



Victim Service Capacity Fund Project Final Report

December 2014

**Stacey Jade Mason
Prevention Worker**

KairosWWT
St Peter's Centre, Charles St, Hillfields, Coventry. CV1 5NP
Telephone: 02476 559550
Registered Charity No: 1136695
Company Ltd by Guarantee: 0725466

Executive Summary	3
1. Terms of reference	6
2. Introduction	6
3. Summary of outcomes	7
4. Detailed Outcomes	9
Experiences of crime	9
Prevention Peer Support Group	10
One to one prevention work	12
Strengthening links.....	12
Promotional materials.....	12
Resource Development	13
5. FACILITATOR OBSERVATIONS	14
6. LIMITATIONS	17
Promotion of the project.....	17
Location of the workshops	17
Inconsistency of attendance.....	17
Questionnaire feedback	17
Outside agency work	17
7. Conclusion	19
8. Recommendations	21
Appendix 1: Questionnaire results	22
Appendix 2: Workshop Evaluation	25
a) Week by week	25
b) Overall evaluation of all workshops.....	31
Appendix 3: Real or no real quiz answers	32

Executive Summary

This report outlines the activities carried out by KairosWWT between mid July and end of October 2014. The focus of the project, was to develop our prevention work with young women aged 18-24 who are at risk of, or have been sexually exploited; this work was funded by the PCC Victim Capacity Fund and enabled a specific post to be developed to undertake this work.

Thus, the overall aims and intention of project were to build on KairosWWT's existing experience, resources and professional networks in order to raise awareness of sexual exploitation, both within the target group of women aged 18-24 years, and within a wider network of statutory and voluntary agencies. Pursuant to this, a combination of workshops, one-to-one work and promotional activities were employed.

The project contained 11 intended outcomes, as linked to the overall aim and intention. All outcomes were achieved, aside from the intention to employ the Outcomes Star for progress monitoring, which was ultimately revised to account for the inconsistency of attendance at sessions.

In order to achieve increased awareness within the target group, workshop sessions were carried out at a range of venues and services, and one-to-one work was established with three young women. In total, 47 young women engaged with the project.

Bespoke adaptive materials were developed for use within a range of participatory contexts. A project evaluation was undertaken with participants and this included a 'How Safe' questionnaire and exploring experiences of crime. This enabled the team to ascertain what services might be needed to assist with future prevention work.

In addition to the outcomes linked to awareness raising within the target group, several outcomes corresponded to the overall intention of forging better links with other agencies, in acknowledgement of the lack of statutory provision and ensuing social isolation experienced by the target group. The project successfully partnered with several agencies in order to develop better referral pathways; drop in sessions at the YMCA and work in Further Education (FE) and Higher Education (HE) establishments further strengthened such links. Wider information and awareness raising was also carried out through a range of promotional material and through the use of local and social media.

Experiences of crime and sexual exploitation within the target group were established through completion of the 'How Safe' questionnaire, which covered victimisation, reporting and provision of support. Sex crime was the most commonly experienced form of crime and, correspondingly, was the most feared form of crime. Over half the group had not reported crimes against them; citing a lack of faith in the police's ability to help, closeness of perpetrator, family opinions, age and historicity of event. University students starting University were twice as likely to *not* be a victim of crime as those from further education establishments or housing support agencies, and the possible socio-demographic or situational reasons for this disparity warrants further investigation.

All attendees at the peer support groups sessions had, however, been the victim of crime. These interactive workshops incorporated the Protective Behaviours Process and, despite an initial 'settling in period' during which not all women appeared comfortable (this was particularly linked with food consumption), a good degree of comfort and acceptance was eventually achieved within the group setting. Participants were afforded the opportunity to help shape the content of sessions, which proved a valuable experience for them. Similarly, the feedback session in which participants successfully demonstrated their accumulated knowledge to a Kairos staff member increased their confidence and knowledge of personal safety: a sense of achievement and pride that was shared by the group facilitator. Overall, the benefits to both charity and participants were reciprocal.

In combination with the achievement of awareness and confidence raising, decreased social isolation within the target group and the strengthening of links with other agencies was also achieved through promotion to, and within other agencies through the delivery of workshops at two local services. Drop in, one-to-one sessions were also held at one of these local services, alongside a promotional session at the Coventry Foyer. The workshops were advertised at a range of local agencies which in addition to the promotional and awareness material distributed locally, have the potential to achieve the twin aims of raising awareness of sexual exploitation whilst strengthening referral pathways and KairosWWT's capacity for multi and inter-agency work.

The development of an original, marketable resource aimed at professional facilitators, 'Feeling Safe: Knowing Me, Knowing You', will assist in educating and raising awareness of sexual exploitation in young women. The flexibility of the resource - useable as part of an 8 week programme or as a stand alone workshop - alongside the step-by-step instructions and thoroughness of approach will enable other professionals to effectively utilise the resource in order to address sexual exploitation.

Effective promotion of the project was hampered by the restricted time scale between recruitment of the Prevention Project Worker and commencement of prevention workshops. The widely perceived remit of KairosWWT - as working with those engaged in sex work - created a similar barrier to effective promotion within agencies, necessitating sustained efforts by the Project Worker to inform agencies of the extension of KairosWWT's remit.

This facet, alongside the reluctance of some agencies to become involved in work of this nature, may be suggestive of the need to further promote the extension of KairosWWT's remit locally. The location of the workshops also proved a deterrent for some participants, although this was in some way mitigated by the offer of accompaniment on the walk to the venue from a local college. The small number of participants, and the inconsistency of attendance at sessions limited the ability to gauge the impact of the project and partially attributed to the aforementioned limitations. Similarly, some limitations in design, and subsequent participant interpretation and response, impacted upon the collection of useful evaluative data. Such impediments would need to be reflected upon during the creation of further projects.

Although positive links were established through the delivery of workshops at two local agencies, one agency's lack of organisation and dissemination of information to participants, alongside the unsuitability of the session venue and participation of young women outside of the target group, created challenges for the facilitator.

In summary, everyone benefitted from the group and a clear need for prevention work with young women emerged; in particular in tackling their isolation and improving their confidence in identifying safe and unsafe relationships. Further it is apparent that the work carried out around mapping appropriate personal networks to whom they can go to for help is also important.

KairosWWT needs be bold and brave about this prevention work: a lot of agencies do not want to talk about this subject out in the open unless someone discloses and often professionals do not have the confidence to educate and work within it, and so KairosWWT could support other professionals as well as young women. The importance of this work and the need for further work in this area is reflected in the relief that some young people expressed at having the chance to engage with the subject of sexual exploitation during the project activities. They 'jumped at the chance' to talk and ask questions. Sexual exploitation is now current in the media and professionals want to feel safe in delivering appropriate knowledge, more importantly, young people also want to be safe and feel able to refrain from becoming a victim.

Recommendations

The questionnaire

Although people tend to prefer tick box type questions, it is recommended that a future questionnaire should leave space for more detailed comments. In addition a definition of what a sex crime is would be useful as several participants asked if their experience could be classed as a sex crime. Finally, a statement at the beginning of the questionnaire should include a trigger warning in order to safeguard participants.

Engaging outside agencies

Due to the difficulty with the responses of some outside agencies, it is recommended that enough time and space is allocated to the promotion of a future group. This would allow time to contact and follow up with outside agencies, and for appropriate agency staff to recruit participants.

It is also recommended that KairosWWT promote the extension of its remit to include prevention work with young women and so the focus is not just on those who are actively sex working.

