

A Guide to Our SARC for Children

Who are we?



Our SARC is place where you can meet with a doctor if someone has touched your 'private' parts when you didn't want them to, or if they have hurt you in your private area. People of all ages can attend the centre.



Nurses, doctors and support workers work at the centre.

What do we do?



The doctor and support workers will help to make you feel safe.



The doctor will have a look at any injuries you may have and might draw them on a picture.



The doctor will do an "examination" to see if you have been hurt.



The examination is like a health check, but the doctor also looks for things that can help the police catch the person who might have done something to you.

What will happen?



When you arrive at the centre a doctor and support worker will greet you. The support worker will show you to a waiting room and ask if you would like a drink or anything to eat. They will make sure you feel safe and comfortable.



In the waiting room there is a television, a sofa and chairs. The support worker can get some magazines or books out if you haven't brought any with you.



The support worker may ask you or your carer questions about who you live with and how old you are.



The doctor will speak to your carer, police officer and social worker. The support worker will stay with you and keep you company.

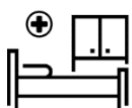


You may be at the centre for a while (up to 3 hours) so you can bring some things to do if you'd like.



The doctor will ask you to go to their clinic room for the examination - your carer can go with you.

What happens in the clinic?



In the clinic there is a couch, sink, cupboards, a stool and curtain. There is also a special camera called a 'colposcope'. This has a light on which helps the doctor to see clearly.



If the doctor asks you to do something you don't want to do, you can say 'no' or 'stop'. Your carer can come into the clinic with you.



The doctor will do the examination. The support worker will be there too to help you feel okay.



The doctor will measure your weight using scales and your height. The doctor will listen to your heart and breathing using a 'stethoscope'.



The doctor will ask to look at your arms, legs and body to see if you have any scratches and bruises. You may have to take some of your clothes off to help the doctor see better.



If the doctor finds any bruises, they will draw them on a 'body map' to show where they are on your body. A body map is a plain drawing of a person.



The doctor will look for 'evidence' left on your body by the person who might have touched you, like spit, blood or semen. These are bodily fluids.



The doctor will ask to have a look at your 'private' parts to see if there are any cuts or scratches. This won't hurt, but if you feel scared, the support worker is there to help you feel better. If you do not want the doctor to do this, you can say "no".



The doctor will wipe a long cotton bud on parts of your skin to get evidence, like hairs or blood from the person who might have hurt you. The doctor may use a cotton bud to take a sample from your 'private' parts.



The doctor may ask to take a sample of your wee. You can do this yourself or with the help of your carer in the toilets.

What happens afterward?



You and your carer will go back to the waiting room where you can play or watch TV. The support worker will come with you.



If you have any questions you can ask the support worker.



The doctor will speak to your social worker or police officer.



The police may take the clothes you were wearing when the incident happened. You will get your clothes back once the police have finished with them. You will be given some new clothes to wear home.



The doctor will then come and talk to your carer about the examination and if you need to see any other doctors to help keep you healthy and safe.



The doctor will ask if you have any questions. You can then go home.