



Learn. To Change.

# Sexual Abuse & Sexual Violence Awareness Week 2026

February 3 – February 8

- #SAAM
- #SexualViolenceAwareness
- #SupportSurvivors
- #ConsentMatters
- #BreakTheSilence

**\*Trigger warning, some of the content maybe triggering, please reach out if you need our support**

Clare Stuart Safeguarding Team Leader and Designated Safeguarding Lead.



# What is Sexual Abuse & Sexual Violence Awareness Week?



Sexual Abuse & Sexual Violence Awareness Week is a national campaign held every February to raise awareness about sexual abuse and sexual violence. Its aim is to challenge stigma, correct misconceptions, and encourage open conversations about these issues. The week also provides a safe platform for survivors to share their experiences and access support.

# SEXUAL VIOLENCE: THE STATISTICS

- In the year ending March 2025, 1.9% of people aged 16+ (around 898,000 people) experienced sexual assault, including attempts. [ons.gov.uk]
- Police recorded 209,079 sexual offences in the same period — an 11% increase from the previous year.
- As of 2024, police recorded 71,227 rapes, yet only 2.7% resulted in charges that year. [rapecrisis.org.uk]
- By March 2025, an estimated 6.3 million women in England and Wales had been raped or sexually assaulted since age 16. [rapecrisis.org.uk]
- Broader data shows 5.1 million adults experienced domestic abuse, sexual assault, or stalking in the last year — around 1 in 10 people, and nearly 1 in 8 women. [safelives.org.uk]

Many survivors do not report what happened:

- Only around 1 in 5 survivors report to police historically (previous estimates).
- In 2024-25, 5 in 6 women and 7 in 8 men who were raped did not report it.

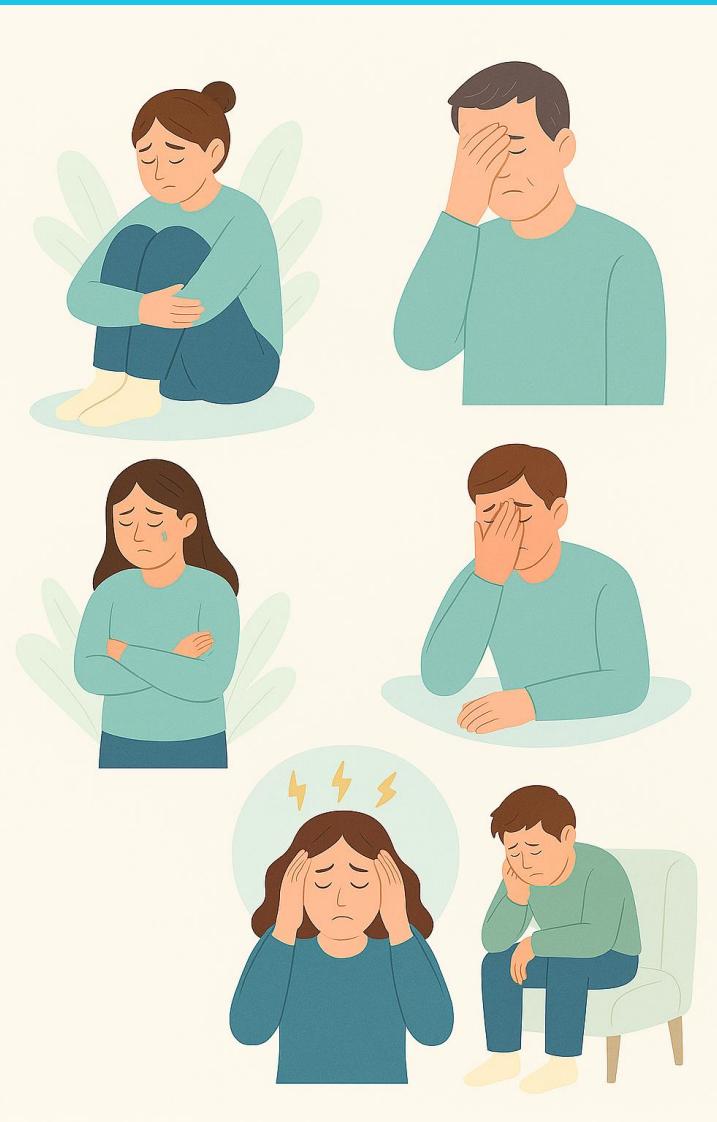
## About Sexual Violence & Abuse

Sexual violence and abuse refers to any unwanted sexual behaviour carried out without consent or understanding.

