

# Helpful Tips

If you are reading this leaflet before arriving at our SARC, you might want to take a look at our helpful tips:

1. You will probably be at our centre for 2-4 hours, so it's a good idea to bring something to read or do.
2. You might have been asked not to eat or drink anything until you have had mouth swabs. But, feel free to bring something along for afterwards.
3. We might ask if we can keep some of your clothes, or you might want to take a shower after your examinations, so bringing some comfy clothes to change into can be a nice option.
4. In most cases, if you are over 13, you can attend our SARC without a parent/carer, but we might have to let someone know if we think that you are unsafe.

Please don't worry if you have not read this leaflet before arriving at the SARC - we'll do everything we can to make sure you're as comfortable as possible.

SARC NAME

ADDRESS

TELEPHONE NUMBER

EMAIL

WEBSITE

# Questions?

If you think of any questions before arriving at our SARC, or whilst you are in our waiting room, you can write them down here so you don't forget them.

Our Support Worker will be happy to answer any questions you may have. Feel free to ask us anything!

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# Visting Our SARC: A Guide for Young People



# 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.