

HALO HUB

STUDENT TOOLKIT



INTRODUCTION

The Halo Project is an award-winning national charity dedicated to providing support and advocacy to victims of abuse, by offering expert advice, guidance and support to those suffering domestic abuse, sexual violence and hidden harms including Honour Based Abuse (HBA), Forced Marriage (FM) and Female Genital Mutilation (FGM). We have a national helpline providing information, advice and guidance to victims and agencies, offer bespoke training, provide direct outreach support to victims, and run projects raising awareness of hidden harms within institutions and communities - which is where Halo Hubs come in...



HALO HUBS

Halo Hubs are partnerships between institutions, their student population, and the Halo Project Charity, to raise awareness of hate crimes, sexual violence and hidden harms on campus. The first Halo Hub was established at Durham University, which has been running since 2014.

Over the years Halo Hubs have continued to develop, and we now have hubs in educational institutions across the North East and Yorkshire including: Durham, Sunderland, Teesside, York St John and Northumbria universities and Middlesbrough college. The Hubs are run by annually recruited student volunteers who are given the skills and knowledge, to enable them to design and stage events to raise awareness of hidden harms. The primary aim of the Halo Hub, highlighted by Durham University, is:

"To inform others of these human rights violations that take place in Britain, which are often neglected by both the media and the government due to their taboo nature. We achieve this through campaigning, holding events and producing media material, to spread the message consistently and through different forms thus reaching as wide an audience as possible."



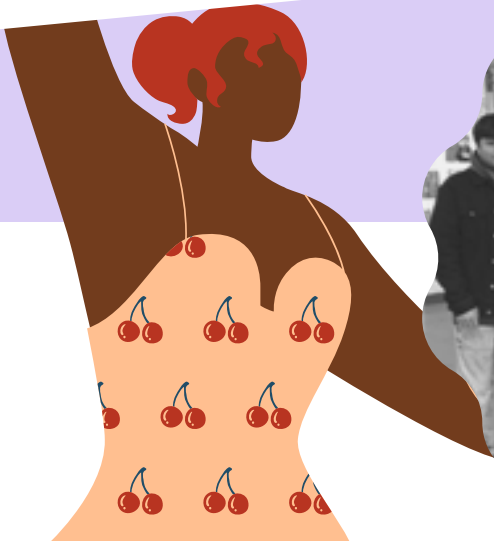
WHAT DO HUBS DO?

Provision of information such as guidance on FM and FGM legislation and the protection orders available, signposting communities, agencies and victims to specialist support services such as Halo



Awareness and fundraising events e.g. quiz and cinema nights, mock trials and debates, information stands and community outreach

Marketing materials such as social media campaigns, the production of posters, flyers and leaflets, newsletters, and online petitions



With each new academic year comes new students who each contribute their own unique ideas to the running of the Hub. We love for our student volunteers to get as creative as they wish, from ideas for new events to new marketing materials - we want you to bring your own ideas to the table each year and encourage innovative thinking!

ROLES AND RESPONSIBILITIES

PROJECT DIRECTOR

- Responsible for the daily management of society projects and members e.g. all events, social media posts and campaigns, supporting members where necessary, and general running of the hub
- Liaise with Halo Project to set the agenda for each academic semester/year and work in line with what the charity requires
- Head regular meetings to ensure effective running of the society/student group
- Liaise with staff and Student's Union (if apt) to effectively raise awareness of hidden harms
- Work with the other executive committee roles to successfully set agenda for the Hub
- Ensure Hub members are fulfilling the requirements of their roles and support them

SECRETARY

- Ensuring meetings are effectively organised - liaise with Project Director to create the agenda and then distribute this to members
- Record minutes at the meeting, including an action plan task list
- Keep records of attendance and training of members
- Remind members of meetings and events
- Has knowledge of core documents required for the society (more appropriate to uni groups)
- Attend meetings as well as possible additional exec meeting
- Assist with planning of any events
- Provide Halo with engagement figures monthly

TREASURER

- Keep a record of Hub incoming/outgoing expenditure
- Keep track of donations received and send to Halo
- Purchases for events, activities, or advertising
- Staying up to date with the Students Union society finance procedures (if part of uni Hub)
- Apply for grants where applicable
- Apply for society recognition schemes where applicable

HEAD OF EVENTS

- Responsible for planning Hub events and activities e.g. room booking for meetings, socials and stalls or any other planned event
- Sending out invites to events and keep tracking of RSVP's
- Planning of logistics of events e.g. materials need for a stall, guest speaker, presentation etc.
- Ensuring all events are ran efficiently
- Liaising with exec committee to organise event advertising

HEAD OF MEDIA

- Responsible for managing all Hub social media accounts (Twitter, Instagram, Facebook)
- Prepare and create content weekly to educate others on hidden harms and bring awareness to current global issues. Also, be aware of what events/social media campaigns are happening locally and within the university and SU.
- Run accounts appropriately in line with Halo and university/college guidelines
- Responsible for publicising and marketing all Hub related events - stay up to date with Halo Project and other Halo Hub socials too.
- Make sure any bio, contact or member info is kept up to date on the Hub's social media pages

PROJECT MEMBERS

- Attend at least three meetings per semester
- Assist in running of events
- Assist in running of social media campaigns and helping with ideas for posts
- Assist executive committee in any project related work each semester
- Attend at least three main events per semester, for example, a raising awareness stall on campus or an event such as a quiz or cinema night

WHAT NEXT?