There is also an issue with including young men in the prevention work – during promotion activities young men consistently approached the stands; targeted information for this group would ensure that more are educated on sexual offences and consent. Ideally, KairosWWT would set up such a prevention group for young men.

Further, it is recommended that KairosWWT follow up with two particular outside agencies – Henley College and The Foyer as the promotional activities at these locations attracted a great deal of interest from the young people.

Finally, due to the experience with working with outside agencies it is recommended that a working contract between KairosWWT and the outside agency is agreed. This will encourage the outside agency to commit to getting referrals and clarifying their responsibility regarding number of attendants, promotion of the topics prior to delivery, time to preparation so participants can put together any questions, a suitable facility for the size of the group and ensuring a undisturbed safe working environment.

Location of activities

As outlined in the report, there were issues in relation to the location of the prevention course – i.e. in the centre of Hillfields. Therefore it is recommended that the prevention work is carried out where the target groups reside (i.e. in their comfort zone). The women (and possibly young men) will be more likely to engage if they are in known environments, and outside agencies are more likely to refer

1. Terms of reference

This is the final report for the project conducted by KairosWWT to develop prevention work with women aged 18-24 years. The project was funded by the Victims Capacity Fund between mid July and the end of October 2014.

2. Introduction

Kairos Women Working Together (WWT) is a small charity based in Coventry, United Kingdom. We believe in the value and dignity of all women. We aim to support, empower, and give a voice to women at risk of, or subject to, sexual exploitation, including those caught up in sex work, and those aspiring to leave it. We work in Coventry by providing safe spaces, a listening ear and opportunities for change and growth. Sexual exploitation has been an on-going issue for many years; more recently it has become increasingly highlighted to the public through high profile prosecutions of certain celebrities, and also in *the Rotherham Report* (Jay 2014).

The experience of KairosWWT on the issue of sexual exploitation of women aged 18-24 years helped us to identify the need for bespoke services for this age group, as they may have little or no access to statutory provision and thus may experience social isolation and have difficulty forming positive relationships.

Therefore, the aim of this project was to develop our prevention work with this group, building on existing work; for example enhancing our existing resources in delivering 12-session programmes on a one-to-one basis with young women and work carried out in partnership with The Children's Society where we co-delivered prevention group sessions to young people.

The overall intention was to raise awareness of sexual exploitation through a combination of workshops, one-to-one work and promotional activities, and to further build links with existing agencies. All of this work was fully informed by the Protective Behaviours process¹.

¹ <http://www.protectivebehavioursconsortium.co.uk>
www.kairoswwt.org.uk

3. Summary of outcomes

Intended Outcomes	Completed outcome
1. Run up to 10 peer support groups	<ul style="list-style-type: none"> - 9 completed workshops carried out at The Hillfields Community Hub. - 2 workshops delivered to two outside agencies (CRASAC and YMCA).
2. Identify and develop referral pathways	<ul style="list-style-type: none"> - Partnered with 4 agencies, 2 of whom have already referred service users to us and the others have indicated that they would in the future (CRASAC, the Foyer, the YMCA and Springboard). - We have also had referrals come through from Route 21, although this was after the Prevention Programme was completed. KairosWWT has planned to attend a Route 21 team meeting on 20th November 2014 to promote its prevention work and discuss the referrals.
3. Spend one day a week within another relevant service	<ul style="list-style-type: none"> - 4 Drop In sessions at the YMCA over the course of 4 weeks.
4. Increase the one-to-one work with our existing young people/start one-to-one work with new referrals (either through staff support, or volunteer befriending)	<ul style="list-style-type: none"> - 3 women are engaging in one-to-one work, 2 of whom also have a volunteer befriender.
5. Deliver at least 4 sessions to groups (such as colleges and youth clubs around the issue of sexual exploitation)	<ul style="list-style-type: none"> - 2 prevention workshops have been run: one at CRASAC and one at the YMCA. - 4 students from Henley College participated in a group discussion around the issues of consent and sexual exploitation after their Fresher's event, this discussion lasted for an hour instigated by the Real or No Real quiz.
6. Build networks with other similar agencies	<ul style="list-style-type: none"> - Partnered with 5 agencies: CRASAC, the YMCA, the Foyer, Springboard and HillzFM. - Attended Henley College Fresher's event. - Delivered lecture to first year students at Coventry University. - Attended two networking events run by the Protective Behaviours Consortium.
7. Develop materials to promote our work with young people	<ul style="list-style-type: none"> - Produced a promotional leaflet/poster distributed to partnership agencies. - Produced an assessment (How Safe) questionnaire to help identify whether young women have been a victim of crime and the subsequent effect. - Produced A 'Real or No Real quiz to assess the knowledge of young people around the topic of sexual offences and consent. - Information for our social media and website to promote our work. - Taken part in a radio interview with HillzFM on 10th September to discuss issues around sexual exploitation and promote our work. - Feedback forms for the Henley Fresher's events where 28 young people stated they were interested in learning about Protective Behaviours.

8. Carry out research into what services are needed to better prevent young women being exploited	<ul style="list-style-type: none"> - 47 'How Safe' questionnaires. - 7 workshop evaluations.
9 Develop resources for one-to-one work, sessional work and group lessons.	<ul style="list-style-type: none"> - Produced 'Feeling Safe: Knowing Me and Knowing You' resource – an eight week programme for facilitators to use to educate young people on sexual exploitation and safe relationships. Each workshop can also be delivered as a stand alone workshop to use as one to one work, or sessional work around a relevant topic.
10. Number of the target group that have been victims of crime during the funding period	<ul style="list-style-type: none"> - 53% of the young women (n=47) who participated in the 'How Safe' questionnaire disclosed being a victim of crime.
11. Progress of the target group using the 'Outcome Star'	<p>Due to the inconsistent number of people coming to the prevention group, we decided to use an evaluation questionnaire at the end of each workshop and a final evaluation to evidence the progress of the women attending the group.</p>

4. Detailed Outcomes

Experiences of crime

Outcomes 8, 10, 11, 12

Over the course of the project (July-October 2014) we had contact with 47 young women aged between 18-24, through one-to-one sessions, an 8-week workshop programme, visits to The Foyer, attendance at Henley College and Coventry University Fresher's Fairs and through one off workshops at Coventry Rape and Sexual Assault Centre (CRASAC) and Young Men's Christian Association (YMCA).

Each young person filled in a questionnaire about their experience of crime and sexual exploitation (see Appendix 1).

Below is a narrative developed on the assessment questionnaire ('How Safe') in which participants identified whether they had been a victim of crime, whether it had been reported and what, if any, support they received.

Victims of crime

Just over 53% stated that they had been a victim of crime; of these, 75% had been a victim 1-3 times in the last 12 months. The most common type of crime stated was a sex crime (56%), followed by domestic abuse (44%), theft (28%) and assault (20%).

Only 48% reported their crime to the police; 50% of these stated they had been kept updated and 8% said they were updated sometimes. Of those who did not report their crime to the police, comments included: 'Because I don't feel they help.'; 'Felt scared what other family members would say'; 'It was a family friend'; 'Was young and didn't understand, now I feel it is too late.'

Seven respondents did report to another service and examples given included Crime Stoppers, Victim Support, GP, Domestic Violence Service, School and Social Services. All were offered support, including counselling, and referral to CRASAC/CAMHS but only two took the offer up.

