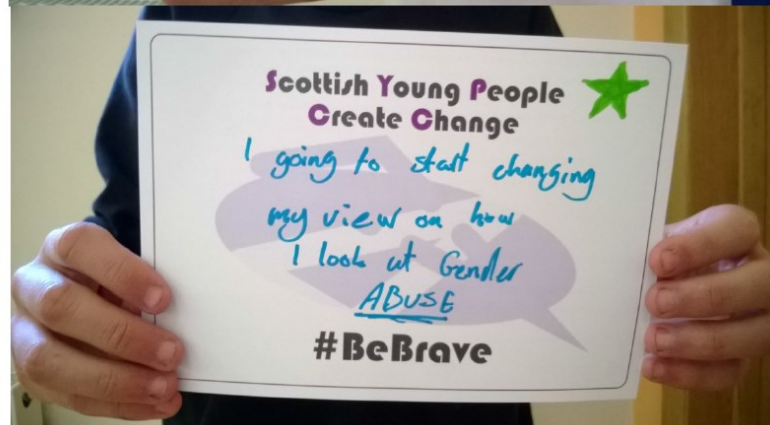
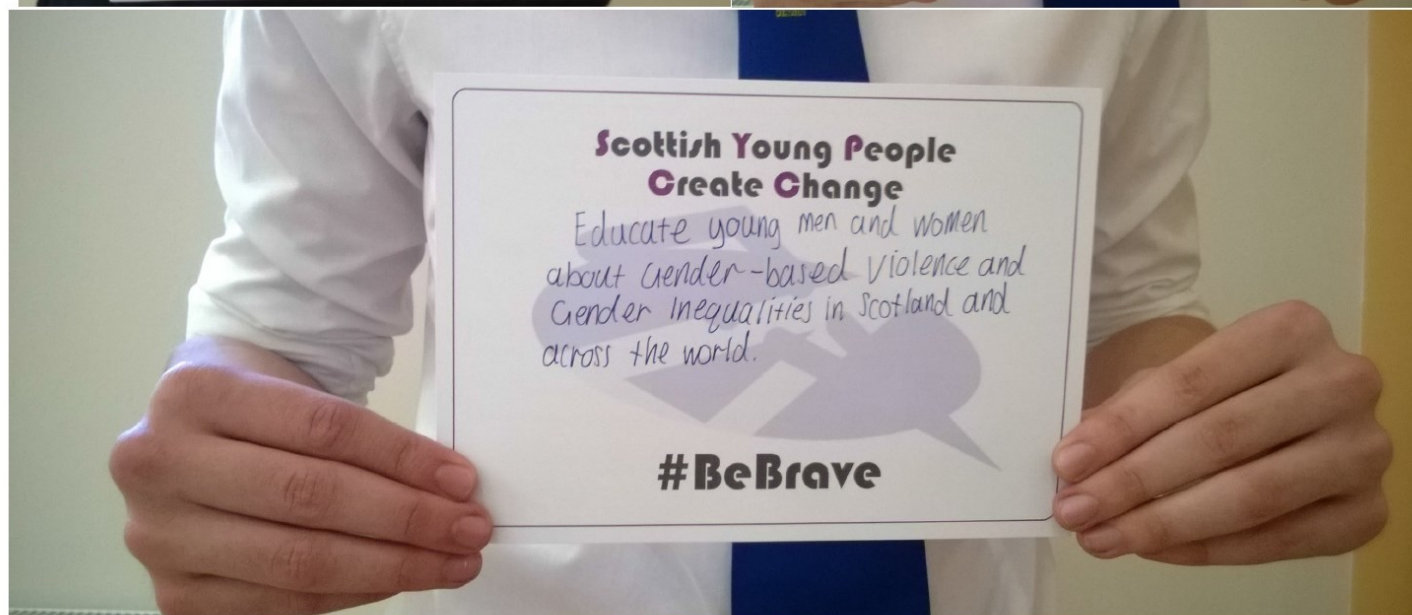
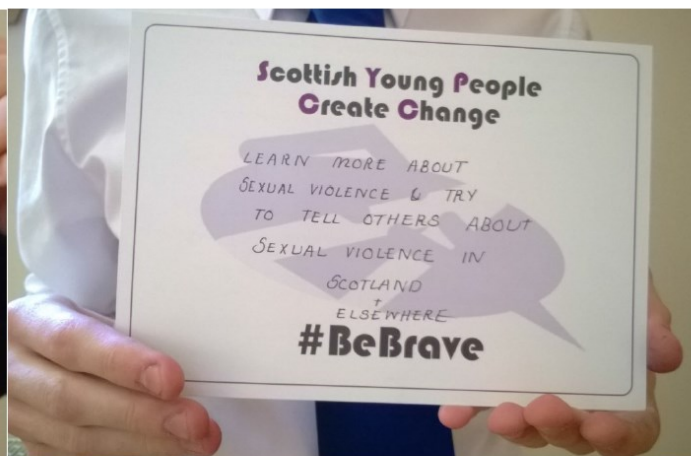
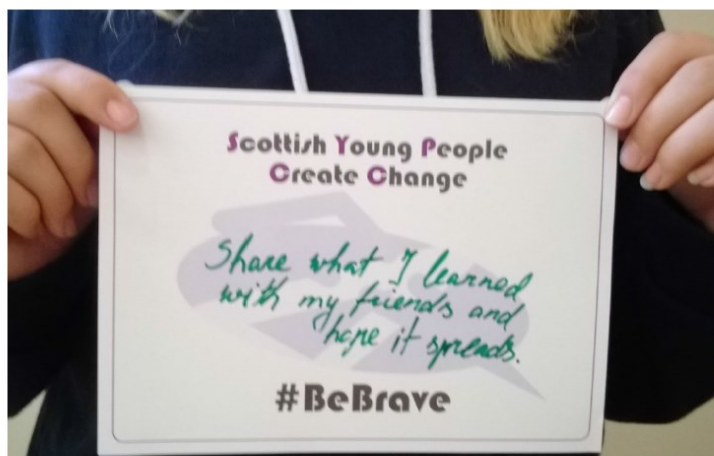
Young people called for an end to objectification in the media, and the sexualisation of young people. They called for accountability from the media, as well as exploring wider media – one group exploring stricter rules on pornography, access to it and levels of violence in it, whilst also acknowledging the risk that imposing stricter rules could potentially make it more desirable. Groups also explored the positive role the media could play in raising awareness of gender-based violence – ideas including “anti-violence adverts”, links to appropriate websites and education, and realistic pictures. Young people also looked to wider culture for places to creatively explore gender-based violence – with one group calling for more theatre productions on the issue.

