



Essex Youth Offending Service Victim Awareness Programme



If you answered yes to any of the questions then you have been a victim.

How does it feel?

Think of a time when you have been a victim, what happened?

How did this make you feel?

Why do you think you felt like this?

Are your feelings the same as your victim may have felt?

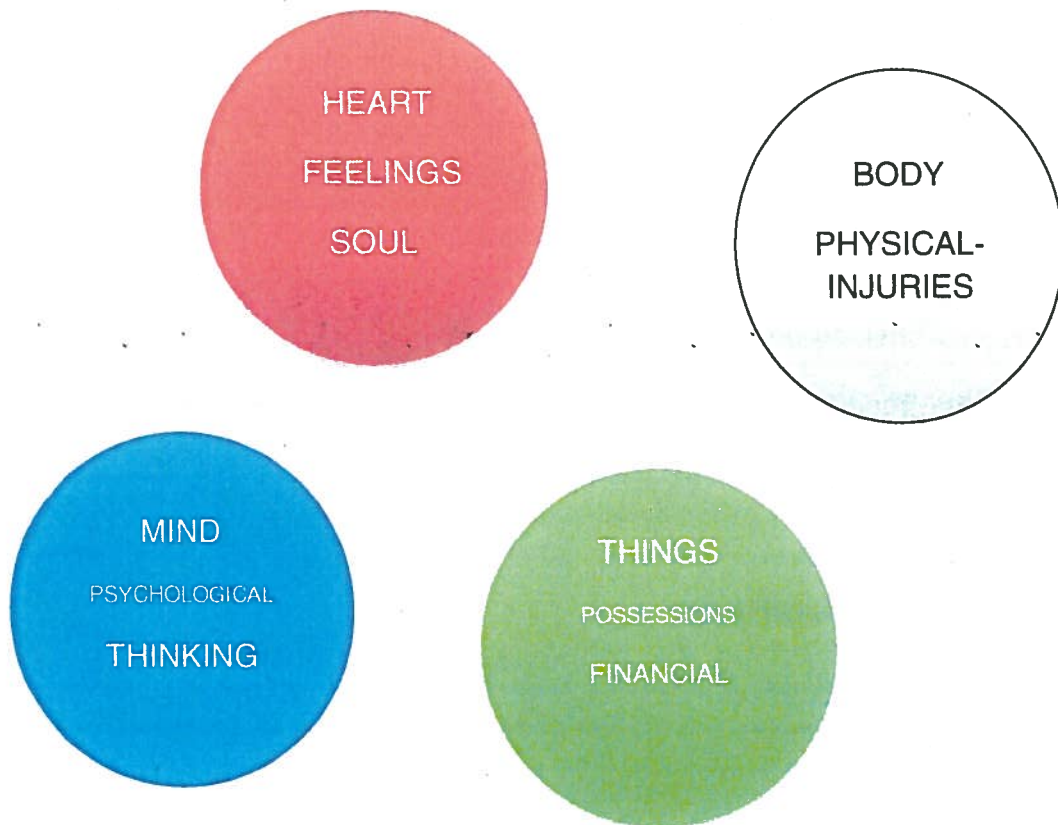
Putting yourself in the shoes of another gives you an understanding of how they may feel. This is called empathy.

If you have been a victim of crime and you feel you that want someone to talk to about your experiences and access further support please complete the form at the back of this booklet.

How are victims harmed?

People are affected by crime in different ways. Some people might have Physical Injuries, some might lose Financially or have Property Damaged and others might Think and Feel differently after the crime.

All of us are affected differently by crime but being aware of how we make others feel may make us think twice before acting in the same way.





Please answer the following questions in as much detail as you can.

What were your victim's reactions at the time of the offence?

If the victim was not there, what do you think your victim's reaction would have been on discovering the offence?

How do you think your victim would be feeling?

