

What is a Young Persons Independent Sexual Violence Adviser (YPISVA)?

A YPISVA is a person who is trained and experienced to look after your needs following an experience of sexual violence, abuse or exploitation.

They specialize in looking after young people (aged 11-17), who have suffered any unwanted sexual experience, regardless of when the incident happened, if you have reported to the police, or other characteristics such as gender or sexuality.

A YPISVA is there to help **you** decide what next steps are best for you.

A YPISVA can give your parents information and relevant support.

How can an YPISVA help you?

They will listen to what's going on for you and clarify what your needs are. They will take time to speak with you, not judge you and will treat you with respect. They are here to ensure you receive care, understanding, information and guidance. They will help you make a plan of action.

The YPISVA can offer emotional and practical support, advocacy, and assistance with appointments. This may include information regarding emergency contraception and access to Sexual Health Clinic or liaising with police, parents, education establishment, for example. In particular, the YPISVA can offer information and advice regarding the criminal justice system. However, there is *never* any pressure or obligation to report to the police.

An YPISVA can talk to you about the criminal justice system. They can help you to understand some of the police processes such as reporting to the police, providing a statement and retrieving of evidence. This can be very helpful for anyone who is thinking about reporting but unsure of the process.

If you choose to report to the police, your YPISVA can be there to support you through it. They can be there to offer you help, support and reassurance throughout the entire process. They are there to make the process as easy as possible for you and to make sure your needs are looked after.



It is important to remember that it **wasn't** your fault. Sexual violence is a crime, no matter who commits it or where it happens.

It is important to remind yourself that you are **not** to blame. Nothing that you have done can make a person rape or sexually assault you.

You are not responsible for someone else's actions. There is no right or wrong way to respond in situations of sexual assault. Common feelings after rape or sexual assault include self-blame, guilt, fear, anxiety, shame and anger. These are natural emotional responses and usually reduce gradually over time.

When your safety has been violated, it is important that you begin to feel safe again and able to make your own decisions. For example, it is your right to take the process at your own pace, stopping at any time you feel you need to.

Confidentiality

We offer confidential support and advice.

However, if there is a concern that you or anyone else is at immediate risk of serious harm, we are obliged to share your details with other services or agencies (normally social care, police or General Practitioner) in order to maintain yours and the public's safety. If we needed to do this we will endeavor to discuss this with you first to gain your permission and explain the process, but sometimes this is not always possible. If this is the case, we will inform you as soon as it is safe and practical to do so.

How can I access the service?

You, or an adult (with your consent) can:

Telephone:

YPISVA Telephone/Text: [07435996248](tel:07435996248)

Head Office (and ask for YPISVA to contact on the IOW): [023 8000 1061](tel:02380001061)

Email

YPISVA: isva@hamptontrust.org.uk or judi.king@hamptontrust.org.uk (not secure)

Secure: isva.isva@hamptontrust.cjsm.org.uk

Website

www.hamptontrust.org.uk

Our service to you is **FREE**