

We all have the right to feel safe all the time

If you are experiencing unwanted sexual attention or have experienced sexual abuse, talk to someone you trust.

You can talk with someone about anything, even if it feels awful or small.

1 in 4 girls and 1 in 6 boys will experience sexual abuse. This includes online abuse.

You are not alone





Don't stand by

We can all do our bit to stop sexual violence. If you see something that's not right, support a friend and speak up.

#itsnotok #enough




 @crasac_cov

 @crasac

 024 7627 7777

 crasac.org.uk



CRASAC is a local service for children, young people and adults who have experienced sexual violence or abuse.

We provide specialist support and our team of female counsellors will help you explore your experiences in a way that suits you.

We are here to listen, believe and support you in a safe environment.



“ CRASAC got me out of my dark place. I was always believed and understood. ”