

THE PATCH PROJECT



What is the PATCH Project?

The PATCH Project is a sexual violence prevention project funded by the Scottish Government and created by Argyll and Bute Rape Crisis. The project runs in primary schools across Argyll and Bute that looks to work with children to help them to understand their own boundaries, how to have healthy relationships (of all kinds, including friendships and family relationships, as well as romantic relationships where discussion is appropriate) both on and offline.

Argyll and Bute Rape Crisis have been running prevention workshops in secondary schools for over 10 years, and the PATCH Project was informed by this work - many students said they wished they had had similar workshops when they were younger. With the Scottish Government funding, we are now in our third year of running the project.

Preventing

Abuse and

Teaching

Children

Heady
relationships

www.ab-rc.org.uk



Scan the QR code above on your camera app to go to The PATCH Project webpage, with more detailed info sheets on each workshop.

Why do we need the PATCH Project?

According to Police Scotland, at least 37% of the 14,602 sexual crimes recorded in 2022-23 by the police related to a victim (survivor) under the age of 18. In other words, roughly 5403 recorded sexual crimes in 2022-23 involved victims (survivors) who are children.

We don't share these statistics to scare anyone, but we feel it's important to be aware of the facts. We know that the PATCH workshops equip the children involved with more knowledge about their rights, their boundaries and who/where they can turn to if they need help.

The workshops we run at the moment are as follows:

P5 Workshops

- Workshop 1 - Feelings. Children name a wide range of emotions, positive, negative, neither or both, as well as understanding how body language and facial expressions can help us tell how people are feeling. Children also learn about basic consent, in the context of giving and receiving a hug.
- Workshop 2 - Relationships with others. Children identify healthy and unhealthy behaviours in relationships, and they discuss how they might respond to these behaviours.

P6 Workshops

- Workshop 3 - Looking after ourselves. Children identify positive attributes about themselves, and things that make them unique. They learn about self-care and why it is important.
- Workshop 4 - Online friendships. Children learn about the risks and benefits of online friendships, and learn what they should do if anything goes wrong online.
- Workshop 5 - Fake news. Children learn about fake news, how they might identify it, how they can respond and why it can be dangerous.
- Workshop 6 - Gender stereotypes. Children learn about gender stereotypes, what they mean, and how they might impact their own lives and the lives of others.

P7 Workshops

- Workshop 7 - Managing difficult emotions. This is a chance for children to revisit emotions and self-care, in more detail. There is a greater focus on difficult emotions and how we can handle them without ignoring or suppressing them.
- Workshop 8 - Pressure, secrets and saying 'no'. A very gentle introduction to the topic of grooming. Children learn about 'red flag' behaviour, and practice assertively saying 'no'.
- Workshop 9 - The Kid Trapper. Children are very gently introduced to the topic of coercion - we do not talk about child abuse, but, through a story, we discuss adults who might not be keeping children safe, how we can deal with that and who we should tell.
- Workshop 10 - Pick your pics. Children learn about boundaries around image sharing. Recent research has shown that children as young as 12 and 13 have sent nude images or been asked to send them. We do not use the term "nudes" but in the second half of the workshop, we consider a scenario with a character uses the phrase "flirty photo".