

VICTIM FIRST FUTURES WORKER:

PHONE NUMBER:



VICTIM FIRST FUTURES GUIDE

This guide contains information on the Victim First Futures and many other things. It also includes some helpful tips/ways to cope, and some helpful numbers and websites. Any of the activities in this guide are completely optional to try and look at, so feel free to use as you wish.

Victim First FUTURES



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WHAT IS VICTIM FIRST FUTURES?

Victim First Futures is a free, independent and confidential support service for victims and witnesses of crime in Leicester, Leicestershire and Rutland.

We can give you a safe space to share how the crime has impacted you and your family. This can be at home, school or somewhere in the community.

Victim First Futures Support Workers are non-judgmental and are good listeners. They also know some helpful information about the criminal justice process.

They will look at what support you need and what Victim First Futures can do to help you with your recovery from the crime. We try and work in the best way for you, whether this be using creative resources, talking, or other techniques.

What you discuss with us is confidential. This means we won't share it with anyone else. The only reason we would share something you told us is if:

- You ask us to share something.
- We feel you or someone else are at serious risk of getting hurt.
- We are ordered to be the courts.

Your Victim First Futures Support Worker will explain all of this but please ask them any questions you have!



ALL ABOUT ME ↓

Let's get to know each other!

I LIVE WITH:

MY FAVORITE FOODS:

I AM MOTIVATED BY:

MY FAVORITE COLOURS:

PETS I HAVE:

MY GOALS FOR THIS YEAR

MY FAVORITE MOVIE:

MY FAVORITE SPORT:

I AM EXCITED FOR:



AFTER A CRIME...

'Being a victim or witness to a crime can be Difficult, it is common to feel lots of different feelings afterwards



CONFUSED



STRESSED



FRUSTRATED



ALONE



EMBARRASSED



SHOCKED

IMPORTANT: Remember it is OK to feel these feelings after a crime. It is both normal and expected for you to feel these ways. You may feel them straight away or you might notice that you experience them later. Along with the other people in your life we can be there to support you with these emotions. Although it may take time and support, it will get better.



0800 9539595 ✉ victimfirst@catch-22.org.uk 🌐 www.victimfirst.org 📷 @victim1st

THE CRIMINAL JUSTICE SYSTEM...

- If you have reported the crime, your case will be investigated by the police. The police will give you or your parent a crime reference number and this can be used when asking for updates.
- Once the police have investigated the crime, a decision will be made by the Criminal Prosecution Service (CPS) on whether the case can be heard in court.
- If your case goes to court, you may have to give evidence; however there are special measures that can be used to make giving evidence easier.
- The Victims Code - that tells you what support and information victims of crime in England and Wales should get from criminal justice agencies
- For support while in court you have The Witness Service. They can support you by showing you the court room so you know what to expect, meeting you on the day and making you feel supported whilst you are there.



SOME SAFETY TIPS...



- ✓ Always charge your phone fully before leaving the house
- ✓ Learn important numbers off by heart in case you lose your phone
- ✓ Have an In Case of Emergency (ICE) number set up on your phone.
- ✓ If concerned about a route, pick a safer one even if it takes you longer
- ✓ Tell parents/friends where you are going
- ✓ If something doesn't feel right, trust your gut
- ✓ If worried ask a friend/parent to walk somewhere with you
- ✓ Take a personal alarm out with you, we have these at Victim First Futures

SOME ONLINE SAFETY TIPS...



- ✓ Only accept friend requests from friends or family
- ✓ Make sure the person you are speaking to is really who they say they are
- ✓ Do not send private pictures to other people as they will then have that picture forever and you cannot control how it is used or who sees it.
- ✓ Report anything suspicious to social media/website admin.
- ✓ Tell parents or someone you trust if someone or something does not feel right online.
- ✓ Never meet up with people that you don't know from the internet
- ✓ Always check emails to make sure they are from the person/place they say they are – Fraudsters will try and get your details this way.
- ✓ Do not share your address or other personal details online.