Fearful of crime

Of the total cohort (47), 60% stated that they were fearful of being a victim of crime whether they had been or not; 69% worried about sex crime; 55% assault' 45% theft', 38% burglary and 35% domestic abuse. When asked to identify situations where they felt vulnerable as young women: 78% stated after dark; 43% felt vulnerable on public transport and 36% in public places.

Accessing support

Most respondents (72%) knew where to report a crime and access support, and 68% had received some kind of advice in relation to personal safety.

Finally, 43% stated that they would like access to support and suggestions included domestic violence in the home; financial advice; emotional support; housing; how to keep safe; mental health and how to react in dangerous situations.

Location

When comparing common locations between those who had been a victim of crime and those who had not, slightly more respondents were likely to be a victim of crime if they were from The Foyer, Henley College or the YMCA. However, university students were twice as likely NOT to be a victim of crime; at least at the start of their courses.

Prevention Peer Support Group

Outcome 1

Nine peer support workshops, each lasting three hours, took place at the Hillfields Community Hub with each having a focus on prevention work. Eight young women in total attended, with two being most consistent. All of the attendees had been a victim of crime.

The workshops were advertised on social media, on HillzFM and on the KairosWWT website. The Prevention Project Worker also emailed and telephoned all of the relevant agencies in Coventry City that worked with our target group to refer women to our groups. The workshops commenced in the summer of 2014 and were offered until end of September.

During the workshops the women learnt about the Protective Behaviours Process; topics such as identifying their feelings; safe and unsafe relationships; the Safety Continuum; how to keep themselves safe in different situations and creating a suitable personal network. The workshops were interactive, involving discussions and set activities. One workshop was also attended by an outside agency – CSWP career's advice service - who delivered bespoke advice and information about careers.

In more detail, one of the aims of the workshop was to encourage the attendees to form a positive relationship in a relaxed atmosphere, with the inclusion of a healthy meal. This would give opportunities for the women to engage in conversation and to reduce their feeling of isolation. However, for a while the women did not want to take part in the meal as they felt uncomfortable eating in front of people they did not know. Also one individual did not feel comfortable accepting food from the facilitator due to wanting to provide everything for herself. This was eventually overcome around week four of the workshops and the women began to demonstrate feeling comfortable in accepting each other.

The group took part in different activities, with the aim of educating them around the topic of sexual exploitation, as well as safe and unsafe relationships, incorporating the Protective Behaviours Process. The activities would generally last for one and a half hours with the women using the remaining time to create and add to a scrapbook. The scrapbook gave the women a creative space to embed their learning, allowing them total choice and control over what they produced, and the topics they wanted to reflect upon. This time was also used to allow the group to come together and have conversations relevant to the workshops as well as general conversation.

Each participant was asked questions during each session regarding what they liked, didn't like and what they found of value. The women took a great sense of pride knowing they had the opportunity to contribute to the education and work to be done with other women regarding personal safety, and as a group they decided to design and create some safety packs to hand out to young women who may access KairosWWT in the future. They created these using blank canvas bags, designing a message of safety. The contents of the bags included: personal safety alarms with a torch, condoms, tissues, antibacterial gel, perfume tester, plasters, a sexual exploitation information leaflet, KairosWWT leaflets and tampon kits especially designed for women experiencing domestic violence.. Group members each received a safety pack and they were also used as a prize at the Henley Freshers' week.

Week 6 focused on a 'Real or No Real' quiz (see Appendix 3), and a verbal quiz around their knowledge of Protective Behaviours. The former tested the women's knowledge on sexual offences and consent. Through this, the women demonstrated a very good knowledge in both quiz results, although their knowledge of how many sexual crimes had been committed against children under the age of 18 in the UK was uncertain; they thought it was legal for a 30 year old man to 'chat up' a 13 year old at a bus stop and thought that if a person believed a child was 16 or over a sexual offence had not been committed. The verbal quiz covered the Language of Safety, physical feelings, unwritten rules, early warning signs, personal networks, safe relationships and other networks. The women demonstrated their knowledge to another member of KairosWWT staff attending the group. The women had the opportunity to educate the staff

member on the Protective Behaviours Process using the flip chart and pens. The group were successful in informing the staff member of all the elements they had covered over the previous six weeks. This was a very 'proud' moment for the facilitator as it demonstrated that true learning had taken place and that the women had become confident in their knowledge of feeling safe and were applying this to current relationships as well as developing new ones. On this session one woman commented 'I feel as if no one can touch me, no one can harm me.'

Week 7 and 8 also focused on reflecting on the material previously covered and discussions around the information in the workshops, offering the chance for a recap.

On the final week the group participated in a street dance class and lunch. KairosWWT wanted to reward the women not only for their attendance, but for the effort they had put in to assisting us to create a strong strategy of educating young women around feeling safe around sexual exploitation. Without their commitment and courage in taking part, we would not have been able to accommodate as much as we have into our future service of prevention work.

Analysis of evaluation forms (Appendix 2), showed that on an overall basis, the workshops were rated highly by all participants and they also felt that the Protective Behaviours process they had been presented with was useful. They also would refer someone else to the group, and were less fearful of being a victim of crime. They felt that the workshops were effective in terms of educating women about their safety, and identifying safe and unsafe relationships, particularly in terms of identifying attributes of individuals. They also felt that they had improved their confidence in building and maintaining relationships. They also felt that the workshops had improved their confidence to identify ideal safe individual with whom they could share their issues. Finally, there were significant changes in their feelings of isolation as measured on a scale with 1 = a feeling of total isolation and 10 = no feelings of isolation. Two attendees rated their feelings of isolation at 5 before the course, rising to 8 and 10 respectively at the end of the course. This was matched by a change in competency in terms of feeling safe, with all charting a rise in competency, two of whom showed a rise from 4 to 8 and 7 to 10 respectively.

On an individual basis, each participant looked forward to each week, and most felt that the learning in the workshops was valuable in regards to keeping safe and making own decisions. Again, most felt that the project would make a difference to women's safety in the future, and all liked the learning agreement in terms of setting safe boundaries for each workshop. Equal numbers liked/disliked the group discussions, and no participants rated the food highly. After beginning with a healthy meal which was not given any importance by the participants, and refused by two participants, the facilitator switched to providing batches and soft drinks. Therefore the importance of the food was downgraded. Finally the scrapbook activity was also not rated by the participants.

In more detail, two young women in particular created a positive relationship and their personal progression was significant. As a result of the work undertaken with them, they are now more confident, have accessed further support and have been supportive to each other outside the group. The women have been offered the opportunity to take part in The Urban Arts programme, delivered by Creative Optimistic Visions, due to start early 2015.

In summary, everyone benefitted from the group and a clear need for prevention work with young women emerged, in particular in tackling their isolation and improving their confidence in identifying safe and unsafe relationships. Further it is apparent that the work carried out around mapping appropriate personal networks to whom they can go to for help is also important.

One to one prevention work

Outcome 4

One-to-one work was carried out with four women to identify specific issues. The work included supporting a young woman who had been a victim of rape with a court case and supporting another woman who had been a victim of domestic violence. The latter young woman was helped to identify the offending behaviour of the perpetrator and given strategies to help deal with this. She was also referred to Coventry Mind. Another was supported to access higher education and find ways to reduce her social isolation.

Two of the women were already receiving support from KairosWWT. In addition they received one to one support from the Prevention Project Worker as well as their befriender and other members of KairosWWT staff. One woman was referred through the local police team, and participated in one to one work with the Prevention Project Worker. As this role has now ended, the Prevention Project Worker has agreed to become this woman's befriender.

