

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.

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Victim First FUTURES

WHAT IS VICTIM FIRST FUTURES?

Victim First Futures is a support service for victims and witnesses of crime

We will look at what support you need and try to work in the best way for you, whether this might be using creative resources, talking, or other techniques.

Victim First Futures Support Workers don't judge and are good listeners.

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

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 ↴

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...

'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.



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.



HOW DO YOU FEEL...

Draw us a picture or write to us about how you have been feeling since the crime.

A large white rectangular area intended for drawing or writing.



NETWORK HAND

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



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.

Tell parents/friends where you are going

If something doesn't feel right, tell a safe adult

If concerned about a route, pick a safer one even if it takes you longer

Take a personal alarm out with you, we have these at Victim First Futures

If worried ask a friend/parent to walk somewhere with you





ANXIETY AND STRESS



When people describe anxiety, they tend to use words like:



DREAD



FEAR



TENSION



WORRY



PANIC

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 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!



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

Victim First FUTURES



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?

- | | |
|-------------------------------|-------|
| <input type="checkbox"/> I AM | |
| <input type="checkbox"/> I AM | |
| <input type="checkbox"/> I AM | |




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