

VICTIM AWARENESS

What Is It?

Victims are created when people are hurt or suffer as a result of the behavior (words or actions) of other people or institutions who fail to respect their personhood, their bodies, their rights or their property.

A victim is a person who experiences psychological (mental or emotional), physical, social or financial pain or harm or problems in daily living as a result of someone else's actions or words (behavior).

The purpose of this session is to help you:

Look at your attitudes toward caring about other people, their rights and their property;

Look at how you view other people;

Understand and accept what offending/victimizing (hurting) behavior is and when you are acting like a victimizer.

The goals of victim awareness for you are:

1. To develop an understanding of and acceptance of your victimizing behavior and its effect on your victims.
2. To develop an understanding and acceptance of victims rights.
3. To raise your understanding of the long-term impact of your actions.
4. To explore how you see other people.
5. To understand and change your tendency to depersonalize (make objects of) the people you injure.
6. To develop empathy for other people, that is, to learn to put yourself in the place of others.
7. To understand and begin to change your thinking errors associated with your victims and your victimizing behavior.

REMEMBER

HURTING SOMEONE IS NOT OKAY.

THE PERSON WHO VICTIMIZES IS THE ONE RESPONSIBLE FOR THE ACTION, NEVER THE VICTIM.

VICTIMIZING BEHAVIOR IS THE ONE OF PHYSICAL, VERBAL OR EMOTIONAL FORCE TO FRIGHTEN, CONTROL, BELITTLE OR HURT ANOTHER OR TO DEPRIVE THEM OF THEIR RIGHTS.