Strengthening links

Outcomes 1, 2, 3 5 and 6

Three outside agencies were engaged with reaching a total of 16 young women. In addition, promotional materials were distributed during the Coventry Sports Foundation Sports Week and to Springboard.

Two prevention workshops were delivered at CRASAC (Coventry Rape And Sexual Assault Centre) and the YMCA. Nine women in total attended, seven of whom had been a victim of crime and all of whom gave positive feedback from the group, saying that they were better able to identify when they feel safe / unsafe.

Jody Watson – Youth Participation Worker from CRASAC commented:

“On the 29th July 2014 Stacey Mason delivered Protective Behaviours process regarding the topic of sexual exploitation to the Young People's Advisory Group. The group enjoyed the content and the delivery of the session; Stacey had a wonderful tone and really engaged the young people. The group felt they benefited from the training and are hoping to have more sessions. Overall I think the sessions were beneficial and a good addition to any young person knowledge and life skills. I would recommend this training to schools or youth centers, it is really valuable.”

In addition, four drop-in sessions (one-to-one work) were undertaken at the YMCA at which 7 young women attended. One of the young women has now enrolled on a college course with the support of the drop in.

Further, a promotional session was delivered at the Coventry Foyer to inform young women of our prevention work. Five of the women completed the 'How Safe' questionnaire, which revealed that three have been a victim of crime.

We attended the Coventry Sports Foundation Sports Week event in Coventry City Centre where we distributed our sexual exploitation leaflets and promoted our prevention work.

We have partnered with Springboard (a project to support female offenders, run by the Fry Housing Trust) to promote our work and make improvements to the Hillfields Community Hub, to make it more accessible for one-to-one work and a better environment for the Peer Support Groups.

Promotional materials

Outcome 7

Promotional materials developed include a leaflet and poster promoting the prevention workshop hosted at The Hillfields Community Hub. This poster was sent via email to all the relevant social agencies that could refer women to the group. The poster was printed and placed in the YMCA, WATCH charity (Working Actively To Change Hillfields), The Hillfields Community Hub and St Peter's Centre.

KairosWWT also promoted the prevention work on HillzFM as well as telephoning and meeting up with different agencies. KairosWWT promoted the prevention work in the city centre during Coventry Sports Week.

Resource Development

Outcome 9

We have developed a resource, entitled *Feeling Safe: Knowing Me and Knowing You*, to educate and raise awareness with young women about the issues of sexual exploitation and to equip them with tools they can use to feel safe.

The resource, aimed at professional facilitators, has utilised the *Protective Behaviours* process in order to enable the delivery of safe, learner-centred workshops. *Protective Behaviours* (PBC 2014) is a practical, down-to-earth approach to personal safety. The process aims to build self-esteem, confidence and assertiveness in relation to feeling safe. It teaches a range of skills and tools for individuals to identify feeling unsafe and provides the skills necessary to take action and seek help when needed.

Feeling Safe: Knowing Me and Knowing You has been quality assured by *The Feeling Safe Foundation* (2014), ensuring that the Language of Safety has been implemented throughout to ensure safe delivery of such a sensitive subject. This will enable facilitators to deliver the contents with increased confidence. In order to ensure a high standard of delivery and to use this resource to its full potential, all facilitators should undertake Protective Behaviours Training – at a minimum the PBC Foundation Level course, with a preference for both this and the PBC Intermediate Level course. If used to train professionals, all facilitators should undertake the PBC Training for Trainers Programme.

The intention is to market *Feeling Safe: Knowing Me and Knowing You* to Protective Behaviour professionals in order to both allow them to address the sexual exploitation of young women and also to afford KairosWWT sustainable income in the future. The pricing is to be set on a sliding scale – and, in the immediate future, delivery to young people under 18 will be undertaken by C.O.V.², delivery for young women between 18-24 will be undertaken by KairosWWT and training for professionals will be undertaken by PBC³.

² C.O.V.: <http://www.creativeoptimisticvisions.co.uk>

³ Protective Behaviours Consortium: <http://www.protectivebehavioursconsortium.co.uk>
www.kairoswwt.org.uk

5. FACILITATOR OBSERVATIONS

The following observations are made by the facilitator of the project:

The Coventry Foyer

I set up a stand within the reception area of the Foyer consisting of the KairosWWT pop-up banner, sexual exploitation (SE), VEV and KairosWWT leaflets, tub of sweets and the How Safe questionnaire.

I approached all the women that walked through the reception area including a group of young women who had been outside with a large group of males. I did think that the young women may not be interested, however the leader of the group saw the banner and the tub of sweets and came over to ask who I was. As soon as I told her about our prevention work and showed her the Sexual Exploitation (SE) leaflets she literally started bouncing on her feet: "buzzin, this is great to be doing work on this". So we spoke a little more and she said she wanted KairosWWT to come in and deliver the work and told me that she would get 'all the girls involved'. She then told me the best days and times to come for best attendance and asked me to 'bring in leaflets a week before and I'll get everyone to come.' She participated in the questionnaire, and disclosed that she had been sexually assaulted when she was younger by a family friend, but at the time she did not understand exactly what was happening, and that now she felt it was too late for her to do anything about it. The conversation did not go on for long as there were more people approaching the table, although she was very enthusiastic about the group work, and she really valued young women being educated around SE.

It was at this event that I realised that even though KairosWWT is a service that supports young women, if we are going out to agencies where there are young men attending, we need to get these men involved somehow so they don't feel excluded and annoyed that only women get help and support. They didn't want a leaflet or to engage that much with me as they had a 'You're only here to help girls anyway' kind of attitude.

In addition, the enthusiasm of the young women as outlined above, showed me that there is a real need for young women to have a place where they can voice their feelings about the sexual exploitation they have experienced.

Henley College: Fresher's Week

I set the stall at this event so it was appealing for both men and women as a result of the experience at The Foyer. I incorporated the real or no real quiz to include the male audience to take the opportunity to challenge their views and opinions on sexual consent as well as educating them around this subject.

When attending this event I found that the women wanted to participate in the questionnaire in two different ways - some filling it out with their friends and some finding a private space to complete it. The latter disclosed on their forms that they had been subjected to a sex crime.

One young lady in particular approached me on her own and said 'so, what you all about then?' She could clearly see that the stall was set up to promote awareness of SE, so I engaged by stating that I was there today to raise awareness of SE and the prevention work KairosWWT was doing. Her reply was 'oh yea, well I'll know all about that.' I felt as though she wanted me to delve further about this, but I did not feel safe doing this in such an open environment. Therefore, I asked her if she would fill out the 'How Safe' questionnaire and she literally jumped at the chance. She disclosed on the form that she had experienced rape, and handed me back the form like her attitude was 'hmm there you go.' At 18, she was a very strong character and definitely wanted to talk with someone about this. Therefore she took away a leaflet of our details, but no further engagement has come from this as yet.

Meanwhile, a young man came over to the stall on his own and disclosed to me that he had been inappropriately touched on several occasions. I did not know if he fully understood what it was that he was

disclosing, so I encouraged him to gain the knowledge of his right to feel safe all the time, and he went away with the appropriate information.

The final young man to complete the real or no real quiz was sitting with a group of friends and a member of college staff. He filled out the quiz and as a group we discussed the answers and we had a group discussion for around an hour. This young man did not realise that men could be raped and struggled to think that this was a reality. He was unsure about whether two men of a legal age having sex was legal, as well as the illegality of two adults having sex in front of a minor. His lack of knowledge around sexual offences and consent was alarming, but we had a great discussion and this one individual gained a lot of knowledge, even if it proved difficult for him to accept.