HELPFUL POSITIVE STATEMENTS

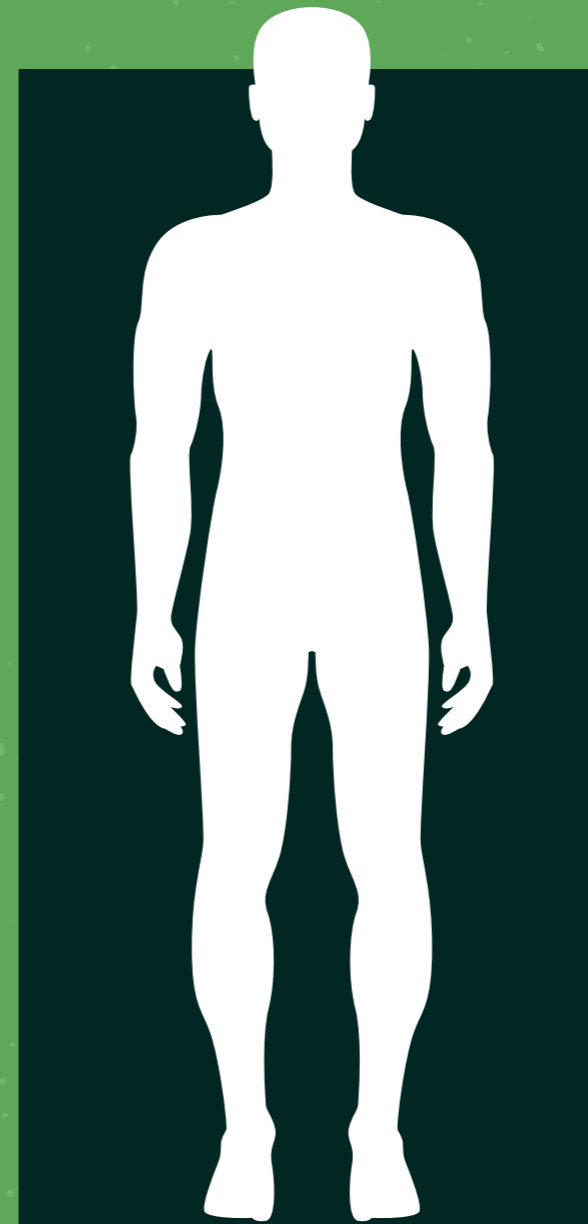
We are often quite down on ourselves, especially when something bad has happened or we feel sad. *Sometimes it is helpful* to identify the great things about us that are always part of us, even when things are not going well. Tick any of the statements you identify with on this sheet.

- | | | |
|---|---|--|
| <input type="checkbox"/> I AM BRAVE | <input type="checkbox"/> I AM A HARD WORKER | <input type="checkbox"/> I AM LOYAL |
| <input type="checkbox"/> I AM KIND | <input type="checkbox"/> I AM FUNNY | <input type="checkbox"/> I AM CREATIVE |
| <input type="checkbox"/> I AM A HELPFUL | <input type="checkbox"/> I AM STRONG | <input type="checkbox"/> I AM UNIQUE |
| <input type="checkbox"/> I AM A GOOD PERSON | <input type="checkbox"/> I AM THOUGHTFUL | <input type="checkbox"/> I AM POSITIVE |
| <input type="checkbox"/> I AM A GOOD FRIEND | <input type="checkbox"/> I AM HONEST | <input type="checkbox"/> I AM CALM |
| <input type="checkbox"/> I AM SMART | <input type="checkbox"/> I AM CARING | |

CAN YOU THINK OF ANY OF YOUR OWN?

- I AM
- I AM
- I AM

HOW DOES MY ANXIETY MAKE ME FEEL?








SOMETIMES OUR BODIES CAN FEEL PHYSICAL PAIN WHEN WE GET ANXIOUS. HIGHLIGHT OR COLOUR IN ANY OF THE FOLLOWING THAT APPLY TO YOU.

- | | |
|--------------------------------|--------------------------------|
| Sweating | Red face |
| Skin problems | Lack of appetite |
| throat | Dizziness |
| Grinding teeth | Feeling nauseous |
| Headaches | Heart racing |
| Dry mouth | Feeling hot |
| Shortness of breath | Fainting |
| Difficulty going to the toilet | Numbness of tingling in limbs |
| Stomach ache or butterflies | Sleep disturbance or tiredness |
| Shaking or tremors | Muscle pain or aches |
| Rapid or shallow breathing | |



MOOD DIARY

Recognising the links between your mood and your environment. This can help you to feel more self-aware. At the end of each day, fill out the chart with the mood you felt most that day.

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

Notes

RESTORATIVE JUSTICE

WHAT IS RESTORATIVE JUSTICE?

RESTORATIVE JUSTICE BRINGS TOGETHER THE VICTIM AND THE PERSON WHO HAS HARMED THEM TO TRY AND MAKE THINGS BETTER.

YOU MIGHT WANT TO MEET THEM OR SEND THEM LETTERS. THE IDEA IS YOU GET A CHANCE TO ASK QUESTIONS ABOUT THE CRIME.

YOU DO NOT HAVE TO USE RESTORATIVE JUSTICE, BUT A LOT OF VICTIMS SAY IT HELPS! SPEAK TO YOUR VICTIM FIRST FUTURES CASEWORKER ABOUT RESTORATIVE JUSTICE.



VICTIM FIRST FUTURES

WAYS TO COPE

- Read a book
- Take a bath
- Tell someone you trust
- Do deep breathing
- Listen to music
- Play a game
- Have a hot drink
- Rest, nap or take a break
- Do something kind
- Cuddle/talk to a pet
- Cook or bake
- Create a piece of art
- Clean your room
- Watch a movie or TV
- Draw/paint how you feel
- Write in a diary
- Sit with friends/parents
- Exercise
- Gardening
- Get a good night's sleep
- Sing or dance
- Make and play with slime
- Drink water
- Make a scrapbook/collage
- Be kind to yourself
- Write down 3 good things about your day




FIND OUT MORE

For more information or to talk to someone in your area, please call Victim First Futures on the details below

 Helpline:
0800 9539595

 Email us:
victimfirst@catch-22.org.uk

 Opening Hours:
9am -6pm Mon – Sat

 Website:
www.victimfirst.org