

Introduction to Sexual Abuse

3/6 hour session

PARCS has supported those who have experienced rape and sexual abuse for over 40 years. This training shares this experience, with an aim to break stereotypes and taboos in this field.

This training looks at the many types of sexual traumas, from harassment and upskirting, to rape and child sexual abuse.

We introduce the laws and legislations that surround sexual abuse and begin to broaden participants understanding of rape culture in our society.

Exploring the impact of sexual violence in our history, we look at our current society and culture, and work to build an understanding of how sexual trauma can create a long-lasting impact on mental and physical health.

Aims and objectives:

- Introduce the different types of sexual abuse, violence and harassment as well as the laws and legislations surrounding it.
- Introduce social and cultural narrative around sexual abuse and rape culture.
- Explore the impact of sexual abuse as interpersonal trauma.
- Learn how to support someone who has experienced sexual abuse and improve trauma informed practice.

Full day or half day options, for up to 40 participants. Contact us:



02392 669513



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PARCS - Portsmouth Abuse & Rape Counselling Service - is a free specialist counselling and psychotherapy service for people who have experienced sexual and/or domestic abuse.

www.family-action.org.uk/parcs