

# SOSRC

SOSRC is one of the three Essex Rape Crisis Centres, open to survivors and their families and carers living in Southend-On-Sea, Castle Point and Rochford. We accept self-referrals and referrals from professionals, as long as the survivors has given their full consent.

## ESSEX RAPE CRISIS

Office: 01702 667590

Referrals: 0300 0037777

e-mail: [info@sosrc.org.uk](mailto:info@sosrc.org.uk)

**Free 24/7 Rape & Sexual  
Abuse Support Line:  
0808 5002222**

[sosrc.org.uk](http://sosrc.org.uk)



[sosrc.org.uk](http://sosrc.org.uk)

A vertical banner on the right side of the page. It features a light green background with silhouettes of people and a plant. One person is holding a flag, and another is sitting on a stack of boxes. The text is overlaid on this background.

**SUPPORT  
FOR ALL  
SURVIVORS  
OF ALL FORMS  
OF  
SEXUAL  
VIOLENCE**

**SOS** RAPE CRISIS  
SOUTHEND • CASTLE POINT • ROCHFORD

## About SOSRC

SOSRC is an organisation dedicated to supporting all survivors of all forms of sexual violence, whether it is recent or non-recent, in our community.

The support we offer is free and specialist, and our priority is to provide a safe and confidential space for survivors at any point in their journey.

## Rape Myths

**MYTH:** If someone didn't scream or try to fight their attacker off, then it wasn't rape.

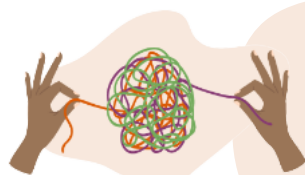
**FACT:** There are many reasons why someone might not scream or struggle. In fact, many people find that they cannot move or speak at all – this is a very common reaction.

**MYTH:** If you are in a relationship with someone, it's always OK to have sex with them.

**FACT:** Everyone has the right to say "no" to any type of sexual activity at any time – including with their partner. Consent must be given and received freely every time. Rape and sexual violence in a relationship is illegal.

see more: [sosrc.org/smashing-rape-myths/](https://sosrc.org/smashing-rape-myths/)

## Our Services



COUNSELLING

Professional, specialised sexual violence counselling provided to survivors of sexual violence, their family members and carers.

Specialist therapy through play for children of school age in our specially designed playroom.



UNDER 11'S



Our Independent Sexual Violence Advocates (ISVAs)/Children Independent Sexual Violence Advocates (CHISVAs) work alongside survivors, and their families/carers, who have decided, or are thinking of, reporting their abuse to the police.



We run a group for young survivors (year 7 – year 13) that meet weekly. The weekly sessions have previously included trips, book club, activism workshops and arts & crafts.

## What is Sexual Violence?

Sexual violence is **any unwanted sexual or activity**, this also includes non-contact sexual violence which includes online grooming.

If you have been raped or have been through any kind of sexual violence, no matter how long ago, where you were, what you were doing, wearing, or saying, whether you were drunk or had taken drugs, **it was not your fault and you did not deserve this.**

## What is Consent?

The legal definition of consent is that someone agrees to sexual activity by choice, and also that they have the freedom and capacity to make that choice.

Freedom to make that choice means they have not been forced, manipulated, threatened or pressured into sexual activity.

Capacity means you are not drunk, asleep, drugged or unconscious.

Consent is an **enthusiastic yes**, talking to your partner about what you do and don't want, and listening to them in return and respecting someone's choice if they say "no" – never trying to change their mind or put pressure on them.