

You can ask questions

You might feel that this has been a lot of information to understand all at once and you might have questions. Here is a space for you to use as you want. For some young people they find it easier to write down questions rather than ask.

More Information and Support

Your Key Workers

Social Worker:

Contact:

Police Officer

Contact:

Further Support for young people and their Parents/Carers

Some young people find that they may need some help understanding the feelings they are having after being harmed. Here are some support organisations that can help you with this. Support is always at your pace and you decide what is talked about during the sessions.



Rape Crisis Scotland:

08088 01 03 02 (free number) every day, 6pm to midnight

www.rapecrisisscotland.org.uk

support@rapecrisisscotland.org.uk

Rape Crisis Scotland provides a range of support for adults, young people and families



Barnardo's:

0131 446 7000

www.barnardos.org.uk/scotland

Barnardo's provides a range of support for children, young people and families



Childline: 0800 1111



Parentline: 0800 028 2233

Leaflet created
in partnership
with RASAC P&K



A Guide to a Paediatric/Forensic Medical Examination

Information for Young People

You are being asked to agree to receive a medical examination.

This may be because of worries that you have spoken about or where other people are worried about you, such as a Health Worker, Teacher, Social Worker or Police.

You may feel worried about this examination and that is perfectly normal. Remember that **everyone involved in this examination is here to keep you safe and healthy.**

This leaflet tries to explain what will happen and why but **if you don't understand you can ask any questions** and we will try to answer.

getting
it right
for every child



Who will do the Examination?

There are usually two doctors:

A **Paediatrician** who is a doctor that works with children. This doctor has special training in seeing children who may have been harmed.

A **Forensic Doctor** is another doctor who also has special training.

Together these Doctors will make an assessment about your health and wellbeing, including how an injury might have happened.

Sometimes only one doctor may be needed. A doctor in training may sometimes be there. If you are not happy with this, let us know.

Who will be there?

You can choose to have your **parent or carer** with you, (they do not have to be there) or another person such as a **close friend or a nurse** to be with you instead.

If you need an interpreter (someone who can speak in your language) please let us know.

The Social worker and Police Officer will be there too but they will wait outside the curtain screen during the examination.

Consent

At the start, you will be asked if you agree to the medical examination going ahead. You will be asked to sign a consent form. This may also need the consent of your parent /carer.

'Consent' means giving permission.

Can I change my mind?

You have the **right to say no** to all or any part of the examination and also **change your mind**, even after it starts.

Before giving consent, you must be happy that you fully understand what is going to happen and how any photographs, results or samples taken will be used.

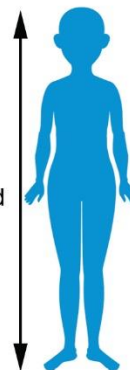
What will the examination include?

This is a **general health assessment to see how you are physically (your body), mentally (your mind) and emotionally (your feelings).**

It is likely that a nurse will weigh and measure you to check your growth. The doctors will ask you general questions about your health from when you were younger until now, your parent/carers might be able to help answer some of these questions. This is because they need to know about any health problems that may affect you. They will also ask about your family and home so that they can build up a picture of your daily life.

The examination starts at the **top of your head and finishes at your toes**, making sure all of your health and wellbeing needs are thought about. Extra care is taken in looking for any bruises or injuries and these may be measured using a measuring tape.

Sometimes an **intimate examination** (looking at your private parts), is needed to check for injuries and make sure everything is alright. This happens when the concerns are of a sexual nature or if you have symptoms in the intimate area. If needed, this will be explained to you at the beginning, when giving consent.



Recording what they see

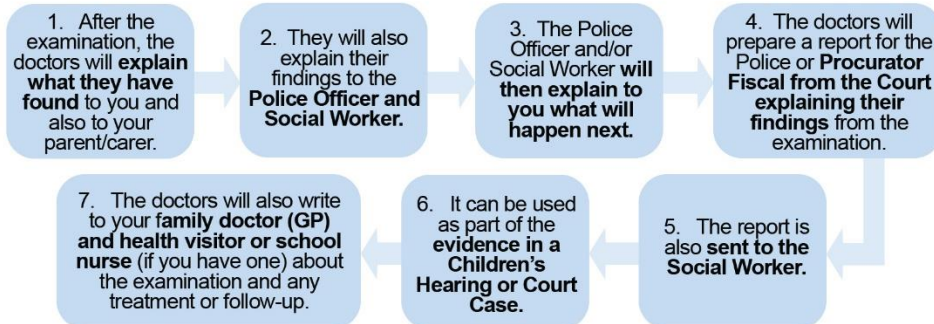
The doctors will draw and describe any injuries they find. Sometimes they need to take photographs. These are taken by a specially trained Police Photographer. These will only be seen by the doctors and the Police. If the case goes to a Children's Hearing or Court, they may also be seen by members of the Children's Panel or Court.

Intimate examinations are usually recorded on a video or DVD. This means that you will not need to be examined again if the doctors need a second opinion, as they can look at the video recording instead. The recording does not have your face or name on it and it is stored in a secure place. It would only be seen by other doctors if they need a second opinion or if the case is going to court.

Other Tests and Treatment

You may need to have tests such as blood tests or X-rays. These help the doctors find out about medical conditions or find injuries that cannot be seen by examination. Sometimes children need to be admitted to hospital for tests or treatment but this is rare. The Children's Doctor will explain to you about any tests, treatment or follow-up appointments that you might need.

What happens after the Examination?



The reports will not be shared with anyone else without your permission.