SETTING UP AS A SOCIETY WITH YOUR SU

For universities, you may need to liaise with your university's student union to see what they require to get you recognised as a society. You should find this information on your SU's webpage.

When you set up as a society, your SU will go over with you ways of raising funds for your Hub and how to access these funds. Most universities will have grants you can apply for and schemes you can participate in to generate more funds. The Halo Project Charity can provide you with any relevant materials such as leaflets, posters and pens for awareness events.

FOR COLLEGE HUBS

Get in touch with your safeguarding lead and liaise with them in setting up your Hub and hosting your first team meeting to generate ideas.

RUNNING A MEETING

Regular meetings will be useful to have set up so that you can meet with committee and members to plan upcoming events and campaigns, socialise, and provide activities such as guest speakers for members. Here are some example meeting plans to get you started:



Week 1: 12pm - 2pm

12:00 - 12:20 - ice breaker: with the person next to you, introduce yourself, course(s) you are studying, where they are from, why you joined the Hub and your favourite food

12:20 - 12:50 - introduce your partner to everyone using pointers above

12:50 - 13:20 - guest speaker - this could be a lecturer who deals with these issues, local MPs, campaigners, influencers etc

13:20 - 13:30 - committee to state plan for upcoming weeks

13:30 - 14:00 - food and drink, time to socialise

Week 2: 12pm - 1pm (Virtual or in person)

12:00-12:15 - Introductions i.e. meeting structure, provide drinks/food?

12:15-12:30 Debate: FGM is a form of violence against women and girls and every effort should be made to eradicate this practice both in the UK and abroad. Split off into two teams, one arguing for, one against. Research and build your argument.

12:30-12:45 - Debate arguments: one team makes a statement, the other must counter it

12:45-12:55 - Project Director and/or committee gives info on what happens in these scenarios

12:55-13:00 - Plan when next meeting will be - same time in two weeks?

WHAT NEXT?

HOLDING AN EVENT

There are many different kinds of events you can do to raise awareness of hidden harms, such as: stall in a campus building, movie night, guest speaker events, quiz night (online or IRL), talking to students at the start of class, presenting to another society or student group, raffles, a panel of students, professionals or both, collaborating with other societies and many more! See an example awareness-raising speech below:

"Have you heard of the Halo Project Charity?"

They are a national charity who support Black and minoritised victims and survivors of domestic abuse, sexual violence and hidden harms including HBA, FM, FGM. They also focus on raising awareness of these harms to change attitudes and beliefs to break the cycle of abuse.

We are student volunteers who have set up a Halo Hub in partnership with the Halo Project to help raise awareness of these harms. Have you heard of any of them before?

- Forced marriage is where one or both parties do not or cannot consent to the marriage and pressure or abuse is used. Pressure can be physical, sexual, psychological, financial, or emotional.
- HBA is a collection of practices which are used to control behaviour within familiar, or other social groups, to protect perceived cultural and religious beliefs and/or behaviour. Such violence can occur when perpetrators perceive that a relative has shamed the family and/or community by breaking their honour code.
- FGM is a procedure where the female genital organs are injured or changed and there is no medical reason for this. There are four different types, clitoridectomy, excision, infibulation and other. These issues all cause significant harm to victims often with lifelong effects.

There are many people who do not know that these harms are illegal in the UK or that they happen here at all. Here are some statistics...

Do you have any questions?"



WHAT NEXT?

CORE OBJECTIVES

- Raise awareness of hidden harms including forced marriage, female genital mutilation and honour based abuse in line with the Halo Project's key messages and literature.
- Raise awareness of sexual abuse in line with the Halo Project's key messages and literature.

DEADLINES

- Recruitment of volunteers and committee chosen by mid-October
- All volunteers to have completed online training by end of October
- Project Director to have signed the Halo Hub Agreement by end of October
- All volunteers to complete Halo Hub Feedback Form by end of May
- Semester plans to be sent by the end of October and mid-February
- An intro event will be held at the end of October
- The MAYA Awards will be held in June

SOCIAL MEDIA TIPS

Plan and prepare

- Ensure you've read and understood Halo Project's social media policy
- Have a look at the forward-planning calendar to see if there are any dates you can plan social media campaigns around
- Engage with other societies and students at your educational institution to increase following and further raise awareness of hidden harms
- Keep up to date with news around honour-based abuse, FGM and forced marriage and create conversations around these on socials
- Schedule social media posts to ensure posting is regular, we recommend a minimum of two posts a week for Halo Hubs. Scheduling also helps ensure that the Halo Hub channels remain active throughout busy periods such as exams and dissertation time.



Use Canva to create visual content

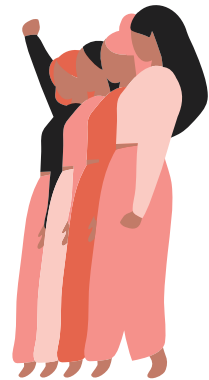
Canva is an incredibly useful and simple-to-use design tool to create great marketing materials and campaigns for both social media and IRL awareness-raising events.

