


Support & Information for Young Victims



# *Crime and YOU*



**THE FACTS**



If you've seen or experienced a crime committed by another person, it can be a real shock. How will it affect you and what can you do about it? This leaflet gives you some of the facts.

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## Fact 1

### **It's not your fault**

It's not your fault if someone else commits a crime. Whether you saw a crime happen, someone stole from you, bullied you, harassed you or assaulted you, it's not your responsibility, it's theirs.

## Fact 2

### **What did I do?**

You might be thinking "Why me?" There's no answer to this. Sometimes it's just bad luck and being in the wrong place at the wrong time. Whatever you do, wherever you go, or whoever you are, you do not deserve to be a victim of crime.

## Fact 3

### **There is no right way to react to crime**

You might feel sad, angry, scared, shocked, confused, guilty or none of these things.

**Everybody is different.**

People show their feelings by crying, being angry, being quiet, going out, staying in, not sleeping, being hyper.

**However you feel is fine.**

## Fact 4

### **Taking it out on yourself doesn't help**

Some people react to what's happened by drinking too much, doing drugs, staying out late, sleeping around, skipping school or work or getting involved in crime themselves. This may help you forget for a while but it won't make the feelings go away and you can end up with a whole new set of problems.

**So, keep your head, stay in control and stay safe.**

## Fact 5

### **Things will get better**

Things will get better in time but how much and how quickly depends on the crime and the support you get.

## Fact 6

### **It helps to talk about what's happened**

Talking about what's happened will help you feel better, but make sure that it's someone you trust. This could be:

- a parent or carer
- a close friend
- a teacher
- someone at work
- a youth worker

Talk to someone, and if they don't listen to you, talk to someone else!

You may not want to talk to people you know so you can talk to someone at an organisation like Victim Support Scotland or one of the agencies at the end of this leaflet.

## **You don't have to report a crime if you don't want to**

It's totally up to you whether or not to report a crime to the police.

People sometimes don't report crimes because they think they won't be believed or taken seriously or that they might end up in trouble. They may also be frightened about what might happen if they're seen as a 'grass'.

Reporting a crime may be a relief if it stops you or someone else getting hurt. It may also help you feel that you're back in charge.

For some crimes you can report the crime without going to the police. This is called "Third Party Reporting". We can tell you more about this if you want.

You can ask Victim Support for advice about what is likely to happen if you report the crime so you know what to expect. We won't make you go to the police or report it, but we can talk to you about your options and support you, whatever you decide to do.

## Fact 8

### **You have rights**

You have the right to information and support.

For example you have rights:

- to say what you think
- to be listened to
- to be taken seriously
- to be protected from harm, abuse and violence
- to not be discriminated against
- ask questions

Organisations that support young people should promote these rights when they work with you.

## **There are organisations that can help**

You can talk to us by phoning the number below. We can put you in touch with a Victim Support worker in your area or tell you about other organisations that can help. Our service is **free** and **confidential**.

### **Victim Support Scotland's National Helpline**

Tel: 0845 603 9213

(Mon-Fri 9am-4.30pm)

### **Victim Support UK National Supportline**

Tel: 0845 30 30 900

(Mon-Fri 9am-9pm)

(Weekends 9am-7pm)

(Bank holidays 9am-5pm)



## **Other useful contacts**

### **Childline**

Freephone National 24 hour Helpline providing a confidential counselling service for young people.  
Tel: 0800 1111 Website: [www.childline.org.uk](http://www.childline.org.uk)

### **YoungScot**

An information website for young people in Scotland  
Website: [www.youngscot.org](http://www.youngscot.org)

### **Youth2Youth**

An interactive website for young people under 19.  
Website: [www.youth2youth.co.uk](http://www.youth2youth.co.uk)

### **Kidscape**

A charity providing practical advice on bullying.  
Website: [www.kidscape.org.uk](http://www.kidscape.org.uk)

### **Bullying Online**

A website giving advice and information on bullying  
Website: [www.bullying.co.uk](http://www.bullying.co.uk)  
Website: [www.antibullying.net](http://www.antibullying.net)

This publication has been produced by



SCOTTISH EXECUTIVE

**Victim Support Scotland values diversity and is committed to working towards equality in all aspects of the service.**

**We welcome feedback from service users.**

**Please contact us if you would like this document in Braille, large print, audiotape, computer format or a community language.**

**Victim Support Scotland, 15-23 Hardwell Close, Edinburgh EH8 9RX**

**Phone: 0131 668 4486 Fax: 0131 662 5400**

**E-mail: [info@victimssupportsco.demon.co.uk](mailto:info@victimssupportsco.demon.co.uk)**

**Website: [www.victimssupport.org](http://www.victimssupport.org)**

**You can contact us using Typetalk**

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