

**Ignorance**

**Ain't**

**Bliss**

**#MeToo**



The Highlands are considered a romantic place but under this veneer lies a darkness Abuse happens everywhere even in the most scenic of places. Remote to us is isolation.

We are 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 & still are today We are changing this, and we will not be silenced anymore.

# survivors in Rural Scotland

- My business becomes village business
- Communicate via ...

TWITTER

LINKEDIN

GOOGLE

... how about

- Rumours
- Curtain twitching
- Gossip

It takes courage to  
speak out

More information



# law works behind closed doors

# Being a survivor in North of Scotland ...



People take sides • Breaking up families  
'What would people say' • Community dynamic  
Discrimination • Isolation  
Unable to access support • losing  
can't go outside • Neighbours • friends  
victimised by • viewed differently by  
perps friend • whole community



IS THERE ANY BOOBY OUT THERE?



Could that be you?

assaulted

destroy

abused

'unlawful

PAIN

Taking the next step

powerless

NO

more

I am reaching out



positive

safe

live

supportive

Care

Prison

officer

arrest'





It's **not** your



fault

I HAVE  
THE  
RIGHT:

To ask for a date without being crushed if the answer is "no"

To refuse a date without feeling guilty

To suggest activities

To refuse any activities, even if my date is excited about them

To have my own feelings

To choose to go to parties alone without feeling like I have to pair up with someone

To say I think a friend's information is wrong or her/his actions unfair

To tell someone I don't like her/him to interrupt me

To have my limits respected

To spend my money the way I want to, even if it's foolish

To tell my partner I want affection

To tell my partner I want physical closeness

To refuse sex with anyone who just took me out on an expensive date

To start a relationship slowly, to say, "I want to get to know you better before I get involved."

To be myself without changing to suit others

To tell my partner I want sex

To refuse sex, or any other intimacy, anytime

To be told a relationship is changing and not blame myself, or change myself to keep it going

To an equal relationship with a man or a woman

To not dominate or be dominated

To be quiet or assertive and not be misunderstood

To act one way with one person and a different way with someone else

To change my goals whenever I want to



**MYTHS** manipulation  
isn't consent

She was drunk

rape is something a  
stranger does

She was just  
playing hard  
to get

tease  
it can't be  
rape if you  
have had sex  
with them  
before

Rape happens  
at night in  
dark alley  
asking for  
it

She is a  
slut - she  
loves sex

or fear  
lying

# Misinformation

rough  
sex  
**Excuses**

we are in  
a relationship -  
it's not rape

women  
need to be taught to protect  
themselves  
I bought her  
dinner - she owed me

She was  
flirting with  
me  
if you said you  
if you changed  
your mind  
it's not rape

look at what  
she was wearing

she was  
out alone  
at night -  
she knew  
the risks

# When Consent is NOT Consent

When you are conditioned  
or coerced.

to "save from further cruelty"

to "Keep him from getting  
mad" (he is 'MAD')

to "Keep him happy (and  
Keep you unhappy)

to "Show you love him" -  
he doesn't love you

He <sup>only</sup> LOVES ♥ HIS POWER  
say **NO** - take it from him



If you answer yes to any of the following questions, you may be experiencing abuse:

Do you feel pushed to have sex when you don't want to?

Do you ever have sex to "keep the peace"?

Does your partner want sex after a fight when you don't want it?

Have you ever just laid there during sex because resisting felt more risky?

Has your partner ever started sex with you while you were sleeping?

Has your partner refused to practice safe sex when you asked her to?

Have you ever felt that your partner used sex to control or punish you?

Has she ever given you a hard time about wanting to stop midway through?

Has your partner forced you to have sex against your will?

Does your partner withhold sex or affection, or does she demand it on her terms?

Does your partner use sexual name-calling against you?

Does your partner ever put you down or make fun of you about sex?

Have you ever had sex with her because you were tired of resisting?

Does your partner accuse you of having affairs?

Does your partner threaten to have, or have affairs when you both have agreed to be monogamous?

Does she put you down during sex?

Does your partner talk with others (ex-partner, friends, etc.) about your sexual inadequacies?

Does your partner demand that you tell her your fantasies?

Does your partner make you feel ashamed about your sexual desires or fantasies?


Has your partner violated your limits, boundaries, or safe words?

In the context of S/M, are you ever confused about when scenes begin and end?



*Your*  
**heart**

Done  
With(out)  
**LOVE!** ON PURPOSE

When they say  
"I Love You" 

Understand  
THIS!



They don't...

I



YOUR

FEAR

They Love  your fear  
and the POWER it  
gives THEM 

Let's get to  
the nib of the  
problem

SOCIAL EYES



~~IGNORANCE & APATHY~~

~~HEAT AND DROUGHT~~  
ARE  
KILLING  
OUR FORESTS.

friends



BUT  
WE CAN  
LIMIT THE  
DAMAGE—  
IF WE  
CHANGE  
COURSE NOW.

*"It's important to remind  
yourself that you can grow  
and learn with your <sup>INNER</sup> child"*

*"I'm not sure whether time is a healer,  
but it can show you how to live with  
the feelings you're experiencing"*

**RECONNECT  
WITH YOUR PURPOSE**





**REACH OUT**



**YOU  
ARE  
NOT  
ALONE**

WHERE

I  
S

T H E

help

?