Our main branding colour codes (as well as black and white) are:

- #dacdf6
- #966f8f

Our main branding fonts are:

- **League Spartan**
- Glacial Indifference



These can be used to ensure marketing materials for your Halo Hub are cohesive with the main Halo Project socials, however other fonts/colours can be used too - be sure to make the most of Canva's elements and image sections while keeping in mind our services are aimed at victims and survivors from Black, Asian and minoritised communities.

Use the Halo Hub logo

- When creating visual content for your specific university's Halo Hub, please ensure that you are using the Halo Hub logo, as opposed to the main Halo Project one.



For any further guidance on social media, please contact Shannon on sn@haloproject.org.uk

SOCIAL MEDIA EXAMPLES



Nada Abdul Maksud

January 2020 - Police in Egypt arrested the parents and aunt of a 14 year old girl who died during FGM. The doctor who performed the procedure has also been held.



Nation Storytelling Week



HALO PROJECT



According to Unicef, 87% of girls and women aged 15 to 49 years in Egypt have undergone FGM, with 50% of Egyptians believing it "is a religious requirement".



There appears to be an apathy from the CPS when prosecuting cases where ASIAN WOMEN are victims of honour-based violence.

Figures published by the CPS in September showed there were NO SUCCESSFUL PROSECUTION under a specific forced marriage offence in 2015/16, after its introduction in 2014.

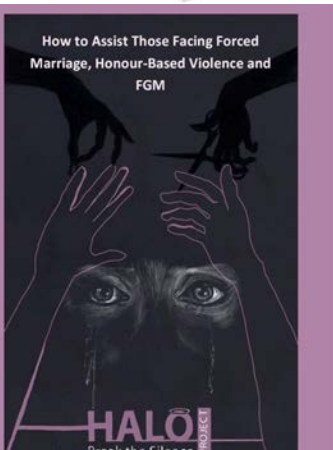
Prosecutors are failing 'honour' crime victims, say Met whistleblowers

Tuesday 6 November 2016 theguardian



HALO HUB NORTHUMBRIA

MORE THAN A THIRD OF LGBT PEOPLE SAY THEY DON'T FEEL COMFORTABLE WALKING DOWN THE STREET



HALO HUB NORTHUMBRIA

How You Can Help

If you or someone else knows a vulnerable woman or girl from the Black Asian or Minority Ethnic Communities who may be suffering from violence or harm at home, please let them know, if it is safe for you and them to do so, that we are here for you to contact us. The Halo Project team are still working to help victims with confidential safety advice, guidance and emotional support.

HALO PROJECT

Break the Silence



because she is gay - but is still determined to be out and proud. Had Seyeda not moved to the UK in 2010, her life would have been in danger.



"I can't even imagine what would have happened. I don't think I would be alive"

#LGBT HISTORY MONTH



KEY CALENDAR DATES

These dates can aid you in deciding on when to hold events or social media campaigns throughout the year and what to focus events around. They can also aid in helping to decide on content for the social media accounts each week.

Please note that some dates may change year on year so please check on a search engine to confirm.



19th - World Humanitarian Day
22nd - International Day
Commemorating the Victims of Acts of
Violence Based on Religion or Belief



5th - International Day of Charity
6th - National Read a Book Day
10th - World Suicide Prevention Day
21st - International Day of Peace



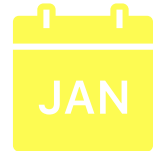
Black History Month, UK
2nd - International Day of Non Violence
10th - World Mental Health Day
11th - International Day of the Girl Child
10-17th - Hate Crime Awareness Week
24th - United Nations Day



2nd - National Stress Awareness Day
16th - International Day for Tolerance
20th - Universal Children's Day
25th - International Day for the
Elimination of Violence Against Women
(16 Days of Activism begins)



1st - World AIDS Day
10th - Human Rights Day (16 Days of
Activism against GBV ends)
18th - International Migrants Day



24th - International Day of Education
25th - World Religion Day
30th Jan - 6th Feb - National
Storytelling Week



LGBT History Month, UK
4-10th - Sexual Abuse and Sexual
Violence Awareness Week
6th - International Day of Zero
Tolerance for FGM
20th - World Day of Social Justice



8th - International Women's Day
18th - Child Exploitation Awareness Day
21st - International Day for the
Elimination of Racial Discrimination
24th - International Day for the Right
to the Truth and Dignity for Victims



7th - United Nations World Health Day
15th - International Volunteering Day
16-20th - National Stalking Awareness
Week



5th - International Day of the Midwife
12th - International Nurse Day
15th - International Day of Families
18-24th - Mental Health Awareness
Week



4th - International Day of Innocent Child
Victims of Aggression
12th - World Day against Child Labour
19th - Intl Day for the Elimination of
Sexual Violence in Conflict
20th - World Refugee Day
25-29th - Safeguarding Awareness Week
26th - International Day in Support of
Victims of Torture



10-14th - Forced Marriage Awareness
Week
14th - National Day of Remembrance
for Victims of Honour Based Violence
30th - World Day against Human
Trafficking

TESTIMONIALS

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I was the Project Director for the Northumbria Halo Hub in the 19/20 academic year. I wanted to be part of setting up this Hub at Northumbria because the hidden harms which Halo deal with are serious breaches of human rights yet are not often spoken about. I wanted to be part of raising awareness of these harms on campus so that the next generation of professionals know about them and to begin a wider conversation about the harms still facing women and girls not just globally, but in the local community too. My role in the Hub helped me develop personally, professionally and as a student, providing me with ample opportunities to gather new knowledge which will be invaluable throughout my future studies and career. I thoroughly enjoyed my time in the Hub and met some amazing passionate people along the way. My time volunteering for the Halo Project through the Hub also led to a job offer after I graduated which I could not have been happier about! If you are passionate about human rights or even just making a difference on campus, I could not recommend the Halo Hub enough!!