3. Social Awareness

Young people felt that more awareness needed to be raised on GBV, with society as a whole more engaged in talking about the issue. They felt that gender-roles needed to be more relaxed within society, and that we should treat everyone as equals, with more places where people can go to access information.

4. Bystander Intervention

Participants wanted more people to speak out against GBV, and directly (and safely) intervene instead of being passive witnesses. Their comments and ideas included: “intervene (how to do this safely?), tell someone, be vocal about issues, ask if people are okay (if appropriate and safe)”. The question mark on how to intervene safely loops back to the first theme of education, and young people’s call for training on bystander intervention.



Question 3: Before today had you heard of any of the GBV services we have discussed? What can we do to help young people feel more confident in knowing where to go for support?

Of the 6 groups, young people named the following organisations they had heard of before, and some gave indication of where they had heard about them:

Shakti Women's Aid - 1
Edinburgh Women's Aid - 1
Edinburgh Rape Crisis Centre - 5 –
PSE lessons, STAR project, external event.
LGBT Youth Scotland - 4 – PSE lessons.

This could be a reflection that organisations invited schools they had worked with previously, so may not be a reliable representation of young people's wider awareness of support services.

Four key themes emerged from young people on what services can do to help young people feel more confident to know where to go for support.

1. Links between schools and organisations

Young people identified that they wanted more external organisations to come into schools and deliver talks and workshops, and they wanted to be given a greater awareness of peer-education initiatives. Information available in schools could be more clearly displayed, and training could be provided to help schools refer to support services. As elsewhere in the report, education was key – with the message “keep educating” giving confidence to organisations that work which is already being done needs to continue.

2. More Publicity

In particular online and social media publicity was mentioned, with specific sites like Facebook and tools such as “online pop ups” recommended to help remind young people of support available. Young people also said publicity in the media and schools could help; “teaching, and providing information on GBV support”.

3. Special Events

Young people asked to be “made” to attend events to raise awareness and open their eyes, and asked for more creative approaches, specifically “art performances”.

4. Help, Support, Confidence

To feel confident in seeking support young people need to know that their identity and problems they are looking for help with will be kept safe. Young people felt that the stigma and shame about accessing services also needed to be reduced.

In wider conversations young people also mentioned specific actions organisations could undertake such as fundraisers; providing school-based support; providing services which are personal, rather than always seeing a different member of staff; and a recommendation to try and make sure people are linked in to support. Young people also commented that sometimes it is better “talking to a stranger”, and one group cited the Junction in Edinburgh as an example of an accessible service; giving the reasons that they know the workers, they feel there isn't any stigma, and the centre has a presence in schools.

Question 4: What would you like to see the Scottish Government and other professionals do to have a positive impact on the issues discussed?

A themed analysis of the top three 'final answers' given by focus groups highlighted 3 key concerns:

1. Education for Young People in Schools

Young people overwhelmingly called for improved education, both in their final answers and wider conversations. The majority were very school specific – with suggestions that gender-based violence is a “core topic which should be discussed and covered in schools”, and that “gender awareness” and “healthy relationships education” should be compulsory in schools.

