



Resources for Young People

during a pandemic





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1

**WHO
WE ARE**





WHO WE ARE

Bold, Equal and Empowered (BEE) is a youth activism volunteer group at Shetland Rape Crisis.

We made this resource to provide ideas of things to do during lockdown and information about how to get support if you need it.

You are not alone

If you need to get in touch with Shetland Rape Crisis, you can:

 Visit www.shetlandrapecrisis.scot/

 Phone **01595 747 174** (*open Monday – Thursday, 9am – 1.30pm*)

 Email contact@shetlandrapecrisis.scot

 Follow [@ShetlandRapeCrisis](#), on Instagram, Twitter and Facebook





WHO WE ARE

You may be staying at home, but you are not alone

We know that this is a difficult time for folk, particularly for survivors of sexual violence, including young survivors.

However far we've come, rape and sexual violence are still issues that many people find hard to talk about. Sexual violence is prevalent in communities right across Shetland but most of it takes place behind closed doors, so sometimes people assume it's not happening.

Most people who experience sexual violence are assaulted by someone known to them, often within their own family or by their own partner/spouse. This means that some people in Shetland, including children and young people, are currently stuck at home with their perpetrators for a prolonged and indefinite time. This is – for many people – a truly terrible and potentially dangerous time.

Even for survivors whose immediate home situation is safe, not being able to use ordinary coping mechanisms, comforts and/or distractions such as spending time with friends and family, working alongside others or the gym means that people are struggling with their mental health.

We wanted to make this resource for you, so you know that we're thinking of you; so you know where and how you can get help if you need it; and to share some ideas on how to look after your own health and wellbeing during lockdown.





2

SELF-CARE





SELF-CARE



It seems that everybody seems to be speaking about **SELF-CARE** lately. Technically, we should always look after ourselves, but it's especially important right now. Many of the things we do in normal life are a form of "self-care" and not being able to do them right now is causing stress. And some people might actually feel less stressed right now, and that's ok too!

If you're struggling of things to do to look after yourselves, here's some ideas from us!





SELF-CARE

Why not try our Self-Care Bingo?

You can download the pdf or image version, print it out and put it up in your home to challenge your family or you could share it on Instagram to challenge friends. Don't forget to tag us, [@ShetlandRapeCrisis](#)

SELF CARE				
B	I	N	G	O
Take a Nap Zzzz	Go for a bath	Take a break from social media	Ground yourself	Write down any worries and rip it up
Go outside	make a Happy Playlist	Do something new	Declutter a room	Speak to a friend or family
Do a kindness act	Alone or chill time	ASK FOR HELP	Write a goals list	Bake something new
Accept feelings + emotions.	Create a mood board	Practice meditation	Learn a coping skill	Create something
Exercise	Create a happy box	Plan your week out	Plan a dream holiday	Write 2 things that you are grateful about today



NEED SOME
MORE IDEAS?



SELF-CARE

Here's some more activities to do:

- ◆ Do some **yoga**
- ◆ Make **music** or get **crafty**
- ◆ Take some time for **reading**
- ◆ If you have **pets**, spend lots of time with them
- ◆ Do some **gardening** or start growing your own vegetables
- ◆ Have a **video call with friends** and play some online games together
- ◆ Learn a **new skill** (*like an instrument you've never played before or a language you've always wanted to speak but never had the time*)
- ◆ Try out **journaling**
- ◆ Go outside, go for a **walk** and enjoy some fresh air (*maybe you'll even find some ponies on the way*)
- ◆ **Treat yourself** with a nice bath bomb
- ◆ Look back at **happy moments**
- ◆ Binge a series on a **streaming platform**
- ◆ Do some **baking**





**WAIT, DID
SOMEBODY
SAY BAKING?**

**We've got you
covered!**

SELF-CARE

Simple recipes to do at home

As we all know quarantine can be a boring and stressful time for everyone. Baking can be a relaxing way of entertainment where you get some yummy treats after it. It's also well-known though that lots of ingredients aren't easy to get a hold of now, so here are some easy 3-4 ingredient recipes.

