

VICTIM FIRST FUTURES WORKER: .....

PHONE NUMBER: .....



# VICTIM FIRST FUTURES GUIDE

# CONTENTS

## WHAT IS VICTIM FIRST FUTURES?

- ALL ABOUT ME
- AFTER A CRIME
- HOW DO YOU FEEL?
- NETWORK HAND
- BREATHING STAR
- WORRY MONSTER
- POSITIVE THOUGHTS
- WAYS TO COPE



# WHAT IS VICTIM FIRST FUTURES?

We are good to talk to if you are feeling scared, worried, sad or angry about something bad that has happened...

Victim First Futures is a safe person to talk to...



Victim First Futures Helpers are good listeners...



Victim First Futures won't tell other people what you've said. Unless we are worried for you or someone else.



# ALL ABOUT ME

WHAT'S MY NAME .....

HOW OLD AM I .....

WHO I LIVE WITH .....

MY FAVOURITE FILM .....

MY FAVOURITE FOOD .....

MY FAVOURITE ANIMAL .....

ONE THING I'M GOOD AT .....

WHEN I GROW UP, I WANT TO BE .....



# AFTER A CRIME...

You might be feeling:



This is normal and it is good to talk to someone about how you feel. You can talk to:



Family  
Or Parents



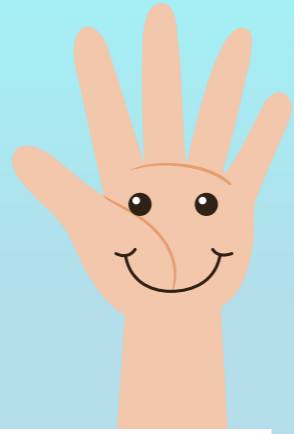
Talk to Victim First  
Futures



A  
Teacher

# NETWORK HAND

Draw around your hand and write the name of someone you can talk to on each finger



A large white rectangular area for drawing and writing, intended for the 'Network Hand' activity.

# HOW DO YOU FEEL...

Draw us a picture of how you have been feeling since the crime



A large white rectangular area for drawing, intended for the 'How Do You Feel...' activity.



# USEFUL CONTACTS & WEBSITES



**EMERGENCY** – Police  
Fire Brigade/Ambulance  
☎ 999

**ChildLine**  
24 hour free confidential helpline  
for children and young people  
☎ 0800 1111  
🌐 [www.childline.org.uk](http://www.childline.org.uk)

**Kidscape**  
Information and support for children  
and young people affected by  
bullying  
🌐 [www.kidscape.org.uk](http://www.kidscape.org.uk)



Children and Young People

# STAR BREATHING



Follow the star all the way round,  
focusing on your breathing.

# DESIGN YOUR OWN WORRY MONSTER

Time to get colourful: Design and name your own worry monster!



**MONSTR NAME:** .....  
Super power: To eat all your worries and problems

# POSITIVE THINKING

When something bad has happened, it's easy to think negatively about yourself. You can use positive thoughts to help change this.

Here are some you can try yourself!

## ACTIVITY:

I'm happy when .....

Something my friends like about me .....

I'm Proud of .....

My family was happy when I .....

In school, I'm good at .....

Something that I like about myself .....

# 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