They felt gender-based violence education should be “part of the curriculum”, taught at an earlier age and in PSE and RME. There was also the sense that young people wanted schools to engage and support students to be able to create change themselves: arguing schools should “inform students about issues and how to solve them”, and give students the “opportunity... to take part in workshops on gender issues, etc., [and] campaign for changes to curriculum”.

There was the suggestion that schools could be funded to hold bigger events on the issues, and it was clear that young people wanted education to also look at sexuality, sexual orientation and LGBT awareness.

2. Wider Education, Information and Awareness

Young people called for courses for parents and communities to inform them about issues, and to tackle them, as well as general awareness raising around the issues – including people sharing their stories and information on the “negative effects of patriarchy on men”.

3. Policy, Rights and Legislation

Young people named a number of specific suggestions which the government could act on to make a difference. These included updating legislation (with notes giving “revenge porn” and keeping up with technology as an example), “supporting women into male dominated fields and vice versa”, a call to the Scottish government to make “more rights... for LGBT community and their safety, [and] for anyone going through sexual or [gender based violence]”, and media warnings at the start of programmes to specifically state if it contains gender-based violence, rather than just ‘violence’.

Straddling both theme 1 and theme 3, was a recommendation that police, student and school relationships should “change to be more supportive”. Two groups of the 6 mentioned changes to the Police service.

“Just a Bit of Fun’ [Young Voices DVD] was very hard hitting. It was a very good play as things like that actually happen”

– **Young Person**, Scottish Young People Create Change

**Scottish Young People
Create Change**

Teach awareness of issues
and make people accountable for
their actions concerning gender
based violence.

#BeBrave

**Scottish Young People
Create Change**

I pledge to tell my head teacher
about this and hold an assembly in school
hopefully

#BeBrave

**Scottish Young People
Create Change**

Tell my classmates and
teachers etc everything
I learned.

#BeBrave

**Scottish Young People
Create Change**

Share what I've learnt with family,
friends and with peers in
school to raise awareness of
gender based violence



edinburgh rape crisis centre
supporting survivors of sexual violence



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Question 4 Continued: Wider Conversations

As we hope that this report will be used by professionals, practitioners and policy makers to influence change, we have also analysed young people's wider conversations, which fed into their final answers given above, to ensure the maximum communication of what young people need. Young people's conversations split into 4 key themes, counter-clockwise in order of popularity.

1. Education – *strongly calling for earlier and more [for](#) young people; mandatory courses for parents/communities*

5. Changes to Policing - *with the suggestion that community police could be educating in schools, and the suggestion that change needs to be made to “sort out” police.*

2. Greater Diversity - *strongly calling for information on LGBT health and wider sexualities such as “asexuality/pansexuality”; gender neutral toilets; attention to class structure and inequality; more teaching about alternative family structures; information about gender structure on men; and supporting entrance of women into male dominated fields and vice versa.*