Make sure you have parents helping you if needed, especially when handling hot food.



Crunchie Fudge

Ingredients

- ◆ 400g milk chocolate
- ◆ 1 tin of condensed milk
- ◆ 1 teaspoon of vanilla extract
- ◆ 4 crunchie bars

Method

1. Add everything but the Crunchie bars to a slow cooker and cook on high for 45 mins, stirring well every 15 minutes (also works in a pan on the hob at low temperature but be careful it doesn't burn).
2. Once it is fully melted crush two of the 4 crunchie bars and add them to the pot. Stir this well and then pour into a lined dish.
3. Finally crush the last two crunchies to add on top. Leave this in the fridge to set for 6-12 hours.





SELF-CARE

Muesli Balls

Ingredients

- ◆ 1 cup of pitted dates
- ◆ 2 ½ cups of muesli
- ◆ ¼ of a cup of honey

Method

1. Leave the pitted dates to soak in a large bowl with boiling hot water for 15 minutes.
2. Drain the water from the dates and add your honey and 2 cups of muesli.
3. Use a mixer to combine the products until they clump together.
4. Put the remaining muesli into a separate bowl. Use a teaspoon to scoop the date mixture and then roll it into balls. Place the balls into the muesli bowl and cover in a light coating of the muesli.
5. Leave these in the fridge for 1-3 hours until firmed.

Peanut Butter Cookies

Ingredients

- ◆ 1 cup of peanut butter
- ◆ 1 cup of white sugar
- ◆ 1 egg

Method

1. Preheat your oven to 175 degrees C (Gas mark 4)
2. Add all ingredients to a large bowl and mix until smooth
3. Roll mixture into balls and place on a baking tray (flatten the balls using your hand or a fork)
4. Bake for 10 minutes





SELF-CARE



There's a really important thing we would like you to know, though:

It's okay not to want to do any of these things. It is okay to feel the way you feel. And it is okay to not be doing daily yoga and baking banana bread for your family.

We want you to know that **YOU ARE NOT ALONE** and that we, your friends and family and other child-services are here to speak, if you need to.





3

CONSENT





CONSENT

Because we try to prevent sexual violence from happening in the first place, we think it is important that you know about **CONSENT**.

You may not be ready for anything sexual (and you may never be), but that's ok. It's always a good time to learn about consent though, because consent is all about our right to choose what we want to do with our own bodies.

Consent means "free agreement" to a sexual act (for example: kissing, touching each other, sexting, or sexual intercourse) with someone. The law in Scotland says that if you do not have consent to a sexual act, then this is an offence.

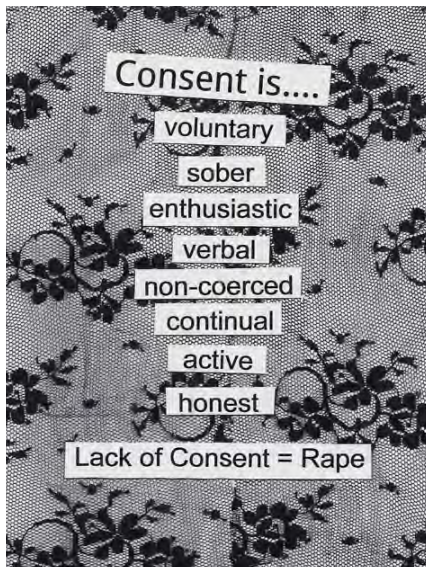
There are also laws in Scotland that tell us what age a young person must be in order to freely consent to sexual acts. These vary depending on the sexual act, but 16 is the age of consent for sexual intercourse and 18 is the age of consent for sexual images. We will post a link on SRC's website if you would like to find out more about this.

But consent is about more than just the law and what is illegal or not. It is a value we should all hold in healthy relationships. It is about treating each other well and being respectful to each other too.





HAVE A LOOK AT THIS ...