- Tamara, Northumbria University

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I helped form the Halo Hub at the University of Sunderland in November 2019 while studying for my MSc in Inequality and Society. I am extremely passionate about women's rights and have volunteered both in the UK and overseas with organisations working to prevent violence against women and girls. I knew I wanted a career in this sector, therefore, when the opportunity to form a Halo Hub at my university arose (which I had seen was incredibly successful from existing Hubs), I jumped at the chance to increase my experience and knowledge, and help raise awareness of hidden harms; which many people are often unaware happen in the UK. Forming the Halo Hub was extremely rewarding, as I was able to complete Home Office accredited training, get the opportunity to go to regional events to educate and raise awareness on hidden harms, and my favourite part of all - asking to volunteer at Halo Project HQ in January 2020, which allowed me to gain a deeper insight into the tenacity and hard work that goes into running a charity and the resilience of Halo's service-users. I volunteered with the charity for six months - including from home throughout the COVID-19 pandemic - and in June 2020, I was officially hired by Halo Project!

- Shannon, University of Sunderland

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TERMS AND CONCEPTS

It's useful to familiarise yourself with the following terms and concepts so that you can speak about them confidently at Halo Hub events and online.

DOMESTIC ABUSE

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- financial
- emotional

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

This definition, which is not a legal definition, includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

(<https://www.gov.uk/government/news/new-definition-of-domestic-violence>)

FORCED MARRIAGE

A forced marriage is where one or both people do not (or in cases of people with learning disabilities or reduced capacity, cannot) consent to the marriage as they are pressurised, or abuse is used, to force them to do so. It is recognised in the UK as a form of domestic or child abuse and a serious abuse of human rights. The pressure put on people to marry against their will may be:

- physical – for example, threats, physical violence or sexual violence
- emotional and psychological – for example, making someone feel like they are bringing 'shame' on their family
- Financial abuse, for example taking someone's wages, may also be a factor.

(<https://www.gov.uk/guidance/forced-marriage>)

ARRANGED MARRIAGE

A marriage in which the parents choose who their child will marry, but it is with the willing consent of both parties

'HONOUR' BASED ABUSE/VIOLENCE

Honour based violence (HBV) can be described as a collection of practices, which are used to control behaviour within families or other social groups to protect perceived cultural and religious beliefs and/or honour. Such violence can occur when perpetrators perceive that a relative has shamed the family and/or community by breaking their honour code.

It is a violation of human rights and may be a form of domestic and/or sexual violence. There is no, and cannot be, honour or justification for abusing the human rights of others.

The CPS, ACPO and support groups have a common definition of HBV:

"Honour based violence' is a crime or incident which has or may have been committed to protect or defend the honour of the family and/or community."

(<https://www.cps.gov.uk/publication/honour-based-violence-and-forced-marriage>)

HONOUR

Honour can be to show great respect or high regard for; within communities where a great emphasis is placed in defending one's honour it is about a good name; reputation. Honour can relate to pride, esteem, dignity, reputation and virtue.

HONOUR KILLINGS

The most extreme form of 'honour' based abuse is honour killings. Honour killing is the murder of a person accused of "bringing shame" upon their family. Both immediate and extended family members, seeking to reclaim their honour, are frequently involved in the killings. It is committed as a punishment and redemption for the perceived shame or disgrace someone (usually a woman) has brought upon her family and/or community. It's estimated up to 12 honour killings happen every year in the UK.

FEMALE GENITAL MUTILATION (FGM)

Female genital mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons. The practice has no health benefits for girls and women.

ADDITIONAL RESOURCES

The following resources have been collated to help you with further training, ideas and information for your Halo Hub, as well as providing you with materials to get started. These include awareness posters for events with facts and statistics on forced marriage, FGM and HBA. Downloadable versions of these are also available to use on social media.

FREE ONLINE COURSES WITH VIRTUAL COLLEGE

AWARENESS OF FORCED MARRIAGE

<https://www.virtual-college.co.uk/resources/free-courses/awareness-of-forced-marriage>

This online course has been developed with the Forced Marriage Unit of the Foreign Office and aims to raise awareness, challenge perceptions and inform you of the correct actions to take should you suspect someone is at risk.

FEMALE GENITAL MUTILATION: RECOGNISING AND PREVENTING FGM

<https://www.virtual-college.co.uk/resources/free-courses/recognising-and-preventing-fgm>

A free online FGM safeguarding training course developed for the Home Office by Virtual College.



WEBSITES FOR FURTHER INFORMATION

HALO PROJECT (THAT'S US!)

