

# Reducing health inequalities and serious violence for women and girls across West Yorkshire and Harrogate



## Violence Reduction Unit (VRU) Project, April – September 2021

**Thank you** for agreeing to help gather insight from the young women and girls you work with, exploring their experiences in relation to violence. We will feed back their thoughts, experiences and voices anonymously and directly to commissioners in the project's Final Report. Please do encourage the young women and girls who take part in this project to tell you about their experiences in any way they like – through answering the questions directly in the first person, through artwork, poetry, song lyrics, creative writing which describes their experiences through a character, maybe in the third person. We would like the young women and girls involved in this project to feel empowered and heard by telling us whatever they want or need to say, in the way they choose to say it.

### The aims of the VRU project are to:

- Explore the different roles young women and girls have in relation to violence, through any type of involvement – bystander, family member, perpetrator, survivor
- Hear young women and girls' stories in detail, so we can fully understand their experiences
- Ensure that the feedback we receive has a direct impact on future commissioning.

### Notes for session leaders

Please ensure the young women and girls you work with on this project are given time to think and respond with examples, as this will help us fully understand the answers they give and the experiences they have had

Ideally we would like feedback on all sections of the questionnaire, but please make it clear to the young women and girls involved that they can answer some, all or none of the questions. Violence can be a very difficult subject and we appreciate anything that participants feel able to share with us

If we're asking women to be involved and share their stories, we want to be able to offer something back to them. The project's funders have asked us to be clear to participants that they are not doing it only for the benefit of future generations. The final report will go directly to commissioners in September 2021, in the hope that its recommendations will be listened to and acted on immediately

Please write the actual words that the young women and girls use, rather than interpreting them – we want to hear their voices coming through

Record any common themes that start to emerge through this piece of work

Record any case studies, with the participant's permission, that you think might make commissioners sit up and listen

Please encourage every participant to complete the separate monitoring form, which will allow us to gather a lot of rich data to support the questionnaires.

# Questionnaire 2 - 1 to 1 Sessions

## 1. Would you describe your home as a safe place to be?

### Notes for session leaders:

We would like to hear about the girls and young women's experiences of violence in the home. Do they know what violence means? For some young women and girls it's the norm – do they know that it isn't like that for everyone, and that it doesn't have to be and shouldn't be like that?

### Additional questions you could ask:

Can you tell me about the people you live with?

Would you like to tell me about your relationships them?

Are you happy to go home and to be at home?

If you don't feel safe and happy at home, do you know who you could speak to about it?

Friends, family, services – who would you confide in?

If you had to leave home tomorrow, where would you go?

Would you like to draw where you live, or who you live with?

## 2. Would you like to tell us about any experience of violence you've had outside the home?

This is a really big question, because it's so wide and varied. We're interested in any and all locations – schools, at work, bars, in the street, shops, gyms, transport, wherever – and any form of violence or threat of violence – catcalling, violence within peer groups, young women's and girl's experience of gangs from the outside or inside, seeing acts of violence as bystanders on a night out.

Please record any themes which emerge through this question – are there common triggers for violence outside the home and if so what are they?

Please encourage participants to answer this question however they like – through art, creative writing, drama and role playing (please video with their permission), rapping, poetry etc

## 3. Have you ever felt or been violent towards another person or to an animal?

### Notes for session leaders:

This is potentially a very sensitive question so please feel free to use your and the participant's judgement about whether she feels comfortable to answer it or would prefer to leave it out.

### Additional questions you could ask:

Would you like to tell us about it? Do you regret it, your violent feelings or actions?

If you felt violent but stopped yourself from being violent, how did you manage that?

If you have ever been violent, why do you think behaved like that? What triggered or triggers you to become violent?

If you were violent towards other people or animals when you were younger but you have now stopped behaving like that, how were you able to stop?

Did something happen suddenly to help you make that change or was it a more gradual process? Did you stop by yourself or did other people help you? Who were they?

Again, please encourage the girls and young women answering this question to use whatever medium or in any form they would like.

## 4. Is there anything else you would like to tell us about your experience of violence?

This is to capture anything we have missed in the first 3 questions, anything else the young women and girls feel comfortable to talk about in a group setting, in relation to violence in their own lives or violence they have witnessed other people experiencing and its effects on them.

**Finally, don't forget to ask all participants in both Group and 1:1 Sessions to fill in a Monitoring Form!**

Thank you