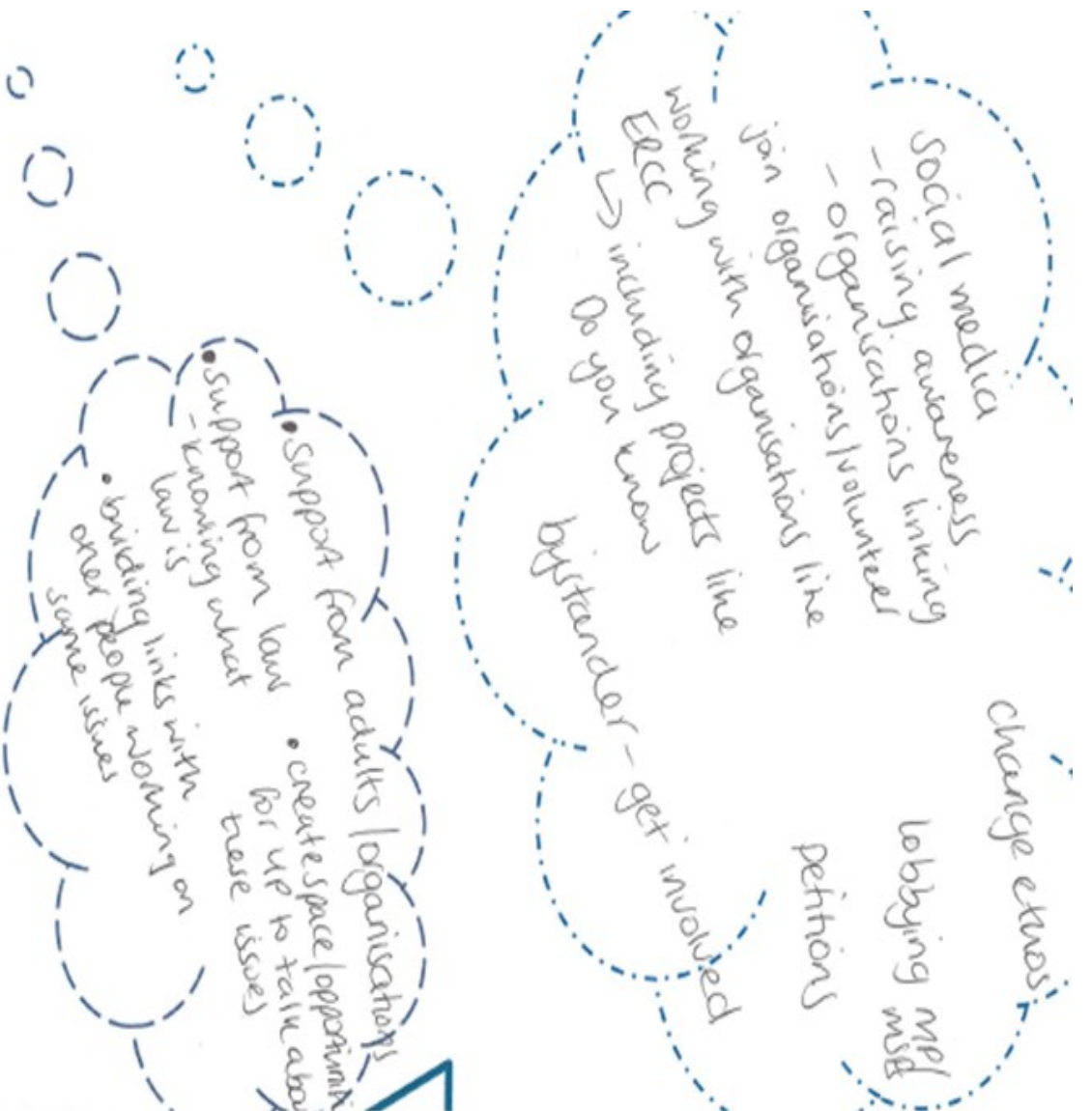
What would you like to see the Scottish Government and other professionals do to have a positive impact on the issues discussed?

Wider conversations.

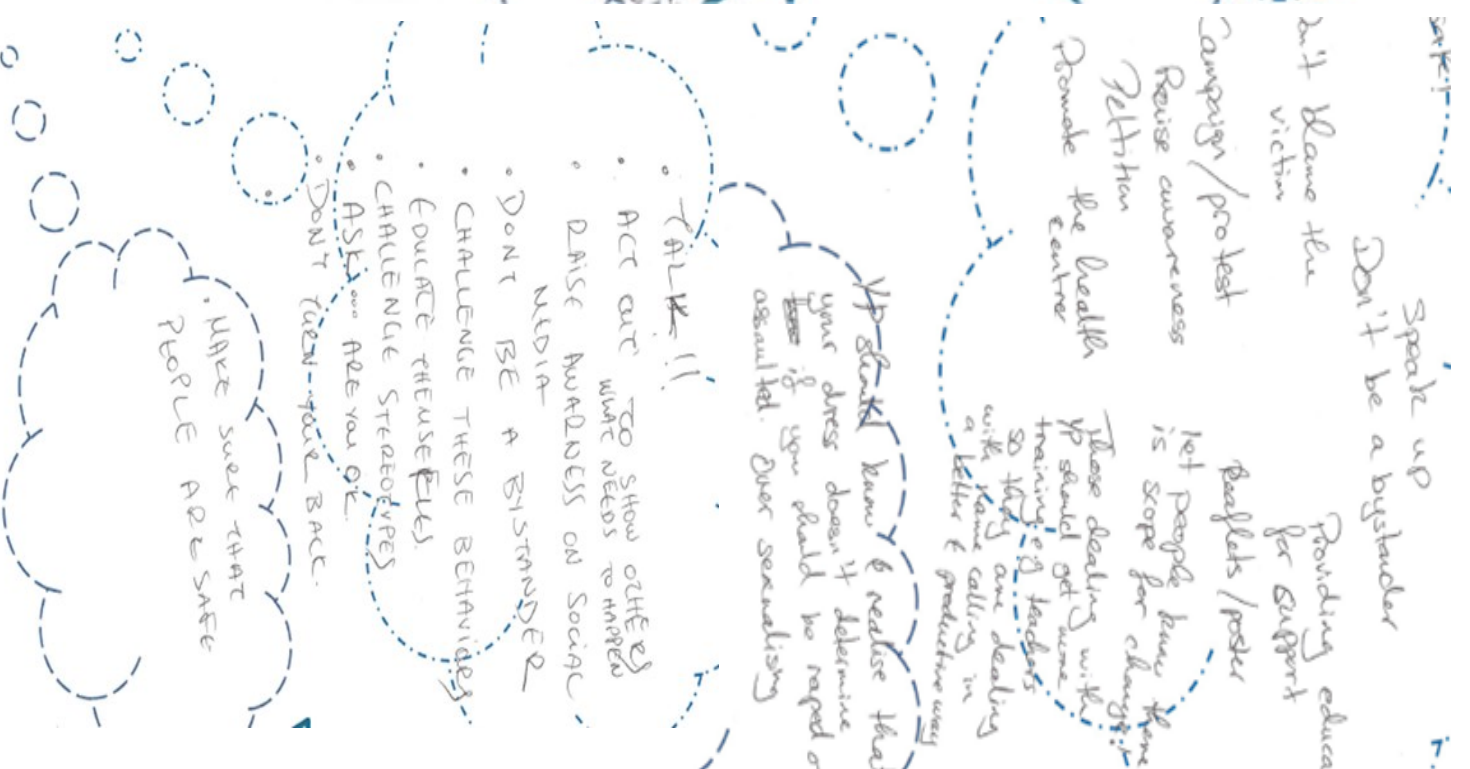
4. Public Information and Representation - *people “sharing their stories”; less “judgement/harassment” in media regarding public figures “sex lives”; a statement that the Scottish Government is “quite good for equality” in terms of “female representation and trans/LGBT inclu[sion]”, but that the UK government is “lagging behind”.*

