



Violence against Women & Girls



SAFETY SOLUTIONS
TRAINING LIMITED

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Course Background

Violence against women and girls (VAWG) covers a range of unacceptable and deeply distressing crimes, including rape and other sexual offences, stalking, domestic abuse, 'honour'-based abuse (including female genital mutilation, forced marriage and 'honour' killings), 'revenge porn' and 'upskirting', as well as many others. These crimes disproportionately affect women and girls. However, men and boys can also be victims of violence and abuse.

VAWG and the types of gender-based violence acts can cause serious short and long term physical, psychological, sexual and reproductive health problems for women. The term 'hidden crimes' refers to incidents relating to: honour-based violence, forced marriage, female genital mutilation, breast ironing/flattening, spiritual abuse & ritualistic abuse and modern slavery.

These may have been committed to protect or defend the 'honour' of a family or community. This course will equip staff to be aware of the signs of abuse, identify cases of victims who may need help or protection. Learners will have an understanding of why victims/families may be reluctant to engage with professionals and explore referral processes.

Safeguarding is everyone's responsibility and increasing knowledge, understanding the risk, safeguarding victims saves lives.

The Trainer

With over 30 years of experience policing diverse communities with Thames Valley Police, Narinder Sidhu, has a demonstrated history of operational policing and considerable knowledge of the criminal justice system. Her extensive career includes serving as a specialist domestic abuse officer within the Public Protection Unit, where she investigated cases of murder, attempted murder, rape, and sexual assaults.

Narinder was instrumental in pioneering the Force's response to harmful practices, particularly gender-based violence and hidden crimes. In 2021, she was recognised nationally and locally as an inspirational officer who carved the path, raising cultural awareness and influencing force policies and procedures specifically around crimes affecting the most vulnerable. For her outstanding contributions, she was awarded the Inspirational Women's Award.

Currently, Narinder is a freelance trainer and consultant with a growing portfolio. She serves as a Specialist Lecturer with the London Policing College, a National Trainer with SafeLives, delivering specialist domestic abuse courses to police forces, and a consultant and trainer with several other national safeguarding organisations.

Narinder has been delivering the BSc (Hons) Professional Policing degree to first-year students at the University of West London (UWL). She has played a crucial role in designing and delivering aspects of the course, enabling her to share her extensive knowledge of operational and specialist policing roles.



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Course Content

- **Understanding various types of abuse:** this includes honour-based abuse, forced marriage, female genital mutilation, and breast flattening.
- **Identifying risk indicators:** learn what signs to look out for that may indicate a risk.
- **Culture vs religion:** understand the difference and identify practice issues, cultural sensitivity, and community beliefs.
- **Understanding 'izzat' (honour):** learn about the prevalence and importance of honour within communities.
- **Impact on victims:** understand the effects of these abuses on victims.
- **Confidentiality:** learn about the importance of sharing and recording information while maintaining confidentiality.
- **Risk assessment and management:** understand how to assess and manage risks to increase the safety of victims and children. Emphasise the importance of risk assessment and sharing information to reduce risk.
- **Understanding the safeguarding referral process:** learn about the multi-agency risk assessment conference (MARAC) and other multi-agency platforms.
- **Importance of safety planning:** understand why safety planning is crucial in these situations.
- **Helpful tips:** provide practical advice and tips.
- **Increasing knowledge of available resources and support services:** this includes services available to individuals with "no recourse to public funds".
- **Increasing awareness of legislation options:** understand the legal options available to victims.
- **Prevention:** provide tips to reduce the risk of being targeted by a stalker.
- **Information and support:** learn how to access information and resources for further assistance and support beyond the course.

One Day

Training course can be tailored to your organisation's needs and may include areas covered in different depths, according to requirements.