<https://www.haloproject.org.uk/>

The Halo Project is a national charity based in Middlesbrough providing specialist support to Black and minoritised victims and survivors of abuse, as well as advice and training to agencies. Direct victim support work is delivered in communities across Tees Valley with out of area, countrywide and overseas support delivered via telephone/ICT. Halo supports Black and minoritised women and girls (aged 16+) who are at risk of or are victims of domestic abuse, sexual violence and hidden harms, including but not limited to Honour Based Abuse, Forced Marriage, Female Genital Mutilation, Modern Slavery, Servitude, Trafficking Grooming/gangs, Coercive Control, Sham marriages, Historic sexual abuse, Sexual exploitation and Child protection.

NATIONAL FGM CENTRE

<http://nationalfgmcentre.org.uk/>

The National FGM Centre is a partnership between Barnardo's and the Local Government Association (LGA) to achieve a systems change in the provision of services for children and families affected by Female Genital Mutilation (FGM)

WEBSITES FOR FURTHER INFORMATION CONTINUED

FORCED MARRIAGE UNIT (FMU)

<https://www.gov.uk/guidance/forced-marriage>

The Forced Marriage Unit (FMU) is a joint Foreign and Commonwealth Office and Home Office unit which leads on the government's forced marriage policy, outreach and casework. It operates both inside the UK (where support is provided to any individual) and overseas (where consular assistance is provided to British nationals, including dual nationals) The FMU operates a public helpline to provide advice and support to victims of forced marriage as well as to professionals dealing with cases. The assistance provided ranges from safety advice, through to helping a forced marriage victim prevent their unwanted spouse moving to the UK ('reluctant sponsor' cases). In extreme circumstances the FMU will assist with rescues of victims held against their will overseas.

FGM UNIT

<https://www.gov.uk/government/collections/female-genital-mutilation>

The Home Office's FGM unit:

- provides outreach support to local areas to support them in developing their local response to tackling FGM and to raise awareness of the unit
- identifies and highlights examples of effective practice across local areas and professional groups both through the delivery of our outreach programme and an FGM resource pack
- promotes available FGM resources including the multi-agency guidelines, e-learning, communications products (e.g. leaflets and statement) and resource pack which are all available to download from GOV.UK
- works with the police, Border Force, the Crown Prosecution Service and the College of Policing to improve the identification and prosecution of offenders
- has an overview of all government work to tackle FGM and works closely with the voluntary and community sector, survivors and professionals to develop cross-cutting policies and processes

CROWN PROSECUTION SERVICES (CPS)

<https://www.cps.gov.uk/publication/honour-based-violence-and-forced-marriage>

The CPS prosecutes criminal cases that have been investigated by the police and other investigative organisations in England and Wales. The CPS is independent, and make decisions independently of the police and government. Their duty is to make sure the right person is prosecuted for the right offence, and to bring offenders to justice wherever possible. Link is guidance provided on the legislation regarding FM and HBA.

DOCUMENTARIES AND DRAMAS *These can be shown at awareness-raising film nights for example.*

BANAZ: A LOVE STORY

Banaz Mahmud was murdered by her own family, in an honour killing. This award-winning film tells Banaz's story, in her own words, for the first time - and tells the story of the extraordinary police team who refused to give up, and finally brought her killers to justice.

HONOR DIARIES

Honor Diaries is the first film to break the silence on 'honor violence' against women and girls. Nine women's rights advocates from across the world discuss issues such as 'honour killing', FGM and forced marriage.

MURDERED BY MY FATHER

A hard-hitting drama of a story about the power and the limits of love in communities where honour means everything.



MURDERED FOR LOVE? SAMIA SHAHID

On 14th July 2016, Bradford girl Samia flew to Pakistan to see her family. Six days later she was found dead. She was 28 years old. Eight days later, her first husband and father were arrested in connection with her murder. The case was described as an honour killing.

FORCED MARRIAGE COPS

A powerful film showing the true plight of victims forced into marriage. With unprecedented access to the Manchester Police Force, this documentary investigates the biggest cases of forced marriage in the UK.

THE FGM DETECTIVES

Filmed over two years, this documentary examines female genital mutilation, which is estimated to affect 137,000 women and girls in England and Wales. Reporter Cathy Newman investigates.



THE CRUEL CUT

Leyla Hussein is an anti-FGM campaigner and a survivor who shares her personal experience of FGM with the goal of protecting girls from this abusive practice. Originally from Somalia, Leyla works as a psychotherapist in the UK and addresses the prevalence of FGM around the world.

THE GIRL WHO SAID NO TO FGM

Jaha Dukureh, a survivor of FGM and forced child marriage, became a lightning-rod for change in the Gambia, her activism contributing to the eventual government ban on FGM and child marriage.



