



[Challenging and Responding to Abuse]

CARA is part of the West
Dunbartonshire Violence Against
Women Partnership.
(WDVAWP)

WDVAWP are working to
improve and co-ordinate services
on all forms of violence against
women including domestic
abuse, rape and sexual assault,
childhood sexual abuse and to
challenge the culture of men's
abuse of women, children and
young people.

For more information about the
partnership please contact:

WDVAWP
Room 6, Rosebery Place
Clydebank, G81 1TG
Tel: 01389 738680



[Challenging and Responding to Abuse]

A free and confidential service:

- For children and young people who have been affected by domestic abuse
- For children and young people who have experienced Rape, Sexual assault and Sexual Abuse

Abuse is totally unacceptable. All children, young people and women have a right to live their lives free from violence, abuse, intimidation and fear.

Domestic Abuse

Domestic abuse against women means being frightened or intimidated and can be perpetrated by partners or ex partners. Abuse is about power and control and can be both subtle and blatant. This comes in different forms including emotional, sexual, psychological, financial as well as physical abuse.

Children and young people are exposed to and directly experience much of this abuse. Their experience of abuse might include:

- Overhearing or witnessing the abuse
- Being forced to watch or participate in the abuse
- Intervening to protect the mother and siblings
- Being blamed for the abuse
- Possessions destroyed
- Pets being hurt
- Being told not to tell
- Leaving friends, relatives, home and school

Sexual Abuse

Rape, sexual abuse and sexual assault is always wrong and is about the misuse of power and control. Domestic abuse and other forms of gender based violence may lead to feelings of fear, guilt, anger, anxiety, helplessness and isolation. This can impact on all aspects of children and young people's lives including their mental and physical health, relationships, behaviour and cause disruption to schooling.

CARA offers the following services to children and young people of school age

- Practical short term support, advocacy and information
- Person centred counselling
- Someone to talk to in confidence
- Help with Safety Planning
- Access to other relevant services
- Support may be negotiated for young men up to 18 years who have been affected by domestic abuse.
- Appointments may take place in settings including schools, social work, GP practices and any youth settings across West Dunbartonshire

Talking about it



It is important that children and young people are listened to and given support to help them talk about what has happened.

For support and counselling for children and young people who have been exposed to domestic abuse or have experienced rape, sexual assault or sexual abuse, please telephone our confidential phone line

Katrina: 01389 738664

Clydebank Women's Aid

0141 952 8118

Dumbarton District Women's Aid

01389 751036

CARA Project - Women's Service

01389 738595/738278

The CEDAR project

(children experiencing domestic abuse recovery)

01389 772216/738664

Police Domestic Abuse Unit

0141 532 3325

Rape Crisis

0141 552 3200

Childline 24 hour helpline

0800 1111

Social Work (24hr)

0800 811505

Scottish Domestic Abuse Helpline

0800 027 1234

Women's Safety Service

01389 738484

Confidentiality

Information discussed in counselling and support sessions will not be shared unless permission is granted by the child or young person. Only if a child or young person is considered to be at risk of harm may confidentiality be broken. This will always be discussed with the child or young person.