

# VICTIM AWARENESS

## WHAT IS A VICTIM?



A victim is a person who has suffered physical or emotional harm, theft or property damage by someone else.

## HAVE YOU EVER BEEN A VICTIM?

To find out answer the following questions:

|  | YES                      | NO                       | What happened? |
|--|--------------------------|--------------------------|----------------|
| Have you ever had something stolen from you?           | <input type="checkbox"/> | <input type="checkbox"/> | _____          |
| Have you ever been called names by someone?            | <input type="checkbox"/> | <input type="checkbox"/> | _____          |
| Have you ever been threatened by someone?              | <input type="checkbox"/> | <input type="checkbox"/> | _____          |
| Have you ever been assaulted by someone?               | <input type="checkbox"/> | <input type="checkbox"/> | _____          |
| Has your property been damaged by someone?             | <input type="checkbox"/> | <input type="checkbox"/> | _____          |
| Have you ever been frightened to go somewhere?         | <input type="checkbox"/> | <input type="checkbox"/> | _____          |
| Has someone you care about been affected by the above? | <input type="checkbox"/> | <input type="checkbox"/> | _____          |

IF YOU HAVE ANSWERED YES TO ANY OF THE QUESTIONS ABOVE THEN YOU HAVE BEEN A VICTIM.

## WHAT IS IT LIKE BEING A VICTIM?

Trying to understand what it is like being a victim of crime or abuse. Complete the following:

**1 Name the person you trust the most.**

What do you like about this person? \_\_\_\_\_

Why do you feel close to them? \_\_\_\_\_

**2 A place where you feel the safest.**

What do you like about this place? \_\_\_\_\_

Why do you feel safe there? \_\_\_\_\_

**3 Your favourite group activity, sport, club...**

What do you enjoy about it? \_\_\_\_\_

Fill in the empty spaces with your answers from above and imagine the following...

You can no longer see or talk to \_\_\_\_\_ because either, they blame you for what happened or, you were emotionally or physically hurt by them, or they stole or damaged something of yours.

**1 How do you feel now?** \_\_\_\_\_

You no longer feel safe at \_\_\_\_\_ because that's where 'it' happened.

**2 How do you feel now?** \_\_\_\_\_

You can no longer take part in \_\_\_\_\_ because the person that hurt you goes there.

**3 How do you feel now?** \_\_\_\_\_

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WHO DID YOUR BEHAVIOUR AFFECT  
AND HOW?



WHO IS AFFECTED

BY YOUR BEHAVIOUR



Is it just the victim who is affected or are their friends and family affected too?

Write how your behaviour might have affected the following people:

|  | Psychological effect | Physical effect | Financial effect | Social effect |
|--|----------------------|-----------------|------------------|---------------|
| Victim   |                      |                 |                  |               |
| Victim's family  |                      |                 |                  |               |
| Victim's friends   |                      |                 |                  |               |
| Community (as in your impact on the community from graffiti for example) |                      |                 |                  |               |

How are you affected? Are your friends and family affected by your behaviour too?

|              | Physical effect | Financial effect | Social effect |
|--------------|-----------------|------------------|---------------|
| You          |                 |                  |               |
| Your family  |                 |                  |               |
| Your friends |                 |                  |               |

WHAT WOULD YOU SAY?

If your victim was here now, what would you say if they asked you these questions?

Why me?

Why did you do it?

Do you regret what you did?

Are my family and friends safe?

# VICTIM AWARENESS

HOW CAN YOU MAKE IT BETTER



## HEALING THE EFFECTS OF CRIME

Thinking about all the people who have been affected by your behaviour what could you do to try and repair the damage?

What can you DO now?

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What can you SAY now?

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What can you DO in the FUTURE?

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## NOW LETS HEAR FROM YOU



Name \_\_\_\_\_

Date \_\_\_\_\_

How did you find this session?  Good  Alright  Bad

Did you learn...  Something useful  A little  Nothing

