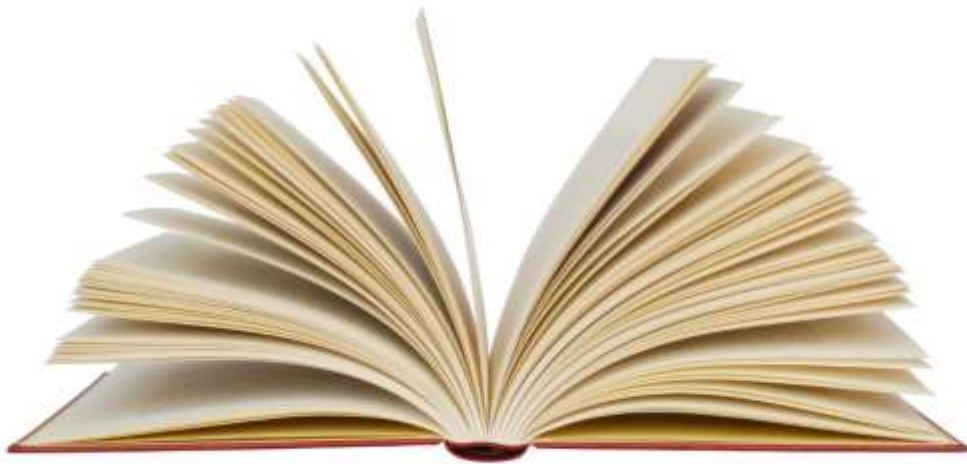


Safer Lives, Healthier Families



A Plan to make things better.

This is an Easy Read version.



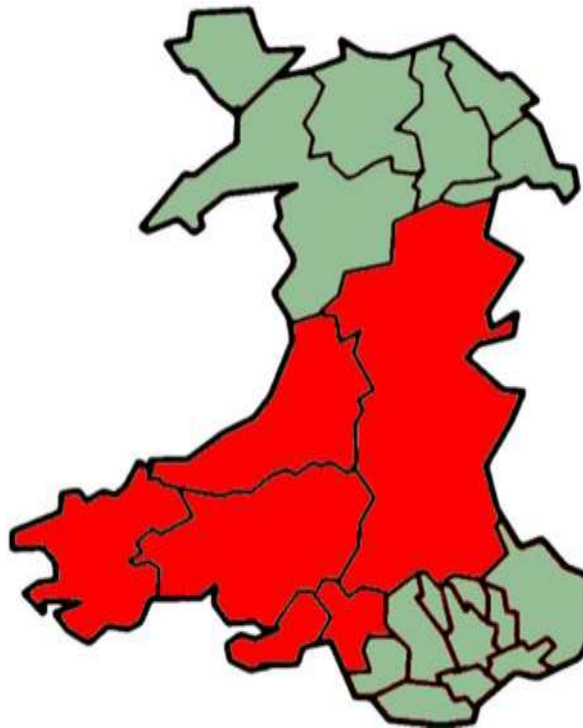
Some of the words are still hard.

You can ask someone to read it with you.

Safer Lives, Healthier Families

This is the name of a new plan to do something about some types of violence in our area.

Our area is Carmarthenshire, Ceredigion, Pembrokeshire, and Powys. This is called Mid and West Wales.



It was written by the Mid and West Wales VAWDASV Strategic Group.

We are people from councils, health, the police, ambulance service and hospitals.

VAWDASV is a shorter way of saying:

- Violence Against Women
- Domestic Abuse
- Sexual Violence



Here are some examples of these things:

- Hitting, punching, kicking someone
- Shouting, bullying, making someone afraid
- Following someone around and watching them. Not leaving them alone
- Touching someone's body when they don't want to be touched.
- Making someone have sex when they don't want it
- Making someone marry someone they don't want to marry
- Making someone have sex with someone else for money
- Making someone feel bad by talking about sex
- Showing someone photos of other people naked or having sex
- Making someone watch videos about sex
- Hurting someone because they have done something their family thinks is wrong.

These things are wrong.



These things are against human rights.



These things are against the law.

These things can be done BY men or women.

They can be done TO men or women.

Mostly these things are done by men to women and girls. This is a big problem in the world.

In this plan we use the words VICTIM, SURVIVOR, PERPETRATOR, and VIOLENCE.

This is what they mean:

- Victim – is a person who someone else has done something bad to



- Survivor – is the same as a victim but sounds more positive. It means that something bad has happened to them but they have come through it. They can talk about it. They are getting stronger.
- Perpetrator – is the person who has done something bad to someone else.
- Violence – this is doing bad things that hurt people.



There are already a lot of laws and a lot of other plans that talk about this problem. We have tried to bring them all together in this plan.



THE PLAN

The plan is important because:

- **Violence against women, domestic abuse and sexual violence happen a lot.**
- **Sometimes people are killed.**
- **It makes life very hard and very sad for families where it is happening.**
- **The law says we must have a plan.**



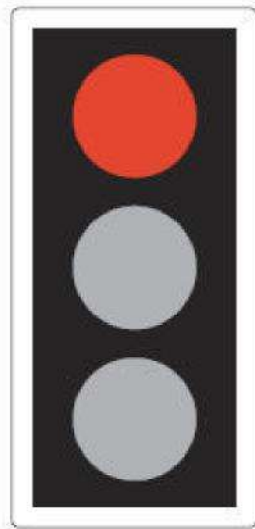
Who is it for?

