

## Safety for Everyone Services



### Personal Safety Awareness Sessions

### Personal Safety Workshops

### Why These Services Are Needed

We live in a society where mounting life pressures are contributing to an explosive rise in personal violence. Road rage, car park rage, phone rage and the like are expressions of our times, due to the increasing frequency of everyday violence and aggression.

As a result the likelihood of becoming a victim of personal violence is increasing. Assaults have risen an average of 6% each year between 1995 and 2005, a figure representing three times the annual Australian population growth over the same period<sup>1</sup>. Reported sexual assaults are also on the rise, with an annual increase of 4% each year since 1995<sup>2</sup>.

Personal Safety Australia Safety for Everyone Services aim to:

- Inform participants about the actual risks to their safety
- Provide a range of practical strategies to reduce these risks and maximise participants' safety in all situations
- Enable participants to identify and effectively respond to potential threats to their safety
- Reduce the risk of victimisation
- Reduce the risk of offending
- Increase self-confidence and commitment to safety
- Develop problem-solving and assertiveness skills
- Encourage the development of a Personal Safety Plan
- Enhance participants' wellbeing and quality of life
- Encourage participants to reach their potential.

#### References:

<sup>1</sup> Australian Institute of Criminology 2007, *Australian Crime: Facts and Figures*, Canberra (p.25).

<sup>2</sup> Australian Institute of Criminology 2007, *Australian Crime: Facts and Figures*, Canberra (p.29).