1. <https://fuuse.net/banaz-a-love-story/>
2. https://www.youtube.com/watch?v=w-zWq_Xzw_g
3. <https://www.bbc.co.uk/iplayer/episode/p03nns9/murdered-by-my-father>
4. <https://www.youtube.com/watch?v=VKYJHzA7gMk>

5. <https://www.youtube.com/watch?v=SPeepNAD4fM>
6. <https://www.channel4.com/programmes/the-fgm-detectives/on-demand/64645-001>
7. <https://www.youtube.com/watch?v=rBV1zKft3oY>
8. <https://www.theguardian.com/society/video/2017/mar/17/jaha-dukureh-promise-fgm-video>

DEALING WITH DISCLOSURE

Due to the nature of what you are raising awareness of, there is a possibility that someone may make a disclosure of one of these abuses to you. To ensure that you deal with the situation efficiently please follow the below guidelines:

- Let the person know that you are not bound by any confidentiality agreement and anything disclosed will be passed onto the Safeguarding/Wellbeing Team and/or Halo Project
- Know who your educational institution's safeguarding lead is, so you know who to contact should a situation like this arise
- Remember the One Chance Rule: you have one chance to speak to a potential victim, therefore one chance to save a life. Take the disclosure seriously and direct the person to the relevant safeguarding staff or advise them to call Halo directly on 01642 683 045
- Ensure safety, be aware of your surroundings, are you in a secure and private place?
- Ensure you signpost them to relevant services e.g. safeguarding team, Halo, police if in immediate danger
- Never use friends or family members as interpreters



SAFETY GUIDELINES

- If you are experiencing abuse and are in immediate danger, call the police on: 999 and press 55 for silent solution if you are in a position where you cannot speak
- Keep important and emergency telephone numbers with you e.g. 999 or 101 (non-emergency) for the police, freephone 24 Hour National Domestic Abuse Helpline: 0808 2000 247 and Halo Project's helpline: 01642 683 045. **More help and support options overleaf.**
- Consider the different options available to you such as emergency refuge accommodation
- Rehearse an escape plan so that in an emergency you can get away safely
- Make sure the location on your mobile phone is turned off
- Pack an emergency bag with essentials and important documents - hide it somewhere safe

For more information on safety planning visit Women's Aid website:
www.womensaid.org.uk/the-survivors-handbook/making-a-safety-plan/



HELP & SUPPORT

Support available for HBA, FM and FGM:

- **Halo Project:** contact us via our national helpline on 01642 683045, email info@haloproject.org.uk or visit our website and use our live chat: www.haloproject.org.uk
- **Forced Marriage Unit:** 020 7008 0151 or www.gov.uk/guidance/forced-marriage
- **Foreign & Commonwealth Office FGM Unit:** 020 7008 1500 or www.fco.gov.uk/fgm
- **NSPCC FGM Helpline:** 0800 028 3550 or fgmhelp@nspcc.org.uk
- **Foundation for Women's Health Research & Development (FORWARD):** 020 8960 4000 or www.forwarduk.org.uk

Support available for sexual violence:

- **Rape Crisis Centres:** specialist support and services for women and girls who have experienced sexual violence. Search for a centre near you: www.rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/
- **Sexual Assault Referral Centre (SARC):** medical help and advice as well as help and support for those in the immediate aftermath of sexual violence. Find your closest centre here: www.nhs.uk/service-search/other-services/Rape-and-sexual-assault-referral-centres/LocationSearch/364

Support available for extremism:

- **Educate Against Hate** provide practical advice, support and resources to protect children from extremism and radicalisation <https://educateagainsthate.com/>
- **Victim Support** operate a 24/7 support line for anyone affected by extremism: 0808 168 911

Support available for mental health:

- Information and support for anyone experiencing a mental health problem is available at **Mind:** <https://www.mind.org.uk/information-support/>
- For 5 ways to improve your wellbeing please visit: www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/
- If you need someone to talk to you can contact the **Samaritans** 24/7 helpline on: 116 123 or jo@samaritans.org or visit their website www.samaritans.org/
- For a service informed by an understanding of intersectionality with people who identify as Black, African, South Asian and Caribbean visit **The Black, African and Asian Therapy Network (BAATN):** www.baatn.org.uk

Support available where you study:

- Northumbria University:** www.northumbria.ac.uk/study-at-northumbria/support-for-students/
- Sunderland University:** www.sunderland.ac.uk/help/student-support/campus-support/
- Durham University:** www.dur.ac.uk/experience/support/
- Teesside University:** www.tees.ac.uk/sections/fulltime/student_support.cfm
- York St. John University:** www.yorks.j.ac.uk/london-campus/student-support/
- Middlesbrough College:** <https://www.mbro.ac.uk/student-services/safeguarding-and-welfare>



RAISING AWARENESS MATERIALS

HALO PROJECT

Break the Silence

Telephone: 01642 683 045

Email: info@haloproject.org.uk

Opening hours: Mon - Fri 9am - 5pm

You can also contact us via our **online chat**, available at: haloproject.org.uk

Who We Are

We are a national charity providing specialist support to Black and minoritised victims of honour-based abuse, female genital mutilation and forced marriage.

What We Do

We provide support and advice to victims of domestic abuse, sexual violence and hidden harms.

We provide advice and guidance to professionals who may encounter victims of these crimes.

We also provide specialist training and raise awareness.

National Helpline

We provide confidential advice and guidance via our national helpline: **01642 683045**



Projects

Halo Hope: raise awareness of domestic abuse within Black and minoritised communities

Halo Hubs: raise awareness of sexual violence and hidden harms in educational institutions

Halo Exhale: trauma after-care programme specifically designed for survivors of FGM, HBA and FM.

Circle of Friends: quarterly events for women to learn, meet others and establish friendships

Halo House: Black and minoritised specialist refuge to support and protect victims for onward recovery and integration back into a new, safer and prosperous community.