Trauma

Trauma

Trauma

Trauma

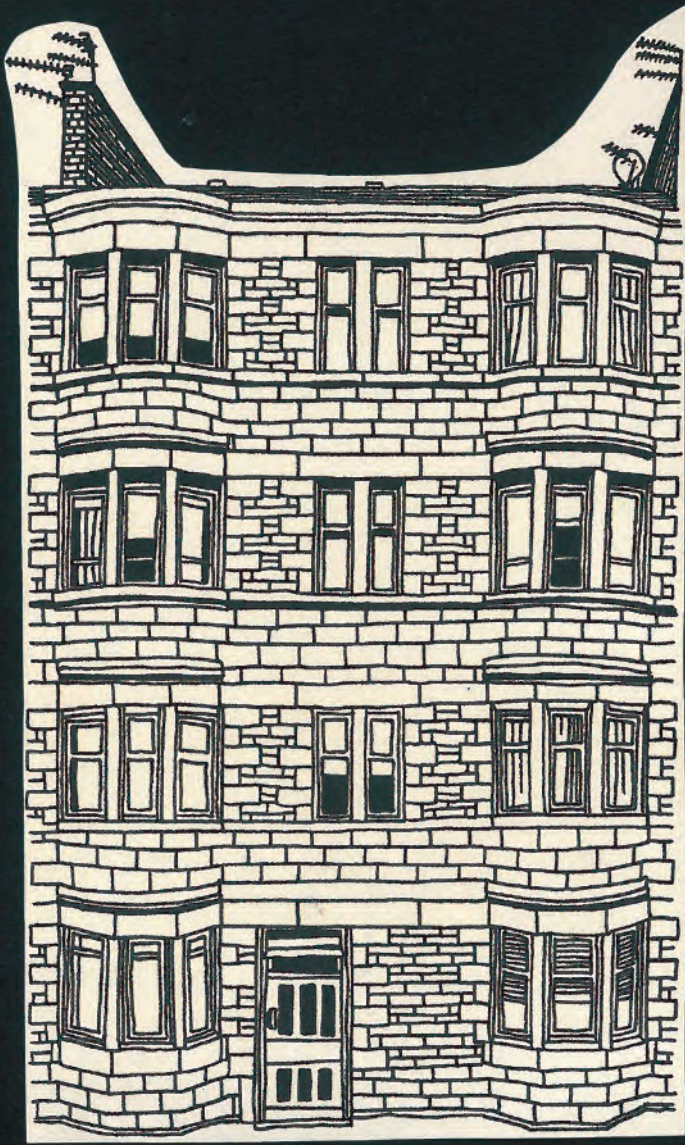
trauma

Trauma

I need help

organisations.

control.



Crown Office

police

NHS service

WE ARE NOT TO BLAME  
**IN TIMES OF**

SEX IS OKAY TO TALK ABOUT IN ALL FORMS

**CRISIS, WE**

ITS NOT YOUR  
FAULT!

BOYS CAN CRY

**NEED TO**

SAY  
NO

FUCK THE PATRIARCHY WOMEN ARE STRONG

**TEAR UP**

girls can  
wear 'slutty'  
clothes!

**THE**

SPEAK UP!

**"RULE BOOK"**

BOYS ARE VICTIMS TOO

BELIEVE  
THEM



**Information**

**you are important.**

**INFORMATION**

**Your feelings matter.**

**INFORMATION**

limit

THEIR

power



# WHAT NEEDS TO CHANGE?

Pressure to protect soft  
men not to rape people;  
Women's attitudes

Systems  
Criminal Justice  
to victim's attitude  
men's attitudes

Peoples: understanding  
- Its not a women's problem  
- Its a men problem

Societal expectations  
Societal norms  
Statvs quo



TIME TO GIVE



IT BACK AS  
IT WAS NEVER MINE

advocate  
campaign  
protest

get  
involved

Be

THE CHANGE

badass

you can make  
a difference

STAND UP  
SPEAK OUT

THEY

want you to stay quiet

to keep their secret

to take their blame

to feel their shame

you are not alone

Activism

every

down trodden

Woman



“THERE IS A SENSE OF EMPOWERMENT WHEN YOU STEP WITH PEOPLE WHO ALIGN WITH YOUR THOUGHTS AND BELIEFS. THERE'S AN ADDED LEVEL OF CONFIDENCE AND SAFETY.”

“I AM FOR THE PEOPLE!  
I AM NOTHING WITHOUT COMMUNITY.  
I WOULD BE NOWHERE WITHOUT  
COMMUNITY. THIS WILL RESONATE  
STRONGLY FOR SO MANY, BUT  
PARTICULARLY FOR MARGINALISED  
COMMUNITIES. WE'RE BETTER  
TOGETHER FOR SURE”.

AN  
INJURY TO  
OURSELVES

“Community  
is everything to me  
& the individuals who  
make our community so  
special – so it’s a balance  
of both the individual & the  
group. Working together,  
creating together,  
supporting each other.”

IS AN INJURY TO ALL

Your right

To

*Find your*  
**INNER  
CALM**

reclaim your power by

Healing









# RASASH

Rape and Sexual Abuse Service Highland

**Rape and Sexual  
Abuse  
Advocacy Service**

[www.rasash.org.uk](http://www.rasash.org.uk)

**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.



Helpline: 08088 01 03 02

Email: [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)

For information on your local rape crisis centre visit our website: [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.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

- 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.