3. Law and Legislation - *including providing safe places in workplaces; more services available; greater action – reacting more affectively and challenging issues; “laws on prostitution” (young people did not specify further).*

“[The LGBT workshop] made me think about how people can feel about themselves and with how they cope with coming out”
– **Young Person**, Scottish Young People Create Change



Excerpts from young people's conversations on: 'What Can Young People Do to Create Change? Is there anything they need to help them do this?'



Question 5: What can young people do to create change?

A themed analysis of the final answers and discussion comments highlighted three key themes for what young people can do to create change, and four key things they feel they need to help them to do this.

1. Speak Out!

Much of young people's focus here was divided between standing up against gender-based violence and being an 'active bystander' rather than a passive witness who doesn't act when they see something abusive. Young people recommend not turning your back and instead challenging harmful behaviours when you see them: "Don't be a bystander – be different – be bold – it's not your fault!" Significantly young people also highlighted the need to talk to their peers and use their voices for change; speaking up, challenging stereotypes, letting others know that there is scope for change, and supporting their peers - asking others "are you okay?"

2. Educate!

Young people also highlighted their role to play within school-based education; wanting more peer-education and listening to people their own age, more student input in PSE programme and assemblies. This would help make education on gender-based violence more relevant. Victim-blaming was cited as a specific issue to address in education.

3. Campaign!

Many young people turned to protests and campaigns, in particular online and social media campaigns. Young people indicated that this would help raise awareness and share information, reflecting: "[we] can make small changes which can lead to a big change". Specific campaigns mentioned included campaigning for the curriculum to be more inclusive, lobbying MPs/MSPs and linking in with gender-based organisations online through social media.

"You can create change even if you start powerless!"
– **Young Person**, Scottish Young People Create Change

Question 5 Continued: What Do Young People Need To Do This?

Education

As elsewhere in focus groups, education was a key issue for young people. They highlighted that they need PSE classes, they needed their education to provide support and raise awareness of GBV, they want more about healthy relationships but don't want to risk disengaging if the lessons they do receive are repetitive. Young people also highlighted that they need staff and "adults" to be more aware too; with more training for those working with young people to encourage better responses and understanding, and more positive role models for young people.

Opportunities

Young people need to have the space made for them to talk about these issues. They want to work with specialist organisations, and they want to hear from other young people who have created change – for example asking for Edinburgh Rape Crisis Centre's 'Do You Know' theatre project, featured during the day, to come into schools.

Access to information

Young people need more leaflets and posters available to them, and more information about GBV.

Confidence and Support

Perhaps encompassing all the suggestions above; young people need to be given the confidence to campaign for the things they believe in, and support from adults and organisations to do this.

"GBV can be incredibly harmful to both body and mind and steps should be made to prevent it as far as possible"

– **Young Person**, Scottish Young People Create Change

"[The keynote speech] was a real eye opener, it made it real, and made me realise it is possible to achieve the impossible"

– **Young Person**, Scottish Young People Create Change

**Scottish Young People
Create Change**
I would like to speak at
assembly to peer educate to
make it something that is raising
awareness. Also get more
resources to help this.
#BeBrave

**Scottish Young People
Create Change**
Take a Stand
Educate
People on what
I know
#BeBrave

**Scottish Young People
Create Change**
Speak up for the
victim and give
them supports
#BeBrave

**Scottish Young People
Create Change**

Peer education in schools
- campaign to make peer
education a valid skill/qualification

