



# Welcome...

Welcome to our SARC.

Young people, like yourself, visit our SARC when they have said that they have been sexually hurt by someone, or if there are worries that they have been hurt in some way.

## 1. You are not alone.

You will normally arrive at our SARC with your parent/carer, and a social worker or police officer.

Lots of young people visit us when they have experienced something similar to you.

We are here to listen to you, and we want to make sure that you are happy, healthy and safe.

## 2. So, what happens?

When you arrive, you will meet one of our Support Workers, and one of our Nurses or Doctors.

They'll be able to answer any questions you may have and explain the assessment process in more detail.

Everyone is different. So, for some young people, we will offer support and guidance and maybe suggest some follow up appointments. For others, we might also suggest having a medical examination with us.

Reading sections 3, 4, 5 and 6 of this leaflet, will explain more about the examination.

You can choose to use as much or as little of our service as you want.

We're here to support you in the choices you make...

## 3. It's your choice.

Before our Nurse/Doctor and Support Worker show you to the medical room, they will ask you to sign your name to confirm that you are happy to go ahead with the examination.

Remember, this examination is about you.

If you are uncomfortable at any point, let our Nurse/Doctor know and they will stop.

You are in control.

## 4. A few questions.

Before the examination starts, the Nurse or Doctor will ask you a few questions. This can be done in private if you wish, without your parent/carer.

These questions might cover topics such as; your medical background (any illness, medication, etc), any relationships you may have had, whether you drink, smoke or take recreational drugs, etc.

This is also a good opportunity for you to ask us some more questions, if you have any.

## 5. The examination.

You can choose whether you want your parent/carer in the room with you – it's up to you.

The Nurse or Doctor might do some routine checks, and will then check you over to make sure you are ok. They might take some notes too.

The Nurse or Doctor will ask you if it's ok to check your 'private parts'. This is a normal part of the process.

Sometimes they will take swabs, and might use a camera with a light to take some images.

## 6. What's next?

Your Nurse or Doctor will explain what they saw when they examined you.

They will then let you know if you need to have any follow-up appointments.

Whilst the Nurse or Doctor completes their paperwork, you can take a shower and get changed (if you wish), relax in one of our rooms, and ask any questions you may have.

## 7. Take care.

We'll give you some information to take away with you, including a booklet called "Summary of Your Care".

This will include information on the care you have received at our SARC, any medication you have been prescribed and details of any further appointments you may have.

We'll contact you in about 6-weeks to check how you are getting on, but please contact us sooner if you need to.

## 8. Feedback.

We'd really appreciate it if you would be willing to offer us some feedback.

We love receiving positive feedback about the care we provide for our clients, but we are also happy to receive any suggestions for improvements.

Knowing what we are doing right, and what we could do better, will help us to continue delivering excellent care.