

THE STAR PROJECT

A place for young people to talk about any unwanted sexual experience
Counseling service tel: 023 8063 6313 minicom 023 8063 6314
Not Just Talk ... !SUPPORT!

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at TST Conference 2007

Not Just Talk
!SUPPORT!



- We are ...
 - Southampton Rape Crisis Education & Outreach. Active in the city since 2000.
 - A preventative education project working with young people around 'healthy' relationships with a particular focus on rape, sexual abuse and related violence
 - 4 aims - awareness, relationships, support, targeting
 - Work with young men and young women - approx 20,000 since project began
- A bit of history...
 - Southampton Rape Crisis data indicated increasing need in 14-24 age group
 - Service needed for young men as well as young women
 - 1999 pilot study with young people
 - Putting a face on a traditionally anonymous service



•How we're working...

- 4 aims - awareness, relationships, support, targeting
- Particularly vulnerable groups - young people 'at risk'
- Age 11 upwards, but recent work with young people in Yr 5 & 6
- Working from the PSHE/ Citizenship curriculum base
- Schools, youth groups, housing projects
- Targeted workshops e.g. BME Young Women's group, local LGBT grp etc)
- Partnerships (e.g. Reality, CASH, Domestic Violence Forum, No Limits, Breakout)
- Consultancy (NCB, Sex Education Forum, Local Teenage Pregnancy Project)
- Additional focus: Sexual Exploitation/ Online Protection
- NYA's 'Actions Speak Louder' Award 2007
- Impact on counselling service - sixfold increase since Star began

5 things you need to know

“Who we are”

“Why we’re here”

“What you can expect from us today”

“What we’re going to do today”

“What you can do next”



- A 'typical' Star session:

- '5 things you need to know'

- What do you want from a friend? What don't you want?

- What do you want from a partner? What don't you want?

- Ok / Not Ok... e.g: 'A 13 year old girl going out with a 20 year old man?'

 - 'Buying someone an expensive present'

- Text a friend

- Accessing support: 'What makes a good service for young people?'

and more...



• What young people have told us:

"Left me feeling in control." (Female 12)

"Star have taught me about being confident talking about issues on certain upsets that have happened (F, 16)

"If you are ever forced to do something you don't want to do, the Star Project can help" (Male, 15)

"Star made me feel more confident and appreciate myself" (F, 13)

"I liked the openness of Star. It was great and I learnt the consequences of choices that can ruin the relationship. I learnt the values and disadvantages of sex" (M, 15)

"2day we talked about mates and dates - don't let him force u into anything!" (F, 14)

"Don't feel under pressure in a relationship- remember, you have a voice! Stand up and speak up!" (Female 15)



•Contact us:

Michelle Barry

www.starproject.org.uk

T: 023 8063 6315

E: michelle@starproject.org.uk

😊 Thanks! 😊



Southampton Rape Crisis and
Sexual Abuse Counselling Service

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YOUTH
CENTRE