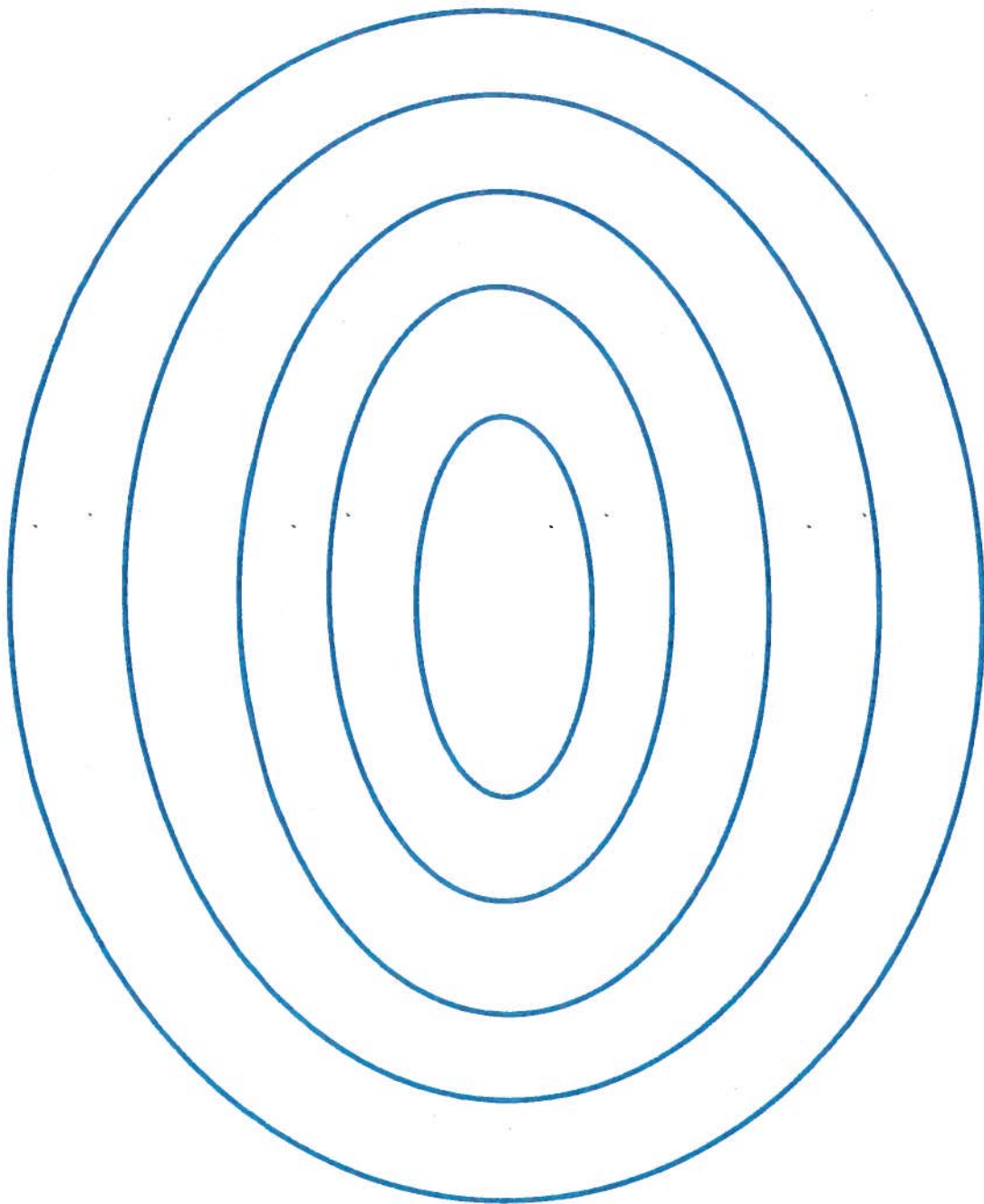
The day after the offence?

A few weeks after the offence?

A few months later?

Who has been harmed?

Write down all the people who have been harmed by your actions. Put those who have been most harmed at the centre and those least harmed in the remaining circles.





Thinking about the people who have been harmed by your offence, what can you do to repair the harm which you have caused?

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When you have done something which harms someone else and you are able to repair this harm, this is called Restorative Justice.

Restorative Justice put into practice.

If the victim were sitting here today asking you these questions tell me how you would answer them?

Why me?

Did you target me?

Why did you do it?

Is my family safe?

Do you realise what it feels like?

Do you regret what you did?