How You Can Help

Volunteer

We are always looking for volunteers to help within the charity and recruit students to our University Hubs yearly.

Donate

As a registered Charity we always need donations to help us carry out our services.

Your donations will support us in helping victims live a life free from abuse.

Educate Yourself & Others

FGM, FM and HBA are often hidden crimes. By using our materials to educate yourself and others, you can aid Halo in raising awareness of these issues so that we can change attitudes and beliefs for future generations and help break the cycle of abuse.

If You Or Someone You Know Needs Help

National Helpline

We provide confidential advice and guidance via our national helpline:
01642 683045

Online Chat

We provide confidential advice and guidance via our online chat, available on our website:
www.haloproject.org.uk

FEMALE GENITAL MUTILATION

Female Genital Mutilation (FGM)

FGM is a procedure whereby the female genital organs are injured or changed **without** any medical reason for it. It is a **criminal offence** in the UK, it is child abuse and a form of violence against women and girls.



FGM has been **illegal** in the UK since 1985. The Female Genital Mutilation Act 2003 set the maximum penalty to **14 years imprisonment** and made it a criminal offence for UK nationals or permanent UK residents to carry out FGM abroad, or to aid, abet, counsel or procure the carrying out of FGM abroad, even in countries where FGM is legal.



The Halo Project provide advice and support to those affected by FGM.

Contact our **helpline** on: 01642 683045

Email: info@haloproject.org.uk

You can also contact us via our **online chat**, available at: www.haloproject.org.uk

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Female Genital Mutilation (FGM)



Short term consequences of FGM:

- severe pain
- emotional and psychological shock
- haemorrhage
- wound infections
- urinary retention
- damage to other organs
- death

Long term consequences of FGM:

- chronic vaginal and pelvic infections
- difficulties with menstruation
- infertility
- pregnancy complications
- pain during sex
- psychological damage



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Female Genital Mutilation (FGM)

FGM is a **hidden crime** and severely under reported.



Equality Now conducted a study and estimated that up to **60,000** girls had been born in England and Wales to mothers who had undergone the practise.



Over **137,000** women in England and Wales are already living with the consequences of FGM.



The Halo Project provide advice and support to those affected by FGM.

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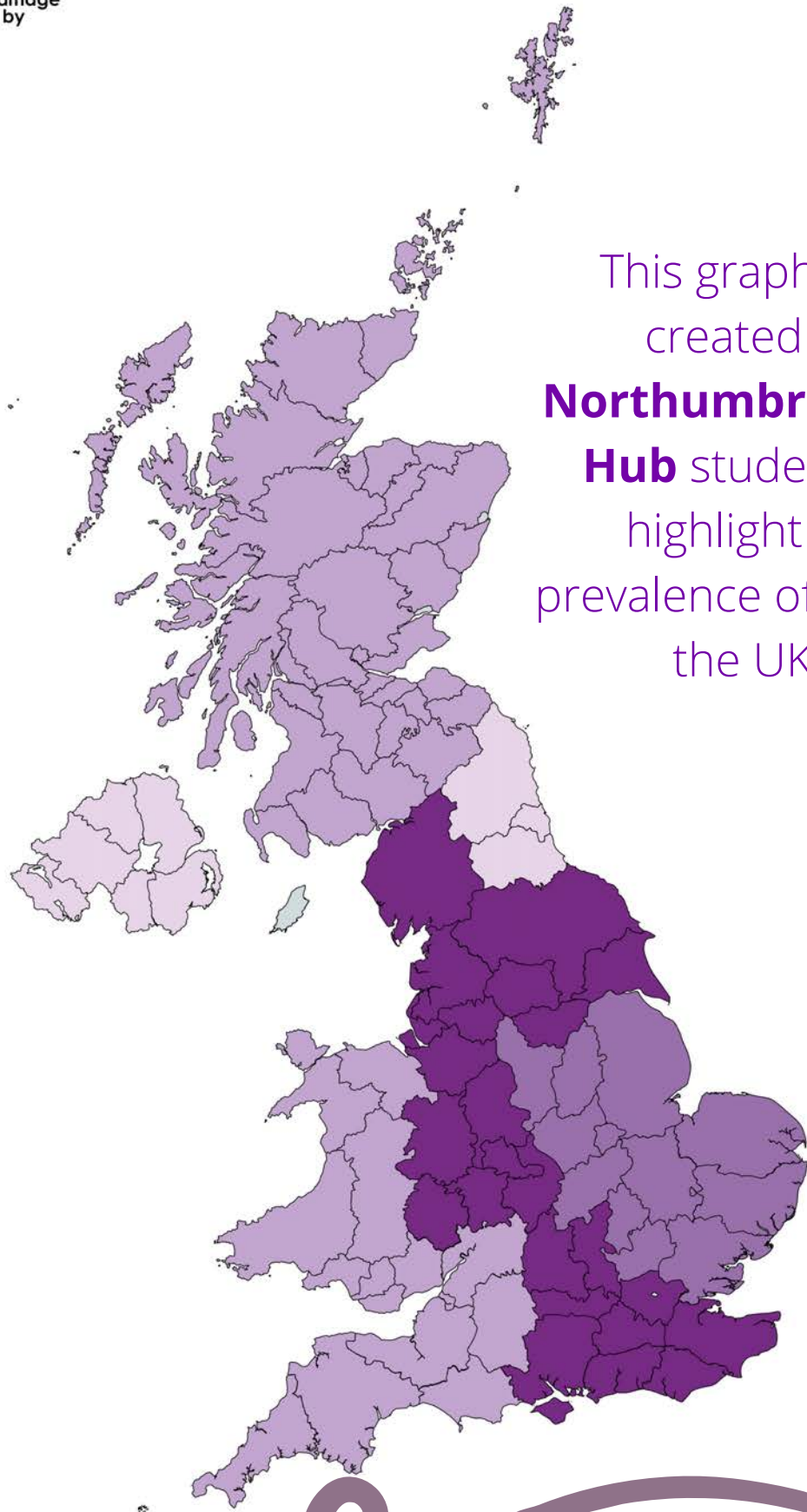
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Number of cases the Forced Marriage Unit gave advice or support to, by region, 2019



