

Sisters

With

Voices

The Highlands are considered a romantic place but under this veneer lies Darkness.

Abuse happens everywhere - even in the most scenic of places

Remote to us is isolation.

We are a group of women in the North of Scotland, and we have made this Zine to share our experiences and raise awareness

Through the centuries women have been silenced and still are today.

We are changing this and we will not be silenced anymore.

I walked along for too
many years

Never crying any tears

as the Shame you caused
me broke me down

covered me up in a
blackened gown.

But now I see the
Shame is yours

I've found my voice
that's loud and pure

And for you crimes I'm
sure you'll pay

These little girls will get
there say.



Dark are the waters
Grey is the sky.
Maze sits with the castle
So cold and so damp
The lonely castle
Sits
Waiting to feel the
warmth of love again

Dark secrets

TOXIC

SUFFERING



They say
" SOME THINGS
ARE SUPPOSED TO BE
BEHIND CLOSED "
DOORS "

**NO
THEY
ARE
NOT!**

No Choice?

I was told - No choice!

I believed - No choice!

I behaved - No choice!

BUT THEN...

I found out

the choice was mine

Mine to make

Mine to take

Mine to break

The chains of control!

Mine to choose

Mine to use

Empowering; liberating;

Motivating; Safeguarding

FREEDOM

Now I am able to choose

to decide my own

Choice

Do I regret saying "No"?

YES

I decided to take my power back - I didn't want to have sex - so I said NO!
If I had just agreed it would have just been another unwanted sexual encounter - one I had been bullied into - coerced, giving in just to shut him up - keep him happy

But I said no - but it didn't matter - he took my choice away and even said thank-you afterwards - with a warning not to tell anyone -

I said No and so he raped me and changed my life

I'm changing it again 

NO! - a word often misunderstood,

when I said it he thought it
was a game,

when I said **NO!** he said

"oh come on you're just
being a pain."

I told others and they said
well that's a shame

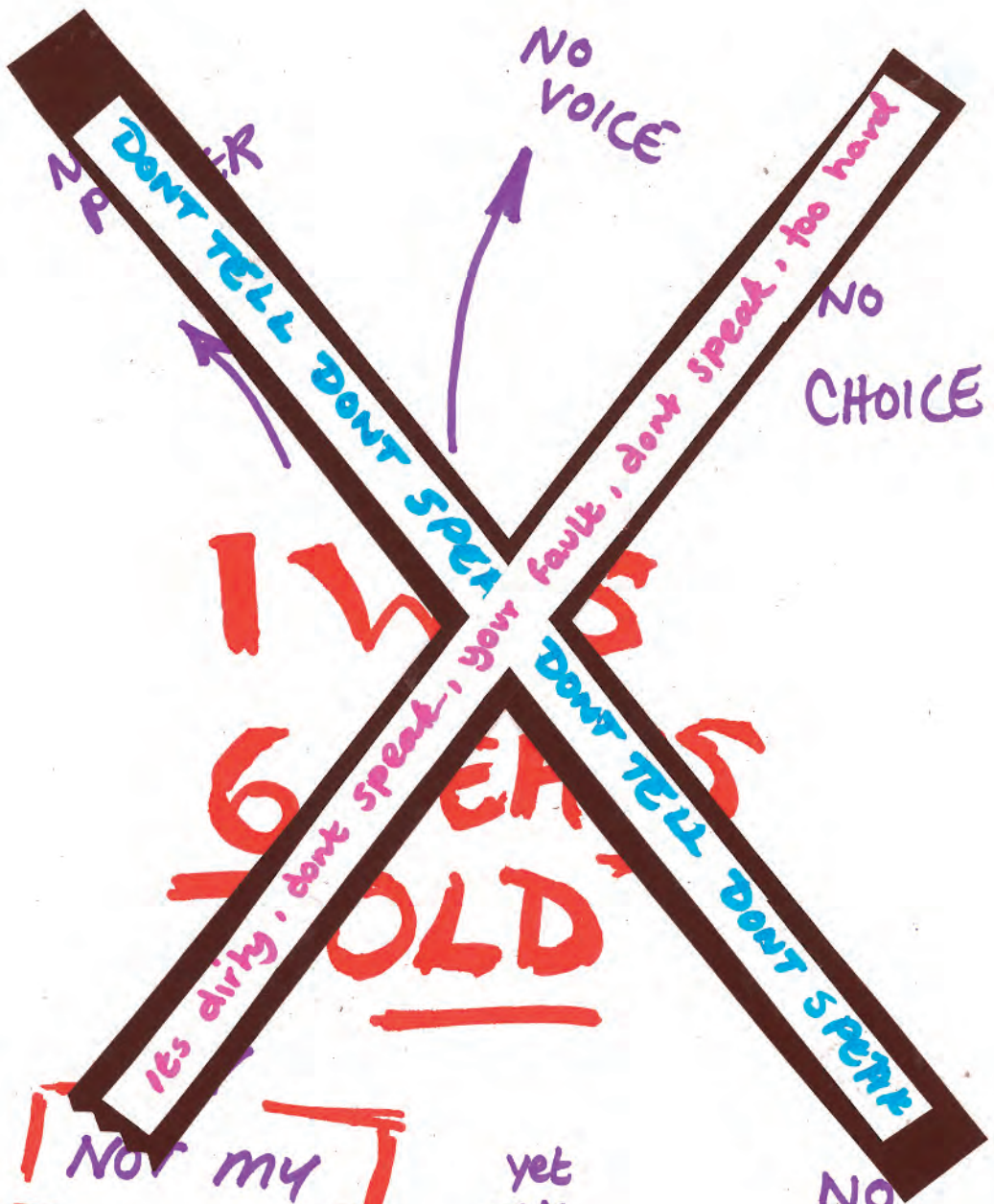
but maybe you weren't
clear enough?