CONSENT

Further explained, healthy sexual relationships with good consent are:

- ◆ **Voluntary and Non-coerced** If you kiss or have sex with someone because they threaten or pressure you into doing it, then this can't be consensual.
- ◆ **Sober** If you and/or your partner are very drunk or have taken drugs you and/or your partner can't consent.
- ◆ **Enthusiastic** If you are about to have sex with someone and you are not sure how they feel about it, you should check with them that they are into it and enjoying it, too.
- ◆ **Verbal** The easiest and safest way to make sure your partner is happy and consenting is communicating! Ask what they like, if they are okay and let them know that you can stop at any time.
- ◆ **Continual** Just because your partner wants to do something now doesn't mean you always have consent from then onwards. Again, check in with your partner if they are still enjoying the time you're spending together, and make sure you share consent the next time.



CONSENT



- ◆ **Active** Just because someone might not say no doesn't mean you have consent. Sometimes people are too scared to say no or freeze up as a natural reaction to being nervous. So make sure that they actively give you consent (pay attention to e.g what they are saying, body language, facial expressions or tension of the body, If you're unsure: ASK).
- ◆ **Honest** Never assume that your partner is lying to you when they say they don't want sex. When speaking about consent always be honest to each other and trust your partner.

We hope this helps as a guideline, if you ever have questions about consent or similar questions you can get in touch with us or you can ask **Cool2Talk.co.uk** for anonymous help.



CONSENT



If a friend or family member ever tells you that they have experienced sexual violence or if they are doubting that they consented to any kind of sexual activities, here's some guidelines about what you can do to help and be as supportive as possible:

Spend time with them, listen to them and believe them, let them be in control over what they decide to do (they may not want to report what happened), let them know it was not their fault, understand that they may not want to talk about it, let them know about Shetland Rape Crisis and Rape Crisis Scotland Helpline.

If you think they are in immediate danger call 999.





CONSENT

If you would like to find out about more detailed and practical ways to help, have a look here:

If you know someone who is experiencing or has had some act of sexual violence happen to them (for instance they might be your friend or family member). Then you'd most likely want to support them, and if you're lost on ideas how to then hopefully these suggestions can help ☺

1. Always remember to respect their privacy. Don't get in anything that's still raw and touchy to them. If you see that they are uncomfortable then definitely change the subject.
2. Give them a bit of time to heal before speaking to them. Maybe wait a few days because it's really hard for your friend to process all that has happened to them.
3. Instead of calling them a victim try survivor because they are making it through!
4. It's very common for people that have had something done to their body against their will to feel really uncomfortable in their own skin ☹. Don't pay attention to their body and complement them! Shower them with body positivity every day ♥.





CONSENT



5. Remember to check up on them every couple of days. Just send them a text, start a conversation with them. Let them know you're here for them and that they are important.
6. If you yourself are finding it a hard time supporting someone please contact Shetland Rape Crisis! We have support for not just survivors but also for those of you that are impacted by helping their friends and families.
7. If your friend doesn't feel comfortable speaking to you or Shetland Rape Crisis then suggest some helplines such as..
 - ◆ **Rape Crisis Scotland Helpline 08088 01 03 02** (*available from 6pm – midnight, every day, free of charge*)
 - ◆ **Childline 0800 1111**
 - ◆ **Victim Support 0333 300 6489** (*if they are thinking about or have already reported to the police*)
 - ◆ **The Survivors Trust 0808 801 0818**

Remember you are just as important as them. So look after each other, give yourself as much love as you give them. You are fabulous for doing this!

More information on how to support friends is available from Rape Crisis here:

www.rapecrisisscotland.org.uk/publications/RCS-003-Information-for-Peers-logos-back-WEB.pdf





4

GET
IN TOUCH





GET INTOUCH

Lastly, we want you to know that if you enjoyed reading this resource and found it helpful, are 13-25 years old and would like to join us in our monthly meetings get in touch.

We discuss topics that are important to our members, put together resources such as this one campaign for what we think is right, but also just have a great laugh together.

For more info visit www.shetlandrapecrisis.scot/get-involved/