Victim Awareness Wordsearch

R V Z
P V D I B I S R I
H V O M C T E L E O K H C
U Q Z L E T U X I Q C U L G Z V A
N J L L S I Z Q H W F M U L U F G D P
G A X C B M U P S Q U P T P Y G T L N H U
S Q D L C X C J D W P J C H N D G I Z X J
L I M L U Z D E P G S P B J S I L N F O D J M
N I P R B Z Z F Z F J Q O J G G A C R S N N D
Q E F O W U B X F M D T K B W Q X J V H W H Z Z I
D G Z X X R E P A I R H A R M N I Q G Y R Q A N A
M H A V N O T T H R J J J E Q U A L I T Y Y V R O
G I A P F T Q Q N I H P C X B E O L U G U H O F D E K
O C Y Z O E Q G E U I T L V H W Q M C Z P L S C M N Q
K L O E X H M H F W M X S D I T G T E P V M U B V Q U
N O A P O L O G Y W L U N U R O P W E E P W J U Y
O B F C Y A K I F E Q T O G U I N D B T P K H H H
H P M L K U A W A R E N E S S W M Y U K I B U Y Y
U Y A A O D C V G P S I N T Y D H U J Y N M T
U Z Q V N U D R G U F M W D K M T U E U Z G E
C T U Q Y A O O Z N E E D S N A V Q S Q K
H U Y G T X W C A J G J Z T C P F N N K U
M H E A V V O Q O T Z K D A M J Q E B
R E E O M V I B N F F A B E E Y L
L Y V C O M M U N I T Y C
F R X Q Q M U D H
Y T G

VICTIM
INVOLVED
COMMUNITY
TRUST
INTEGRATE
MEETING
AWARENESS
WHY
APOLOGY
REPAIR HARM
EMPATHY
NEEDS
EQUALITY
SOLUTION
SHARE

What have you learnt?

What is a victim?

Name at least two of the in which a victim can be affected.

What does empathy mean to you?

How would you describe Restorative Justice?

Name:

Case manager:

Date of referral:

The Restorative Justice Worker within the team will make an appointment to meet with you to talk about what has happened and if you wish they will make a referral on your behalf to other support agencies to ensure that your needs are met.



If you wish to make contact yourself please see below for other people that you can talk to.

CARA (Centre for Action on Rape and Abuse), based in Colchester (Essex)

A confidential support service run for women, children and young people of both genders under 19 who have suffered any form of sexual violence, past or present. They provide counselling for rape and sexual assault, including child sexual abuse.

Helpline: **01206 769795 (24 hr answerphone)**

Email: info@caraessex.org.uk

Website: www.caraessex.org.uk

Childline

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor about anything - no problem is too big or too small.

www.childline.org.uk Tel: 08001111

Child Exploitation and Online Protection Centre (CEOP)

The Child Exploitation and Online Protection Centre is here to help young people (up to age 18) who have been forced or tricked into taking part in sexual activity with anyone online or in the real world.

For information, advice and to report concerns directly to CEOP visit www.thinkuknow.co.uk ceop.police.uk or call 0870 000 3344

The Hideout

www.thehideout.org.uk

The Hideout is a website to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you

Victim Support

You & Co is Victim Support's youth programme that helps young people cope with the impact and effects of crime. You do not have to report the crime to the police to get support from us.

0845 456 5995

Victim Awareness Workshop 2

Ask group:

To shout out words that would express/show how a victim's Thoughts could have been changed/alterd. Then ask about feelings and so on.

1/. Psychologically – Thoughts

Self-blame, Sentimental things gone, Feeling useless, paranoid, confused, Worried, Upset, Bitter, Frustrated, Miserable, Insecure, Unsafe, Mistrusting, Numb, Over-Whelmed, Revenge, depression, shock, shame, Isolation, Nightmares/Flashbacks, Worry, Powerless, Disgusted, Hopelessness, Anxiety, Sleeping Problems, Taking Drugs, Drinking Alcohol, Low self-Esteem, Inadequate, Irritable, Outbursts, Suicidal Thoughts, Feeling useless, Eating Disorders, Self-Harming, Powerless.