I followed up this event with an evaluation report to Henley College staff with evidence of the real or no real quiz. This identified a need for their learners to access education around sexual offences and consent.

Prevention group: The Hub, Hillfields

To ensure maximum engagement from the women, I informed them that they were attending the group to help with the research that KairosWWT was carrying out and that their participation would help us create a service to safeguard and prevent women being sexually exploited. Using this 'one step removed' approach diverted the attention from their personal experiences and views, and boosted their self esteem by encouraging them to make a difference for future women's safety.

Due to the sensitivity of the subjects covered, this was a good approach as the women had endless amounts of comments, opinions and suggestions as to what women feel, and what women want, even though this may have been their own opinions as well: speaking in this context they felt a lot safer.

The progression of the group is evident in the report, but as the person that worked with the young women every week, it's difficult to evidence the progression I witnessed in their character and personal achievements using a recording system. The two girls who were consistent in attending the group progressed so much and they left the group as changed people. At the start of the programme, one individual would not eat or drink anything that was offered by KairosWWT as she found it difficult to accept anything from anyone - she wanted to supply her own things. Even spending one-to-one time with KairosWWT staff was difficult for her - although we are being paid and it's our job to work with her - she found it difficult to accept that we wanted to spend this time with her, to support her and actually care. She would say things like, 'do you find me annoying?' and 'I don't want you to spend too much time on me as there could be someone else you could be helping that's far worse off than me.' She found it really difficult to accept the fact that we generally cared for her and wanted to support her. We are working here with a woman that literally had no friends and only one member of family for support. As this family member's health was poor, our main fear was that she would become increasingly vulnerable if the health issue became worse.

After attending the workshops, and having more one-to-one work, she eventually accepted cans of pop from us, and ate some sweets. This was such a huge step for her and it showed that she trusted us and believed that we did care for her and accepted that she is worth caring for. She still has a long way to go to realise that she is worthy of all the same things as everyone else, but her one-to-one work will encourage this.

Both girls were isolated and had a distant relationship with one of their parents and this is where the lack of self worth has been embedded, but they supported one another, even though they are like chalk and cheese. One was involved in risky relationships and the other really told her about her risky behaviours in such a way that it would take years for most people to be trained at that level. In the end it was like listening to two old women who had been friends for years. The honesty between the two of them was remarkable, as was the support they gave each other.

During the drop-in at the YMCA I saw the support network hands that the residents had drawn displayed on the communal room wall, and this was the result of one of the young women taking away the knowledge that she had gained from the group and sharing it with other residents. This group member felt very positive and it had boosted her self esteem to be able to pass on the knowledge of the group to other people she resided with.

The two girls have formed a positive and healthy friendship and it is nice to see that they support each other and have confidence in each other as friends. This was one of the outcomes staff wanted before writing the funding bid, and it has naturally happened.

CRASAC

Three young women from CRASAC's Young Peoples Advisory Group attended a one-off workshop. I covered Protective Behaviours (PBs) Theme 1 (everyone has the right to feel safe all the time) with the group, and their engagement was fantastic. Their comments and views naturally led to other PBs subjects and so we also covered the feelings exercise, early warning signs and the safety continuum. The young women were a pleasure to work with, and CRASAC has indicated it would like to engage in further Protective Behaviour work.

Coventry University

I attended Coventry University as part of Fresher's week as a guest speaker for the Forensic Investigative Studies Post Graduate course (from which I graduated in 2012).

I spoke to approximately 37 students who were interested to hear the experience of a former student and how their studies can lead them into further work. Once this was covered I then outlined the work of KairosWWT and the prevention work. I spoke about the risks of students seeing sex work as an option when financial times get difficult, as well as keeping themselves safe,

The students then took part in a verbal version of the real or no real quiz and what stood out was when given the statement 'men of certain races and backgrounds are more likely to commit sexual offences' the majority of the group answered that this was real. I think this is an example of how the media can play a big part in the stereotyping of certain races regarding sexual offences.

I ended the session by giving out leaflets specifically designed for students around the issue of sexual exploitation.

Stacey Jade Mason, November 2014

6. LIMITATIONS

Promotion of the project

The work began almost immediately after notification was received of the successful granting of the VCF funding bid. This left little time for the specially recruited Prevention Project Worker to promote the prevention workshops prior to them starting.

This was reflected in the difficulties in communication with different agencies, with some not responding to emails or telephone calls. The Prevention Project Worker contacted a number of agencies frequently and information was to be 'passed on', but still no engagement. Some agencies were a little wary in referring their young women, as KairosWWT is known to focus on sex workers: the Prevention Project Worker found that she had to constantly inform agencies that KairosWWT wanted to extend their service to young women that may be at risk of sexual exploitation as well as working with those that are already being exploited. The Prevention Project Worker found that some agencies did not want to get involved with this type of work.

Location of the workshops

The location of the prevention group also deterred some young women from attending. When speaking with young women to see if they would like to attend, they were interested until they knew the location. Some young women did not want to go into the Hillfields area of Coventry due to the possibility of seeing people they did not want to see, some feared the area due to it being notorious for criminal activity and others stated they were attacked in the area therefore they didn't feel safe revisiting Hillfields. In order to help the women feel safer they were met outside City College and walked to the Hillfields Community Hub (also stated on the posters).

Inconsistency of attendance

The small number and inconsistency of participants to the workshop caused limitations in the collection of data evaluating the impact of the group. However, this inconsistency is reflected by KairosWWT's experience with women at risk of or who have been sexually exploited – often their lives are chaotic and involves substance misuse, leading to difficulties in attending regular events. Therefore, the evidence of impact would have been a greater if we had a higher number of consistent attendees.

Questionnaire feedback

Regarding the 'How Safe' questionnaire, there were a number of limitations. A lot of participants ticked boxes and did not elaborate with comments, therefore this limited the amount of data collected in regards to the exact crime they were a victim of, what types of support they were offered, and what services they accessed for support. The participants perceived question eight of the report 'How did you find this support', in two different contexts. Therefore question eight was not consistent for data collection as some comments addressed experience of support whilst others addressed access to support.

Outside agency work

Delivering workshops to one outside agency proved difficult: this required the agency to work with KairosWWT to ensure there was an appropriate room and sufficient number of attendees. There were posters given to the agency prior to the workshop in order that the young women and the agency would have enough notice. On arrival the Prevention Project Worker found that the young women did not have much knowledge of the group and why it was happening. Staff did not introduce the Prevention Project Worker and workshop, and the room was open to others in the building, causing constant interruption throughout the workshop.

This lack of organisation also meant that although the focus was on 18-24 year old women, younger women also accessed the sessions. In this case, as the Prevention Project Worker had a current DBS certificate, this was not a problem. But, we recognise that the 'How Safe' questionnaire can be a possible trigger point for some women, especially those under the ages of eighteen. One woman, who turned out to

be 15, found the questionnaire very difficult and did not want to participate within the group work due to being distressed by the questions. The Prevention Project Worker followed this up, offering her further support as well as informing a member of staff at the facility.

7. Conclusion

The overall aims and intention of the project were to build on KairosWWT's existing experience, resources and professional networks in order to raise awareness of sexual exploitation, both within the target group of women aged 18-24 years, and within a wider network of statutory and voluntary agencies. Pursuant to this, a combination of workshops, one-to-one work and promotional activities were employed.