#BeBrave



edinburgh rape crisis centre
supporting survivors of sexual violence



EDINBURGH
WOMEN'S AID



Moving forward: Creating Change



Moving forward: Creating Change

"We need to talk, challenge people's knowledge and views and fight against GBV and any other issue we believe in. Never be a bystander. Been really inspired and this was extremely eye opening. Come to our school!!!" – Young Person, Scottish Young People Create Change

Young people came together with professionals for this event in the spirit of making a difference towards understanding and ending gender-based violence. We are pleased that we have been able to provide a space for young people's views and voices in this report. From our analysis of the focus group discussions, we would present the following actions from young people to their schools, to professionals and policy makers, and to their peers on what they can do to take this work forward.

3 Actions for Schools

Young People have asked for more education; let them know you hear them

- Provide comprehensive and relevant gender-based violence education
- Make links with specialist gender-based violence agencies for support, education and events in your school
- Provide safe spaces for young people, and call out verbal abuse and harmful attitudes

3 Actions for Professionals

From grant making to policies, there is something every organisation can do to help make a difference

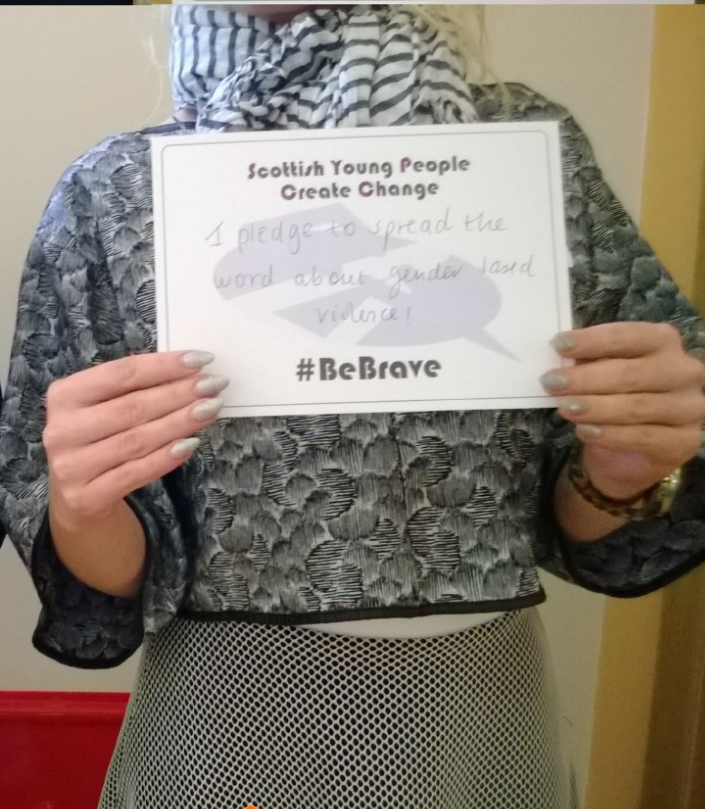
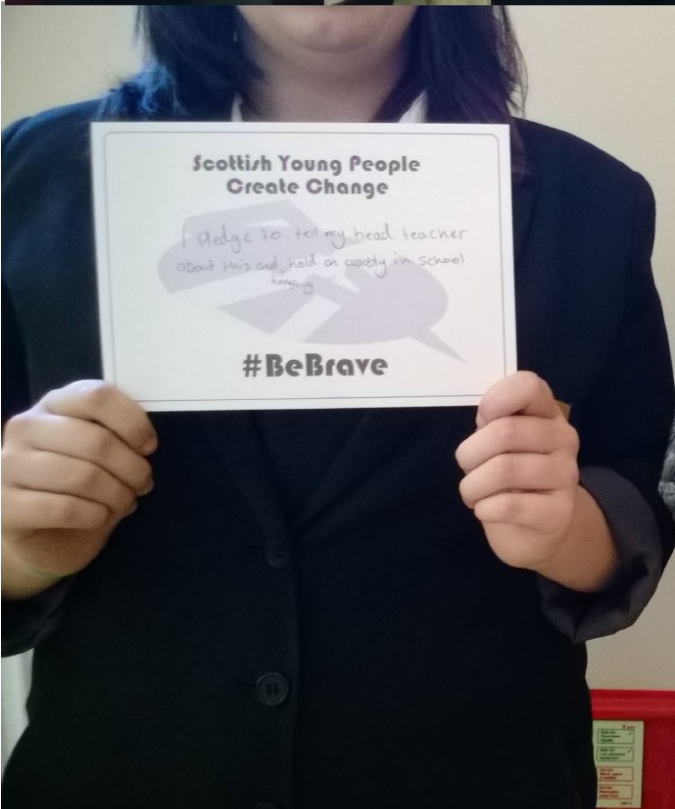
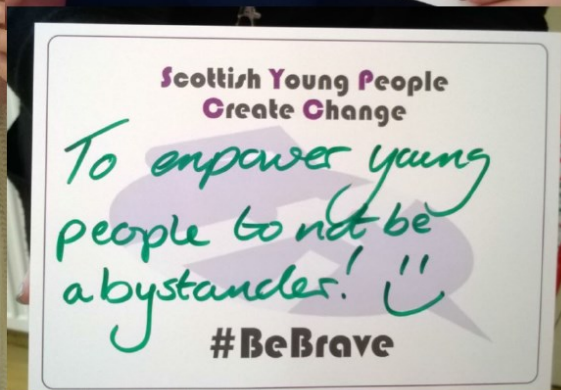
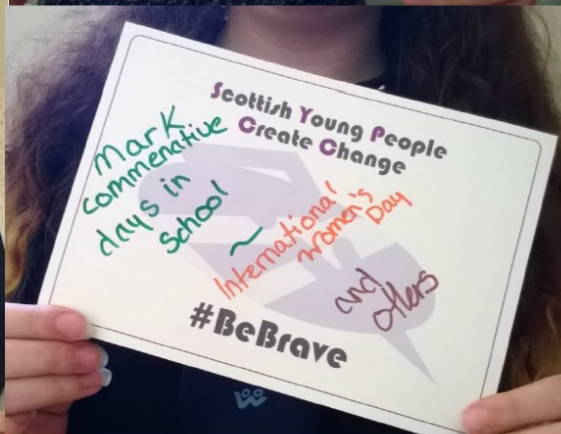
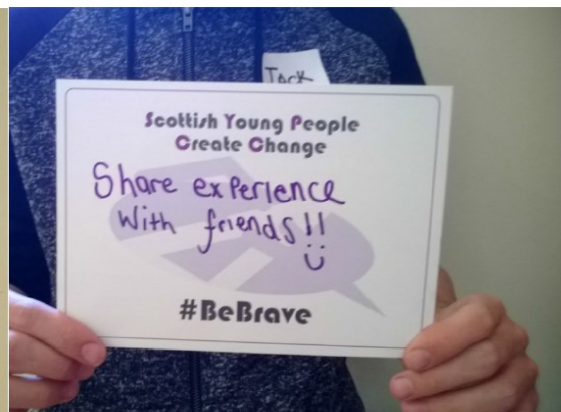
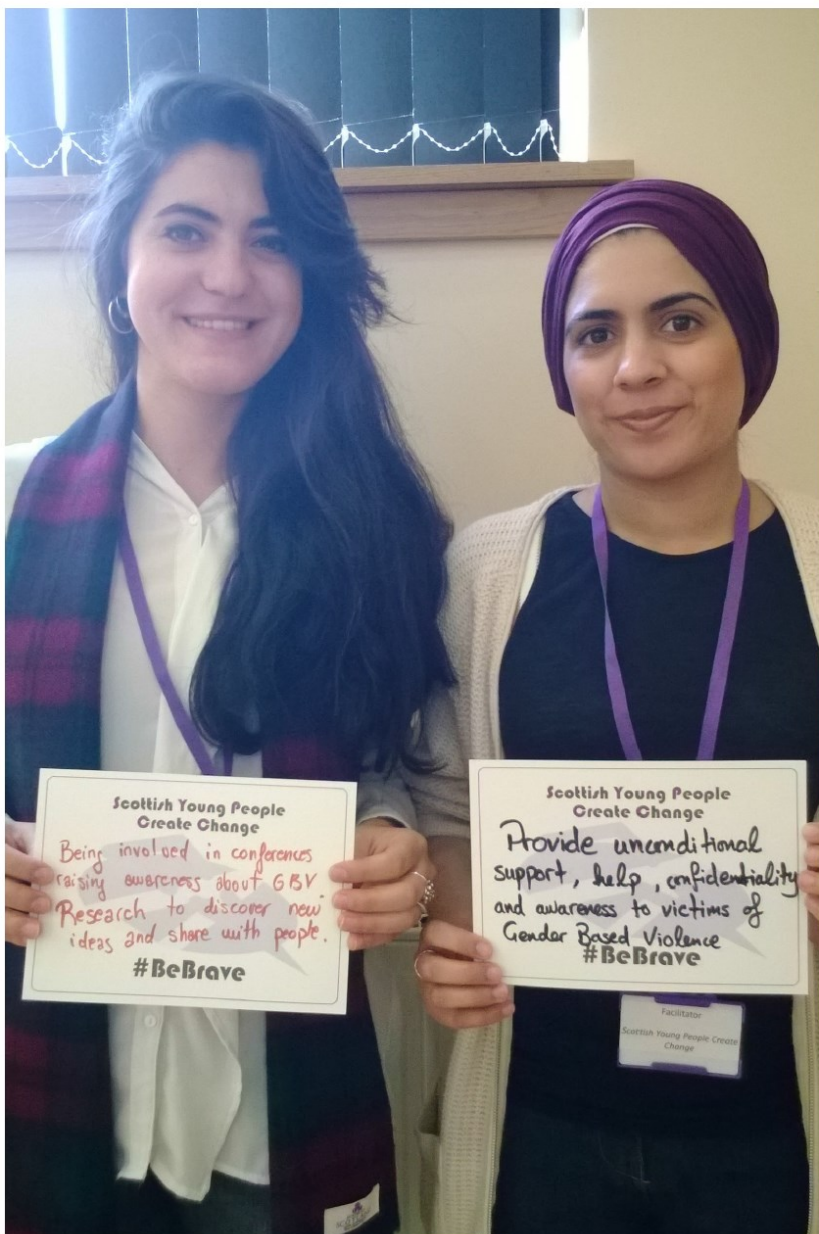
- Establish partnerships to support young people's access to gender-based violence education
- Make gender-based violence a priority and think creatively about what your organisation can do to act on the information in this report
- Help empower young people to take the lead and create change