- People who work for councils, health boards, the police, and other places.
- People who work for services that help victims and survivors.



The plan says we should do these things:

- Support victims and survivors.
- Do something to stop the people who do it.
- Make sure that people who work for councils, health boards and the police know all about it.
- Make sure that people who work for councils, health boards and the police know what to do.
- Make sure ordinary people know about it. Make sure they know it is wrong.
- Make sure children and young people know that it is wrong. When they grow up they won't do it.



The plan says we must do these things too:

- Keep checking the plan is working
- Have a system for doing this
- Make sure everyone gets help who needs it
- Make sure everyone knows what help there is and how to get it
- Make sure that survivors take part in planning – they are very important
- Make sure we have a clear plan.
- Make sure it happens.



The plan says we should work like this:

- Listen to victims and survivors



- Organisations must work together



- Do things that help early on
- Try to stop it happening in the first place
- Treat people as individuals
- Make sure victims are kept safe and get good support
- Be fair and treat people equally

- Speak in Welsh if people want



- Tell other people and organisations what you are doing that works well
- Have someone in charge of the plan in each area
- Have someone in charge of the whole plan.



How we wrote the plan

We talked to:

- Victims and survivors
- People whose job it is to help them
- People who work for the council and pay for services



We asked them what the problems are now. They said:

- People who are trying to help don't really understand what it's like
- People get treated differently in other parts of the area – it's not the same and it's not fair
- Children need special help that suits them – not the same as adults
- Victims don't know what help is out there
- Organisations should work together to help – they should do this a lot better



Survivors are the experts – they are very important

Survivors are people who other people have been violent to.

They are called survivors because they have been through something awful but they are still here – they got through it.

When we wrote this plan we really wanted to talk to survivors. It was important that we listened to them.



Survivors told us the 12 most important things that must be in the plan.

- There must be special help for children and young people



- Help for survivors must come from places that are just for them
- These places are very important and must be paid for



- People who work for the police, solicitors and judges must learn more about the problem. They should understand what it is like. They should understand what makes it happen.



- Where a man and woman have split up because of violence there must be safe places where children can see their parents



- There must be more safe places where people can stay if they need to leave home.

- There should be groups where people can meet up and help each other – people who have been through the same things



- Schools should teach children and young people how to respect each other in relationships



- People should be able to have counselling if they want – wherever they live



- People who are violent to other people are called PERPETRATORS. More should be done to stop them and make them see what they are doing is wrong. They should be given help to change if they want it.
- There should be better training. Victims and survivors should be part of the training.
- Families should be supported.
- All violence against women, domestic violence and sexual violence are wrong. This message needs to be given to everyone. This needs to be the normal way of thinking.
- It is very important that violence is stopped.



This is what we are doing now:

- Help with Housing
- Education
- Giving people Social Workers
- Health workers support people to get well
- The police are helping victims and trying to stop perpetrators
- Courts are trying to protect victims and punish perpetrators



Charities and other organisations are doing these things:



- Safe houses where people can go if there has been violence at home
- Drop in groups where people can go for support and advice
- Advice centres and places for counselling
- Workers who help victims from the start right through to the end when they are safe
- Centres for children and young people
- Centres where victims can go if they have been raped instead of going to a police station

The plan says we should all work together to stop violence

We want this plan to work and make things better.

Every organisation that helps victims and their families should think about these 4 important things:



- Prevention – this means stopping violence before it starts. Do things that stop violence happening in the first place. Make sure everyone knows violence is wrong.
- Early intervention – this means if it does happen start helping straight away. Make sure organisations work together. This is the best way to help.

- Protection - Make sure that all victims and survivors have places they can go for help. Make sure that we listen to victims and survivors and understand them. Make sure people who are violent get help to stop.
- Support – this means helping people to get over what has happened. Make sure victims have safe places to live. Make sure they have counselling. Make sure the family is looked after too. Make sure that victims and survivors will be OK in the future, not just now.



These are the MOST IMPORTANT things that we will do

first:

- Make sure people understand that violence against women is wrong.
- Make sure children and young people learn this at school. And teach them how to have good relationships.
- Make sure people who are violent to other people understand it is wrong. Make sure they understand that they have hurt someone. Give them the chance to change – things like training.
- Make sure there is help for people when these problems start. Try to make sure these problems don't start.
- Make sure people who help victims have the right training. Make sure they understand.
- Make sure everyone gets the help they need. Make sure there is help for everyone no matter who they are. Make sure there is help for all the different types of violence.



Who is in charge of this plan?

- People at the top of organisations must be in charge of this plan. They must make sure that people who work for them do the right things.
- We need someone whose job it is to make sure everything in the plan happens.



How will we know the plan is working?

We can say the plan is working if:

- There is less violence
- Victims get better help

We will check what we are doing like this:

- Write down what we are going to do.
- Check to make sure we are doing it.
- Ask victims and their families if they think the plan is working.



Money



- We have almost three million pounds to do this work.
- This year and next year the Welsh Government will give us some money too.
- We need to use this money well.

When we wrote this plan, we had to think about a lot of laws and other plans too. We want them all to work together and make things much better for victims and their families.

We really want to change things for the better.



For more information

Contact

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