The project contained 11 intended outcomes, as linked to the overall aim and intention. All outcomes were achieved, aside from the intention to employ the Outcomes Star for progress monitoring, which was ultimately revised to account for the inconsistency of attendance at sessions.

In order to achieve increased awareness within the target group, workshop sessions were carried out at a range of venues and services, and one-to-one work was established with three young women.

Bespoke, adaptive materials were developed for use within such a range of participatory contexts. Research and evaluation was carried out with participants, including a 'How Safe' questionnaire into experiences of crime, in order to ascertain what services might be needed to assist with future prevention work.

In addition to the outcomes linked to awareness raising within the target group, several outcomes corresponded to the overall intention of forging better links with other agencies, in acknowledgement of the lack of statutory provision and ensuing social isolation experienced by the target group. The project successfully partnered with several agencies in order to develop better referral pathways, whilst drop in sessions at the YMCA and work in FE and HE educational establishments further strengthened such links. Wider information and awareness raising was also carried out through a range of promotional material and through the use of local and social media.

Experiences of crime and sexual exploitation within the target group were established through completion of the 'How Safe' questionnaire, which covered victimisation, reporting and provision of support. Sex crime was the most commonly experienced form of crime and, correspondingly, was the most feared form of crime. Over half the group had not reported crimes against them; citing a lack of faith in the police's ability to help, closeness of perpetrator, family opinions, age and historicity of event. University students starting University were twice as likely to *not* be a victim of crime as those from further education establishments or housing support agencies, and the possible socio-demographic or situational reasons for this disparity bear further investigation.

All attendees at the peer support group sessions had, however, been the victim of crime. These interactive workshops incorporated the Protective Behaviours Process and, despite an initial 'settling in period', in which not all women were comfortable with, particularly, the group setting for food consumption, a good degree of comfort and acceptance was achieved within the group setting. Participants were afforded the opportunity to help shape the content of sessions, which proved a valuable experience for them. Similarly, the feedback session in which participants successfully demonstrated their accumulated knowledge to a Kairos staff member increased their confidence and knowledge of personal safety: a sense of achievement and pride that was shared by the group facilitator. Overall, the benefits to both charity and participants were reciprocal.

In combination with the achievement of awareness and confidence raising, alongside decreased social isolation within the target group, the strengthening of links with other agencies was achieved through promotion to and within other agencies, and through the delivery of workshops at two local services. Drop in, one-to-one sessions were also held at one of these local services, alongside a promotional session at the Coventry Foyer. The workshops were advertised at a range of local agencies and, alongside the promotional and awareness material distributed locally, have the potential to achieve the twin aims of raising awareness of sexual exploitation whilst strengthening referral pathways and KairosWWT's capacity for multi and inter-agency work.

The development of an original, marketable resource aimed at professional facilitators, 'Feeling Safe: Knowing Me, Knowing You', will assist in educating and raising awareness of sexual exploitation in young women. The flexibility of the resource - useable as part of an 8 week programme or as a stand alone workshop - alongside the step-by-step instructions and thoroughness of approach will enable other professionals to effectively utilise the resource in order to address sexual exploitation.

Effective promotion of the project was hampered by the restricted time scale between recruitment of the Prevention Project Worker and commencement of prevention workshops. The widely perceived remit of KairosWWT - as working with those engaged in sex work - created a similar barrier to effective promotion within agencies, necessitating sustained efforts by the Project Worker to inform agencies of the extension of KairosWWT's remit. This facet, alongside the reluctance of some agencies to become involved in work of this nature, may be suggestive of the need to further promote the extension of KairosWWT's remit locally. The location of the workshops also proved a deterrent for some participants, although this was in some way mitigated by the offer of accompaniment on the walk to the venue from a local college. Alongside the small number of participants, at least partially attributed to the aforementioned limitations, there was inconsistency in attendance at sessions, both of which limited the ability to gauge the impact of the project. Similarly, some limitations in design, and subsequent participant interpretation and response, impacted upon the collection of useful questionnaire data. Such impediments would need to be reflected upon during the creation of further projects.

Although positive links were established through the delivery of workshops at two local agencies, one agency's lack of organisation and dissemination of information to participants, alongside the unsuitability of the session venue and participation of young women outside of the target group, created challenges for the facilitator.

In summary, everyone benefitted from the group and a clear need for prevention work with young women emerged, in particular in tackling their isolation and improving their confidence in identifying safe and unsafe relationships. Further it is apparent that the work carried out around mapping appropriate personal networks to whom they can go to for help is also important.

KairosWWT needs to be bold and brave about this prevention work: a lot of agencies do not want to talk about this subject out in the open unless someone discloses and often professionals do not have the confidence to educate and work within it, and so KairosWWT could support other professionals as well as young women. That this is much needed is reflected in the relief that some young people expressed at having the chance to engage with the subject of sexual exploitation during the project activities. They jumped at the chance to talk and ask questions. Sexual exploitation is now current in the media and professionals want to feel safe in delivering appropriate knowledge and young people want to be safe from becoming a victim.

8. Recommendations

The questionnaire

Although people tend to prefer tick box type questions, it is recommended that a future questionnaire should leave space for more detailed comments. In addition a definition of what a sex crime is would be useful as several participants asked if their experience could be classed as a sex crime. Finally, a statement at the beginning of the questionnaire should include a trigger warning in order to safeguard participants.

Engaging outside agencies

Due to the difficulty with the responses of some outside agencies, it is recommended that enough time and space is allocated to the promotion of a future group. This would allow time to contact and follow up with outside agencies agencies, and for appropriate agency staff to recruit participants.

It is also recommended that KairosWWT promote the extension of its remit to include prevention work with young women and so the focus is not just on those who are actively sex working.

There is also an issue with including young men in the prevention work – during promotional activities young men consistently approached the stands and targeted information for this group would ensure that more are educated on sexual offences and consent. Ideally, KairosWWT would set up such a prevention group for young men or partner with an agency that is set up to support men

Further, it is recommended that KairosWWT follow up with two particular outside agencies – Henley College and The Foyer as the promotional activities at these locations attracted a great deal of interest from the young people.

Finally, due to the experience with working with outside agencies it is recommended that a working contract between KairosWWT and the outside agency is agreed. This will encourage the outside agency to commit to getting referrals and clarifying their responsibility regarding number of attendants, promotion of the topics prior to delivery, time to preparation so participants can put together any questions, a suitable facility for the size of the group and ensuring a undisturbed safe working environment.

Location of activities

As outlined in the report, there were issues in relation to the location of the prevention course – i.e. in the centre of Hillfields. Therefore it is recommended that the prevention work is carried out where the target groups reside (i.e. in their comfort zone). The women (and possibly young men) will be more likely to engage if they are in known environments, and outside agencies are more likely to refer.