This includes rape, sexual assault, sexual harassment, childhood sexual abuse, female genital mutilation (FGM), and other forms of harm



# The Impact of Sexual Violence & Abuse



- Guilt, shame, self-blame
- Embarrassment
- Fear, distrust
- Sadness or anger
- Vulnerability
- Isolation or loneliness
- Lack of control
- Numbness
- Confusion

Post-traumatic stress disorder (PTSD). This is an anxiety disorder caused by very stressful, frightening or distressing events. Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt.

A word cloud centered on the word 'Problems'. Other prominent words include 'Depression', 'Dissociation', 'Disorder', 'Nightmares', 'Self', 'Anxiety', and 'Flashbacks'. The words are in various colors (blue, green, purple, yellow) and are surrounded by smaller, related terms such as 'injury', 'concentrating', 'Difficulty', 'Identity', 'Sleep', 'Irritability', 'Somatisation', 'Alcohol', 'Parenting', 'episodes', 'Borderline', 'Personality', 'harming', 'Thoughts', 'anger', 'physical', 'Confusion', 'Misuse', 'Relationship', 'Dissociative', 'Sexual', 'pain', 'Suicidal', 'Transient', 'psychotic', 'dependence', 'Alcohol', 'Sexuality', and 'Transient'.



### National Helplines - The Survivors Trust



### **Support outside our opening hours**

If you need support outside of our opening hours, The 24/7 Rape and Sexual Abuse Support Line is available 24 hours a day by calling 0808 500 2222 or via live chat [www.247sexualabusesupport.org.uk](http://www.247sexualabusesupport.org.uk)

The Samaritans free helpline is also open 24/7 every day of the year. Simply, call 116 123 or visit [www.samaritans.org](http://www.samaritans.org) for more information.

**The Survivor's Trust** was formally founded in 2003, by like-minded organisations with an ethos of survivor empowerment and regardless of gender or age, and whether the abuse happened yesterday or years ago.

They provide free and confidential support and information to survivors of all types of sexual violence

#### **Free, confidential helpline:**

**0808 801 0818**

**or text: 07860 022 956**

#### **Helpline Opening Hours:**

**Monday – Thursday: 10am-12.30pm, 1.30pm-3pm & 6pm-8pm**

**Friday: 10am – 12.30pm & 1.30pm – 3pm**

**Saturday: 10am – 12.30pm**

**Sunday: 6pm – 8pm**

**Bank holidays: 10am – 12.30pm**

## **The Survivors Trust partnered for safety: How Uber took the initiative to support survivors**



## **Partnership with Uber**

Over 25,000 drivers have completed training on preventing sexual assault and sexual misconduct. Through scenario-based interactive videos, drivers are able to enhance their awareness of inappropriate conduct, equipping them to be active bystanders. Uber's safety response teams, have been trained to effectively and sensitively handle reports of sexual assault involving passengers or drivers, in a trauma-informed, survivor-centric way.' [We partnered for safety: How Uber took the initiative to support survivors - The Survivors Trust](#)

**Childline**

Free confidential support for children who are worried about anything that is happening to them that doesn't feel right.

Tel: 0800 1111

Website: [childline.org.uk](http://childline.org.uk)

**Rape Crisis England and Wales**

Can provide you with contact details for your local rape crisis service.

Website: <https://rapecrisis.org.uk>

**Survivors Trust**

Provides information about support services in the UK working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse.

Website: [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

**Speak out Scotland**

07873258677

Provides support services for male survivors of childhood sexual abuse in Glasgow and surrounding areas.

**Gallop**

Gallop provides confidential and independent advice and support for LGBT+ people who have experienced sexual assault, abuse, or violence. They provide a welcoming, inclusive and safe space to talk, whatever your sexual orientation or gender identity.

Tel: 020 7704 2040

Website: [galop.org.uk](http://galop.org.uk)

Email: [referrals@galop.org.uk](mailto:referrals@galop.org.uk)

**Survivors UK**

A service for male survivors. They are an inclusive service and welcome anyone who identifies as male, trans, non-binary, has identified as male in the past, or anyone who feels that we are the right fit for them.