I SAID NO!

loud enough for him to
hear,

So why is it people act as
if I am the one to blame?

As if it is right that I am
here feeling all this pain?



NO VOICE

NO CHOICE

16 YEARS OLD

NO RIGHT

NOT MY FAULT

yet still carrying the guilt

DONT TELL DONT SPEAK

DONT TELL DONT SPEAK

dont speak, too hard

its dirty, dont speak, your fault

NR



He wasn't a
stranger.

He was a
friend.

I didn't realize
what was happening.
I thought things
were normal.

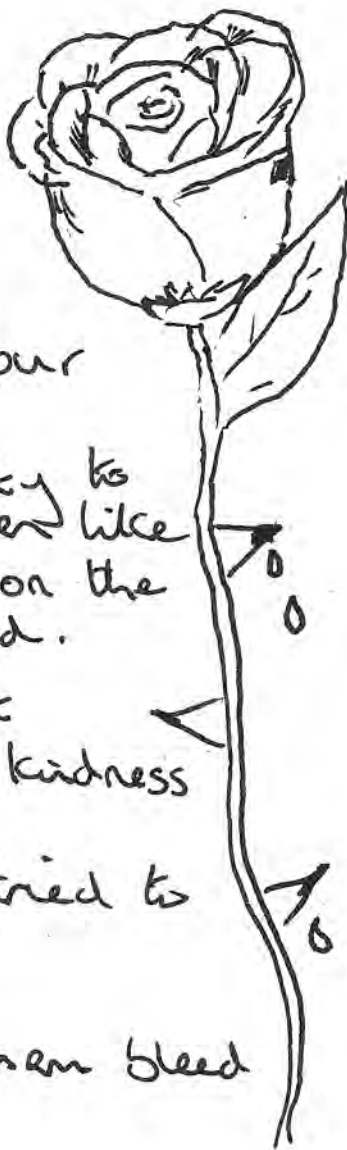
Society at the time
told me it was
normal.

I suffered in silence.

Not anymore.



gm



They look
advantage of our
kindness

And our ability to
see the best. Then like
a spider hunting on the
web, they pounced.

But they didn't
realise, that with kindness
comes strength.

The rose they tried to
crush

Had thorns
And we made them bleed
instead.

1
reasons women stay.

Trauma Bond, low self worth,
poor self esteem, Don't want to
break up the family, wider
family ties, finances.

Reasons women should leave.

Inner Peace, safety, security,
Children's emotional safety,
Independance, Happiness.

Self Care

fear will set you free

DON'T 'FEAR' FEAR Embrace.

fear will keep us in our own Prisons
fear is poison which pours in our veins
to fear returns us in the fog.
The fog of Control and Darkness.

Embrace the fear it will set you free
To stand up to fear it is to say "No More"
"No" I will take back life
"No" I will take back Control

Embrace the fear is to fear No More
to Embrace the fear it will help find
Your Voice.

Your Voice to say "Stop" "No" "Help"
Embrace the fear, Stand up to fear

This will become your
freedom

Scrampton
01/08/22

YOUR NAME HERE: _____

deserves better
than this



Medusa was never the villain

IT WAS NOT
MY FAULT.

A lone voice was
joined by others.
Those voices became
a choir, and they
would never be silenced
again.

#METOO

I AM WORTHY
I AM WORTHY
I AM WORTHY
I AM WORTHY



Strive
for
Permanent
Change
never
accept
abuse

resilience

DISCONTENTS

girls and guilt

TIM

BRAVE





"What we
doing
tonight?"

"Feasting on
bad men."

"Oh cool!"

Talkin'

Bout

a

Revolution

Helpline: 08088 01 03 02

Email: support@rapecrisisscotland.org.uk

For information on your local rape crisis centre visit
our website: www.rapecrisisscotland.org.uk

~~sexual~~ violence

is not about
sex ...

its
about



POWER

sexual

sexual violence

Sexual violence

sexual violence

sexual violence

Sexual violence

sexual violence

sexual violence

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sexual violence

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sexual violence

ANYTHING IS POSSIBLE.

SPEAK

SCIENCE
INNOVATION

Explorers, adventurers, scientists.

BOLD

Woman

REAL

FIRE

FIGHTING

Love.

Bright ideas

CENTURIES-OLD SURVIVORS

Activism through art ...

finding solidarity through shared
and lived experience

Expressing the inexpressible
Finding the words through pictures





Together we are stronger You are not

alone We are strong

together



RASASH

Rape and Sexual Abuse Service Highland

**Rape and Sexual
Abuse
Advocacy Service**

www.rasash.org.uk



RASASH

Rape and Sexual Abuse Service Highland

Confidential local rate
Support Line:

03330 066 909

RASASH: @rasashighland



Stand Up! RASASH
(young people):
@standuprasash



Registered Scottish Charity No: 5C045019

RASASH believes that:

- anyone who has experienced rape, sexual abuse or sexual assault, regardless of gender, ethnicity, culture or sexual orientation, should have access to non-judgmental & confidential support.
- **RASASH** strives to be accessible and inclusive of all genders, ethnicities, cultures, sexual orientations, social backgrounds and abilities.
- No survivor is to blame, under any circumstances, for any form of sexual violence they have experienced. The blame and responsibility for sexual violence lies solely with those who perpetrate it.
- A zero tolerance approach to any form of sexual violence is everyone's responsibility and will help ensure the health and well-being of all communities.

**RAPE
CRISIS
SCOTLAND**

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Email: support@rapecrisisscotland.org.uk

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