Appendix 1: Questionnaire results

Age (All female)	n = 47	%
18	15	32
19	12	26
20	6	13
16	4	8
17	4	8
21	3	6
15	1	2
22	1	2
23	1	2

Data collection from	n = 47	%
COVENTRY UNIVERSITY	23	49
KAIROSWWT PREVENTION GROUP	6	13
FOYER	5	11
HENLEY COLLEGE	5	11
YMCA	5	11
KAIROSWWT BEFRIENDING GROUP	1	2
CRASAC	1	2
OUTREACH	1	2

Have you been a victim of crime?	n=47	%
No	22	47
Yes	25	53

What type of crime? (multiple choice)	n=25	%
Sex Crime	14	56
Domestic Abuse	11	44
Theft	7	28
Assault	5	20
Burglary	3	12
Criminal Damage	2	8
Other	1	4
Car crime	1	4

www.kairoswwt.org.uk

Has this been in the last 12 months?	n=25	%
No	19	76
Yes	6	24

How many times have you been a victim of crime?	n=24	%
1-3	18	75
9 or more	4	17
4-8	2	8

Did you feel able to report the crime to the police?	n = 25	%
No	13	52
Yes	12	48

If yes, were you kept updated by the police?	n=12	%
No	5	42
SOMETIMES	1	8
Yes	6	50

If you did not report to the police, why not? (n=12)
BECAUSE I DON'T FEEL THEY HELP
DIDN'T FEEL LIKE THEY COULD DO MUCH
DIDN'T SEE IT AS A CRIME AT THE TIME
DISMISSED - DIFFERENT COUNTRY - WORKPLACE
EVENTUALLY I WENT TO THE POLICE
FELT SCARED WHAT OTHER FAMILY MEMBERS WOULD SAY
I FELT I WAS TOO YOUNG
I WAS GOING AWOL - SCARED OF THE REACTION
IT WAS A FAMILY FRIEND & THE CRIME COMMITTED WAS CONDUCTED OF PEOPLE UNDER AGE
ONLY THE THEFT
SORT OF, TOOK ME DAYS AND ONE TIME DIDN'T REPORT

WAS YOUNG AND DIDN'T UNDERSTAND NOW I FEEL IT IS TOO LATE

Did you report the crime to any other service?	n=7	%
Yes	7	28

Please state which service (n=6)
CRIME STOPPERS, VICTIM SUPPORT
DOCTORS/MENTAL HEALTH
DOMESTIC VIOLENCE SERVICE
GP
SCHOOL, SUPPORT WORKERS
SOCIAL SERVICES, POLICE

Were you offered victim support or any other support? (n = 7)	n
COMMUNICATION	1
COUNSELLING	3
CRASAC	1
CRASAC/CAMHS	1
FREE HELP AND SUPPORT	1

Did you access any support? (n=5)
ATTEMPTED COUNSELLING
CRASAC
CRASAC, CAMHS
LEFT SHORTLY AFTER
WASN'T NEEDED MUCH

How did you find the support? (n=7)
DIDN'T HELP
HELPFUL
KEY WORKERS
LOOKED ONLINE & ASKED ABOUT IT
NOT HELPFUL (COGNITIVE)
OKAY
SOCIAL WORKER

www.kairoswwt.org.uk

Do you feel fearful of being a victim of crime?	n=47	%
Yes	28	60
No	18	38
NOT SURE	1	2

If so, what crime? (multiple choice)	n=29	%
Sex Crime	20	69
Assault	16	55
Theft	13	45
Burglary	11	38
Domestic Abuse	10	34
Criminal damage	6	21
Car crime	4	14
Other	1	3

Can you identify situations where you feel vulnerable as a young woman? (multiple choice)	n = 47	%
After dark	37	78
Public Transport	20	43
Public places	17	36
College	4	9
Home	4	9
Other (taxi/with boys/not specified)	3	6
University	0	0

If you were a victim of crime, would you know how to report it and access support?	n = 47	%
Yes	34	72
No	13	28

Have you been given advice on personal safety?	n=47	%
Yes	32	68
No	15	32

Are you interested in accessing support?		n=47	%
No		27	57
Yes		20	43

If yes, what kind of support? n=17	
DOMESTIC VIOLENCE	
EVERY KIND OF SUPPORT	
FINANCIAL SUPPORT, MENTAL HEALTH, DOMESTIC VIOLENCE	
HOME SUPPORT	
HOW TO GET THROUGH RAPE	
I LIKE SUPPORT WITH LIVING AND EDUCATION	
JUST IN THE PROCESS OF GETTING SOME (EMOTIONAL/HOUSE)	
KEEPING SAFE, SELF DEFENCE, TO SUPPORT VICTIMS OF CRIME	
KNOWING HOW AND WHAT TO DO AT THAT SITUATION	
MENTAL HEALTH, COUNSELLING/PSYCHOTHERAPY	
MORE RESPECT, MORE SUPPORT AND COUNSELLING	
MY CASE	
MY KEYWORKER IS SORTING IT	
PERSONAL SAFETY - KNOWING WHAT TO DO IN DIFFERENT SITUATIONS	
PREVENTION WORKSHOPS	
SAFETY AND COUNSELLING	
TO KNOW HOW TO KEEP MYSELF SAFE AT NIGHT WHEN I'M OUT	

Age	Victim of Crime n=25 %	Not a victim of crime n=22 %
15	4	0
16	4	14
17	12	4.5
18	24	41
19	24	27
20	20	4.5
21	8	4.5
22	0	4.5
23	4	0

Victims by location

Location	'No' n = 22	'Yes' n = 25
FOYER	9	12
HENLEY	9	12
OUTREACH	4.5	0
UNI	68	32
YMCA	9	12
Befriending	0	4
CRASAC	0	4
Prevention	0	24

Appendix 2: Workshop Evaluation

a) _____ Week by week

Week 1: Unwritten Rules/Attendance 2	Yes	No	No comment	Not sure
What did you enjoy about today? (please tick all that apply)				
Food	1	1		
Unwritten rules		2		
Scrapbook making		2		
Group discussions	1	1		
Other			2	
Did you think that what you learnt today was valuable in regards to keeping safe and making your own decisions?		1	1	
Why?	Respected and views taken into account		1	
Do you think that unwritten rules apply to daily life?			1	1
Do you think the learning agreement and hope and fears aspect was important to help you feel comfortable within the group?		2		
Do you feel that with the project you will help make difference to women's safety in the future?		2		
Why?	Help others		1	
Are you looking forward to next week?		2		
Other comments	We have to be active		1	
Week 2: Applying Unwritten Rules/Attendance 3				
What did you enjoy about today? (please tick all that apply)				
Food		3		
Applying unwritten rules to relationships		2	1	
Unwritten rules		2	1	
Scrapbook		2	1	
Group discussions		1	2	

Other					3	
Did you think that what you learnt today was valuable in regards to keep safe and making your own decisions? Why?		3				
	Because it will help us in later life					
	Because we discussed all sorts of things that will help					
	Gives you a better understanding					
Do you think that unwritten rules apply to daily life?		3				
Do you think the learning agreement and hope and fears aspect was important to help you feel comfortable within the group?		3				
Do you feel that you have learnt more about relationships?		3				
Has what you have learnt today made you reflect on your own relationships? Why?		2	1			
	Whether I can trust other people				1	
	Made me want to change my relationships					
Do you feel that with the project you will help make difference to women's safety in the future? Why?		3				
	Because you can help them in the future if they are struggling					
	They will know how to keep themselves safe					
Are you looking forward to next week?		3				
Other Comments	Wor'n't judge as quick					
Week 3: Topic Language of Safety/Attendance: 2						
What did you enjoy about today? (please tick all that apply)						
Food			2			
Language of Safety		2				
Scrapbook		1	1			
Group discussions		1	1			