Tel: 02035983898

Email: [help@survivorsuk.org](mailto:help@survivorsuk.org)

**Safeline** Support to male survivors of sexual violence Helpline: 0808 800 5005

**Women's Aid**

Information about support services for women experiencing domestic violence, including those impacted by sexual abuse in their relationships.

Tel: 0117 944 4411

24-hour domestic violence helpline: 0808 2000 247

Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Sexual Health Information Line**

Can provide information about your nearest sexual health/GUM clinic if you want screening for sexually transmitted infection, post-exposure prophylaxis or sexual health information.

24-hour free sexual health information line: 0800 567 123

**Scotland Rape crisis**

Our helpline offers confidential short-term, crisis and initial support by phone, email, webchat and text. Our phone, email and webchat support is free and texts will be charged at your normal network rate. Calls to us do not show on your bill.

We support people of all genders living in Scotland aged 13+ who have been affected by sexual violence.

Call: 08088 01 03 02

**PACE**

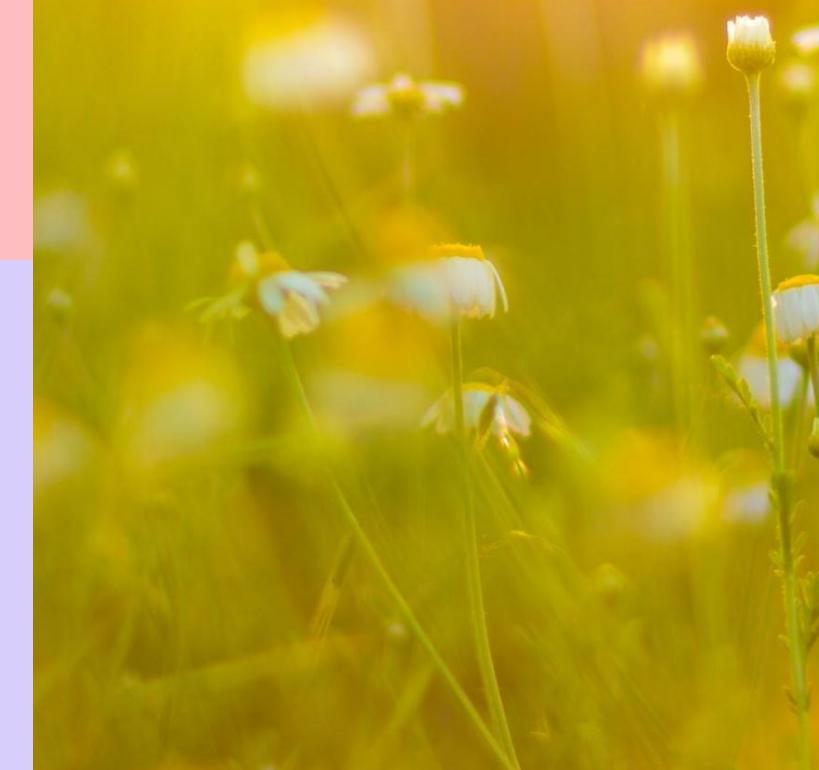
Works alongside parents and carers of children who are being sexually exploited or are at risk of sexual exploitation by abusers external to the family. Individual specialist support, information, support through the investigation process and court, national meet ups with affected parents, a confidential online parent forum

Tel: 01132 405 226

Website: [www.paceuk.info](http://www.paceuk.info)

Email: [info@paceuk.info](mailto:info@paceuk.info)

# Support Agencies



# Safeguarding at QA

**The Safeguarding Team**

 **Mark Soady**  
Apprenticeships Head of Learner Services

 **Clare Stuart**  
Designated Safeguarding Lead & Safeguarding Team Leader

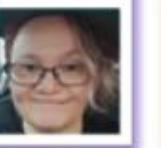
 **Jaspreet Hothi**  
Deputy Designated Safeguarding & Prevent Lead

**Safeguarding Specialists**

 **Alana**

 **Jamie**

 **Tina**

 **Vix**

 **Joanna**



**Safeguarding Self-Referral Form (Learners)**

Once the form has been received, one of the safeguarding team will be in contact to discuss the concerns and explore support.

[Start now](#)

**Safeguarding Self-Referral Form (Learners) QA Ltd**



**07552597253**



**safeguarding@qa.com**



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