2/. Emotionally – Feelings

Scared, Frightened, Crying, Angry, Embarrassed, Stressed, Sad, Hurt, Fear, Lonely, Dejected, Disappointed, Unhappy, Grieved, Moody, Fed-up.

3/. Physically – Body

Bruises, Cuts, Scares, Broken Bones, Weak, Illnesses, Disabled, Heart Attack, Dead, Shaking, Brain Damage, Cancer, Self-Harming, Eating Disorders, Exhausted, Tense.

4/. Financially – Things/Belongings

Lost of money, Loss of Property, Property Damaged, Higher Insurance, Higher Council Tax, Lost of Job, Lost of Home, Shop Prices go up, Time, Travel, Phone Calls, Homelessness.

Crime can change a person's life forever.

Victim Awareness Workshop 4

Short Term Effects

Scared, Bruises, Cuts, Frightened, Upset, Angry, Loss of money, Loss of property, Property damaged, Road signs (can't find your way). Broken bones, Confused, Blame self, Revenge, Sad, Embarrassed, Inconvenience, Time, Money, Why? Sick, Shaking, Shame, Broken glass, Frustration, Fear, Crying, Frightened, Worried, Shock, Phone Calls, Shop prices go up, Despair, Disgusted, Hopelessness, Mistrusting, Anxiety, Sleeping problems, Low self-esteem, Heart attack, Feeling useless, Hurt. Lonely, Dejected, Disappointed, Unhappy, Moody, Fed-up, Tense, Exhausted, Criminal Damage.

Long Term Effects

Paranoid, Depression, Disabled, Dead, Higher insurance, Higher Council Tax, Loss of job, loss of family, Arguments with family and friends, not trusting anyone, Nightmares, Miserable, Unsafe, Stressed, Illness, Loss of confidence, People loss their jobs, Scar's, Feeling useless, Flashbacks, Hate, Inadequate, Bitter, Sentimental Things gone, Numb, Insecure, Unsafe, Weak, Isolation, Taking drugs, Drinking Alcohol, Irritable, Outbursts, Suicidal thoughts, Eating disorders, Self-harming, Cancer, Homelessness, Brain damage, Over whelmed, Powerless, Loss of home, Grieved, Scared.

With these in mind can you put these into their categories?

Psychological
Thoughts

Emotions
Feelings

Physical
Body

Financial
Money
Property

Word Search

R V Z
P V D I B I S R I
H V O M C T E L E O K H C
U Q Z L E T U X I Q C U L G Z V A
N J L L S I Z Q H W F M U L U F G D P
G A X C B M U P S Q U P T P Y G T L N H U
S Q D L C X C J D W P J C H N D G I Z X J
L I M L U Z D E P G S P B J S I L N F O D J M
N I P R B Z Z F Z F J Q O J G G A C R S N N D
Q E F O W U B X F M D T K B W Q X J V H W H Z Z I
D G Z X X R E P A I R H A R M N I Q G Y R Q A N A
M H A V N O T T H R J J J E Q U A L I T Y Y V R O
G I A P F T Q Q N I H P C X B E O L U G U H O F D E K
O C Y Z O E Q G E U I T L V H W Q M C Z P L S C M N Q
K L O E X H M H F W M X S D I T G T E P V M U B V Q U
N O A P O L O G Y W L U N U R O P W E E P W J U Y
O B F C Y A K I F E Q T O G U I N D B T P K H H H
H P M L K U A W A R E N E S S W M Y U K I B U Y Y
U Y A A O D C V G P S I N T Y D H U J Y N M T
U Z Q V N U D R G U F M W D K M T U E U Z G E
C T U Q Y A O O Z N E E D S N A V Q S Q K
H U Y G T X W C A J G J Z T C P F N N K U
M H E A V V O Q O T Z K D A M J Q E B
R E E O M V I B N F F A B E E Y L
L Y V C O M M U N I T Y C
F R X Q Q M U D H
Y T G

- VICTIM
- INVOLVED
- COMMUNITY
- TRUST
- INTEGRATE
- MEETING
- AWARENESS
- WHY
- APOLOGY
- REPAIR HARM
- EMPATHY
- NEEDS
- EQUALITY
- SOLUTION
- SHARE

