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**Personal Safety**  
**for Victims of Domestic Violence**

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**SAFETY SOLUTIONS**  
TRAINING LIMITED

**Safety Solutions Training Limited**

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## Personal Safety for Victims of Domestic Violence

### Course Background

Previously, in consultation with Welsh Women's Aid, Amman Valley and Cardiff Women's Aid, we designed a specialist personal safety course tailored specifically for victims of domestic violence.

The Personal Safety for Victims of Domestic Violence training course aims to empower **any person** experiencing domestic violence with a host of skills and safe strategies to assist them manage confrontational and potentially violent situations.

### Training Delivery

With sessions previously delivered in the training room environment, this course is currently available online using Zoom.

Training is delivered in a relaxed, informal and flexible manner with the combination of theory and group 'breakout room' discussions, providing an opportunity for delegates to discuss and explore sensitive issues in a safe learning environment.

To accommodate possible safety concerns, sessions are hosted for all male and all female groups.

The course is timed to accommodate school hours, 10.00 am start - 3.00 pm finish (this can however be varied to meet specific requirements).

### Learning Objectives

- Identify 'causes and triggers' that may lead to confrontation
- Recognise controlling behaviours (includes the use of technology i.e. online bank accounts, phone trackers and household technology such as Alexa and Ring doorbells)
- Identify situations where personal safety may be at risk.
- Appreciate how confrontation may escalate through the use of body language - early warning signs, warning and danger signs
- 'Fight or Flight' – the body's natural response to stress
- Managing confrontation through distractions and interpersonal skills
- The law in respect of self-defence
- Escape planning
- Information and further support