Lyrical	2			
Values and attributes	1	1		
Other			2	
Did you think that what you learnt today was valuable in regards to keep safe and making your own decisions?	2			
Why?	Because it is how you think and feel			
	Learn different ways of staying safe			
Do you think that they lyrical work was useful looking at a situation in third person?	2			
Do you feel that if you apply the language of safety it will help in everyday life regarding ownership and helping people understand you?	2			
Do you feel you have learn more about values and attributes?	2			
Has what you learnt today made you reflect on your own values?	2			
Why?			2	
Do you feel that with the project you will help make difference to women's safety in the future?	2			
Why?			2	
Are you looking forward to next week?	2			
Other comments			2	
Week 4: Topic Personal Networks/Attendance: 2				
What did you enjoy about today? (please tick all that apply)				
Food		2		
CWSP		2		
Scrapbook			2	
Group discussions	2			
Personal Network	2			
Other			2	
Did you think that what you learnt today will help you in the future?	2			
Why?	Because it shows we can access people we need			

		and people who care				
		Helps us see who we can go to for support				
Did you think that what you learnt today could help keep others safe?	2					
Did you think that what you learnt today could help keep you safe?	2					
Why?		We know who and who not to speak with, and find out emergencies and support				
		Know qualities of a person to talk with				
Are you looking forward to next week?	2					
Other comments					2	
Week 5: Topic Early Warning Signs/Attendance: 5⁴						
What did you enjoy about today? (please tick all that apply)						
Food				3		
Theme 1				2		
Group discussions				2		
Early Warning Signs				2	1	
Safety Continuum				3		
Other						3
Did you think that what you learnt today was valuable in regards to keeping safe and making your own decisions?	3					
Why?		Because it learnt us about feelings and warning signs about safety				
		because it helps you feel safe				
		Relation to topic				
Do you think that you can now differentiate from being and feeling safe?	3					

⁴ Only three evaluation forms completed
www.kairoswwt.org.uk

Do you think that you could apply what you have learnt today in your everyday life?	3	What I have learnt can be used if I get in a situation				
If so how?		Just keep safe and know your feelings				
Do you feel you have learnt more about feeling safer?	3				1	
Has what you learnt today made you reflect on your own safety?	2	Because I learnt I need to be more safe			1	
Why?		Found a relation in the topic				
Do you think that if all women had this knowledge of the right to feel safe it could help them feel safer?	3					
Do you feel more confident about trusting your own intuition regarding feeling safe?	3					
Do you think that we all have the right to feel safe all of the time?	3	because we are humans				
		because it is good to feel safe				
		everyone has the right to not feel vulnerable				
Are you looking forward to next week	3					
Other comments					2	
Week 6: topic Quiz/Attendance: 3						
What did you enjoy about today? (please tick all that apply)						
Food					2	
Protective Behaviours (PB) Quiz	2					
Real or No Real Quiz	2					
Group discussions					2	
Safety Pack	1				1	
Other						2
Did you think that what you learnt today was valuable in regards to keeping safe	2					

and making your own decisions?				
Why?			2	
Do you think the PB quiz has helped you to identify your PB knowledge?	2			
Do you feel more confident in your knowledge of PBs?	2			
Do you feel that with this project you will help make a difference to women's safety in the future?	1		1	
Why?			2	
Do you think your knowledge of safe relationships has increased?	2			
Are you confident with your knowledge on sexual offences?	2			
Did the facts from the real or no real quiz surprise you?	2			
How will you use use knowledge of PBs?			2	
Do you think the safety of women will increase if they had knowledge of PBs?	2			
Other comments	I enjoyed it so much!			

b) Overall evaluation of all workshops

All questions were scored on a scale of 1 – 10, with 1 = ‘awful’ and 10 = ‘fantastic’

	Participant 1 (attended 9/9 workshops)	Participant 2 (attended 8/9 workshops)	Participant 3 (attended 5/9 workshops)
Q1. How would you rate the workshops you attended?	9	10	9
Q2. How would you rate the usefulness of protective behaviours?	10	10	9
Q3. How likely would you be to refer someone to come to the group?	10	10	9
Q4. How would you rate your feeling of isolation (feeling alone) before you started the group?	5	10	5
Q5. How would you rate your feeling of isolation now?	10	10	8
Q6. Prior to the workshops how would you rate how competent you were you on feeling safe?	9	4	7
Q7. How would you rate your competence on feeling safe now?	10	8	10
Q8. Do you feel less fearful of becoming a victim of crimes now?	10	9	10
Q9. Do you think the workshops are effective in keeping women safe?	10	10	9
Q10. How do you feel the workshops have improved your confidence in building relationships?	9	10	9
Q11. How do you feel the workshops have improved your confidence in maintaining relationships?	9	9	8
Q12. How do you feel the workshops have improved your confidence in identifying an unsafe situation?	10	9	9
Q13. How do you feel the workshops have improved your confidence in speaking with others about your issues?	9	10	9
Q14. How do you feel the workshops have helped you identify the qualities within an individual?	9	9	9

Appendix 3: Real or no real quiz answers

	Statement	Answer (n =3)	Real	No Real	Incorrect %
1	1 in 20 children have been sexually abused	1 in 20 children have been sexually abused (NSPCC 2014)	✓		0
2	Over 90% of children, who have experienced sexual abuse, were abused by someone they know.	Over 90% of abused children were abused by someone they know. (NSPCC 2014)	✓		0
3	5,000 sexual crimes against children under 16 were recorded in England and Wales in 2012/13.	18,915 sexual crimes against children under the age of 16 were recorded in England and Wales in 2012/13 (NSPCC 2014)		✓	67
4	A 30 year old man is chatting up a 13 year old girl at the bus stop stating she could be a model is legal.	Although no offence has been committed, this is very concerning behaviour.	✓		100
5	Two eighteen year olds having sexual intercourse in front of an 11 year old who they know is watching is legal.	This is illegal. This is described under the law as engaging in sexual activity in the presence of a child. (Sexual Offences Act 2003)		✓	0
6	If someone consents to having sex at the start of making out with their partner, then changes their mind but their partner keeps on going it is not sexual assault.	Legally a person has the right to change their mind about having sex at any point of sexual contact. If a sexual partner does not stop at the time a person says no, this is sexual assault. If a person is in a relationship with someone or has had sex with a person before, this does not mean that they cannot be assaulted or raped by that person. Consent must be given every time two people engage in sexual contact. Sex without consent is rape. (Rape Crisis, England and Wales 2014)		✓	0
7	<ul style="list-style-type: none"> If the attacker is drunk at the time of the assault, they cannot be accused of sexual assault. 	<ul style="list-style-type: none"> The attacker is responsible for their actions no matter how intoxicated they are. Being drunk is not an excuse to force anyone into having any sexual contact. A person accused of sexual assault cannot use being drunk as a legitimate legal defence. (AMS 2014) 		✓	0
8	Sexual offences against children under the age of 13 years old are absolute offence; the offender cannot claim the defence of having believed the person to be over 16	Offences against children under the age of 13 years are regarded as much more serious and have much longer maximum sentences. (Sexual Offences Act 2003)	✓		67

9	Men of certain races and backgrounds are more likely to sexual assault women.	Men who commit sexual assault come from every economic, ethnic, racial, age and social group. As well, women who are sexually assaulted are from every economic, ethnic, racial, age and social group. (Rape Crisis 2014)		✓	0
10	A 16-year-old male and 18-year-old male having a consensual sexual relationship is legal.	This is legal, as it is a consensual relationship in which both partners are over the age of 16 years. The age of sexual consent is equal in both young men and young women, whether the relationship is heterosexual or homosexual. (BBC 2014)	✓		0