3 Actions for Young People

We can all do something to make a difference, and that change can start with you

- Stand up, speak out: challenge harmful behaviour and support survivors
- Challenge attitudes, including your own: talk to friends, read and research, attend events
- Get involved! Ask about gender-based violence organisations coming to your school, begin a petition, campaign online, start something!

We hope that this report will help its readers to understand that gender-based violence is happening in young people's lives and it is time that we all act to change it. We hope that the information and actions in this report will assist you - whether you're a young person or parliamentary official - to be able to create change, so that we may all work together towards a future free from gender inequality and gender-based violence.



edinburgh rape crisis centre
supporting survivors of sexual violence



EDINBURGH
WOMEN'S AID

About Us: Organisation Biographies

Edinburgh Rape Crisis Centre



edinburgh rape crisis centre
supporting survivors of sexual violence

Edinburgh Rape Crisis Centre (formerly EWRASAC) offer free and confidential emotional and practical support and information to women, all members of the transgender community, and young people aged 12-18 who have experienced sexual violence at any time in their lives. We work to empower survivors of sexual violence: to support them to find and make their own choices, and have done so for the last 37 years. We have outreach services in East Lothian and Midlothian, as well as a specialist support project called the STAR project for young survivors aged 12-18. We also provide support for family, friends or partners and workers who are in a supporting role. We aim to change attitudes about gender based violence and improve services for survivors. We have a specialist young people's prevention project, delivering free, high quality sexual violence prevention education to 11–25 year olds in schools, youth groups and other youth settings in Edinburgh City, as part of Rape Crisis Scotland's national preventing sexual violence network. We also run a series of training courses for workers in agencies and can provide tailor made courses.

LGBT Youth Scotland



LGBT Youth Scotland is the largest youth and community-based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland. The charity's mission is to empower lesbian, gay, bisexual and transgender young people and the wider LGBT community so that they are embraced as full members of the Scottish family at home, school and in every community. As an organisation, we do a lot of work with young people around the issues of sexualisation in relation to both, promoting positive body image through LGBT inclusive imagery, and in promoting healthy sense of sexuality through LGBT resources and awareness raising of good sexual health and relationships education specific for LGBT young people.

Shakti Women's Aid



Shakti Women's Aid is a voluntary organisation which offers support and information to all black minority ethnic women, children and young people experiencing domestic abuse, forced marriage, female genital mutilation and other forms of honour based violence. Shakti offer refuge and accommodation support as well as information and advocacy for women and their children experiencing and or fleeing from abuse from their partner, ex-partners and or other family members. Shakti offers refuge and accommodation support and have a dedicated children and young peoples service, as well as advocacy and support services covering Edinburgh and the Lothians, Fife, Dundee and Stirling.

Edinburgh Women's Aid



Edinburgh Women's Aid was founded in 1973 as a registered charity. It was set up by women, for women, to provide women and children who are at risk of domestic abuse with a safe and friendly place to turn to – for support, information and, if necessary, refuge accommodation. As part of the Women's Aid network, we also worked to change attitudes and the legal system, and we campaign to bring the issue of domestic abuse from behind closed doors and recognize it as a crime. However, although attitudes are changing and domestic abuse is more openly acknowledged, there is still a long way to go – more than 1,000 women still contact us each year. The services we offer include:

- Crisis Counselling
- Support, information and choices concerning domestic abuse, such as housing options, benefits, welfare rights and legal issues
- Temporary accommodation for women and any accompanying children
- Support for children and young people, including outreach support and prevention work in schools
- Outreach Service
- Resettlement Service
- Group Programmes including CEDAR Project.

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For more information about the Scottish Young People Create Change network please visit www.sypcc.org.