Statistics from NHS digital open access



This graph was created by **Northumbria Halo Hub** students to highlight the prevalence of FGM in the UK.

Created with mapchart.net ©

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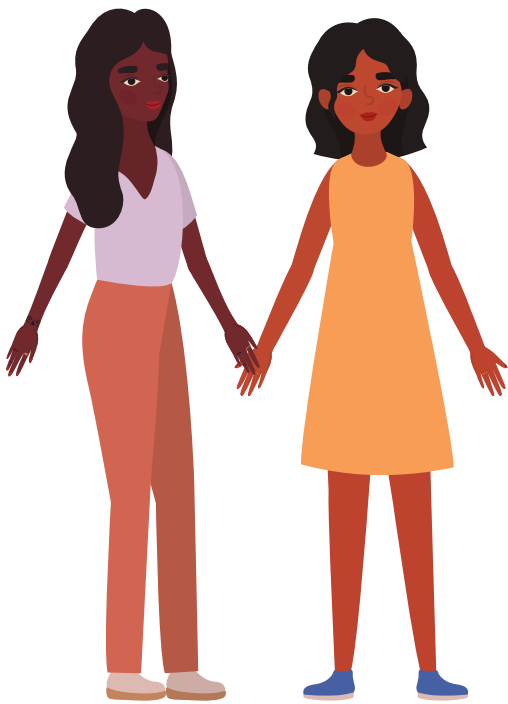
FORCED MARRIAGE

Forced Marriage (FM)

A FM is where one or both parties **do not or cannot consent** to the marriage and pressure or abuse is used. Pressure can be physical, sexual, psychological, financial or emotional. It is a form of violence against women and girls.



FM became a criminal offence in the UK under **The Anti-Social Behaviour, Crime and Policing Act 2014** and set the maximum penalty at 7 years imprisonment.



Forced Marriage Protection Orders (FMPO) can be obtained to protect a child or adult from forced marriage. The penalty for breaching this order is 5 years imprisonment.

The Halo Project provide advice and support to those affected by forced marriage.

Contact our **helpline** on: 01642 683045

Email: info@haloproject.org.uk

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Forced Marriage (FM)

Motives for FM:

- Protecting the family honour
- Controlling unwanted sexuality
- Family commitments
- Peer group / family pressure
- Protecting perceived cultural or religious ideals
- Financial gain
- Strengthen family links



Warning Signs of FM:

- Persistent absence from education or employment
- Fear of upcoming holidays
- Accompanied to healthcare visits
- Self-harm
- Family history of forced marriage
- Running away from home
- Intolerance of LGBT

The Halo Project provide advice and support to those affected by forced marriage.

Contact our **helpline** on: 01642 683045

Email: info@haloproject.org.uk

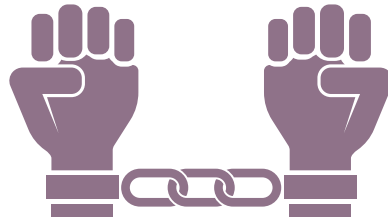
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Forced Marriage (FM)

Forced marriage is a **hidden crime** and **under reported**. We therefore do not know the true extent of this abuse.



In **2019**, the Forced Marriage Unit (FMU), gave advice or support in **1,355** cases related to a possible forced marriage.



According to the U.K. government approximately **8,000-10,000** forced marriages of British citizens take place **every year**.



The Halo Project provide advice and support to those affected by forced marriage.

Contact our **helpline** on: 01642 683045

Email: info@haloproject.org.uk

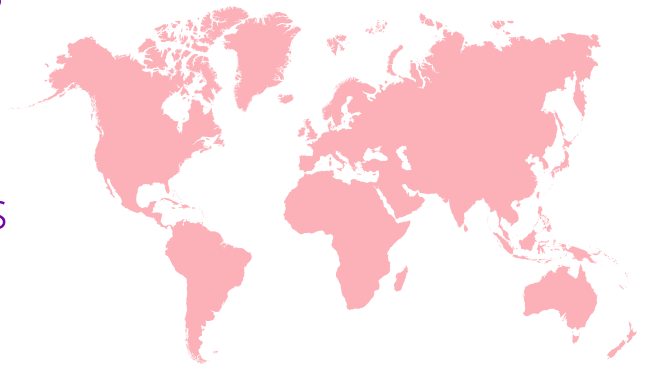
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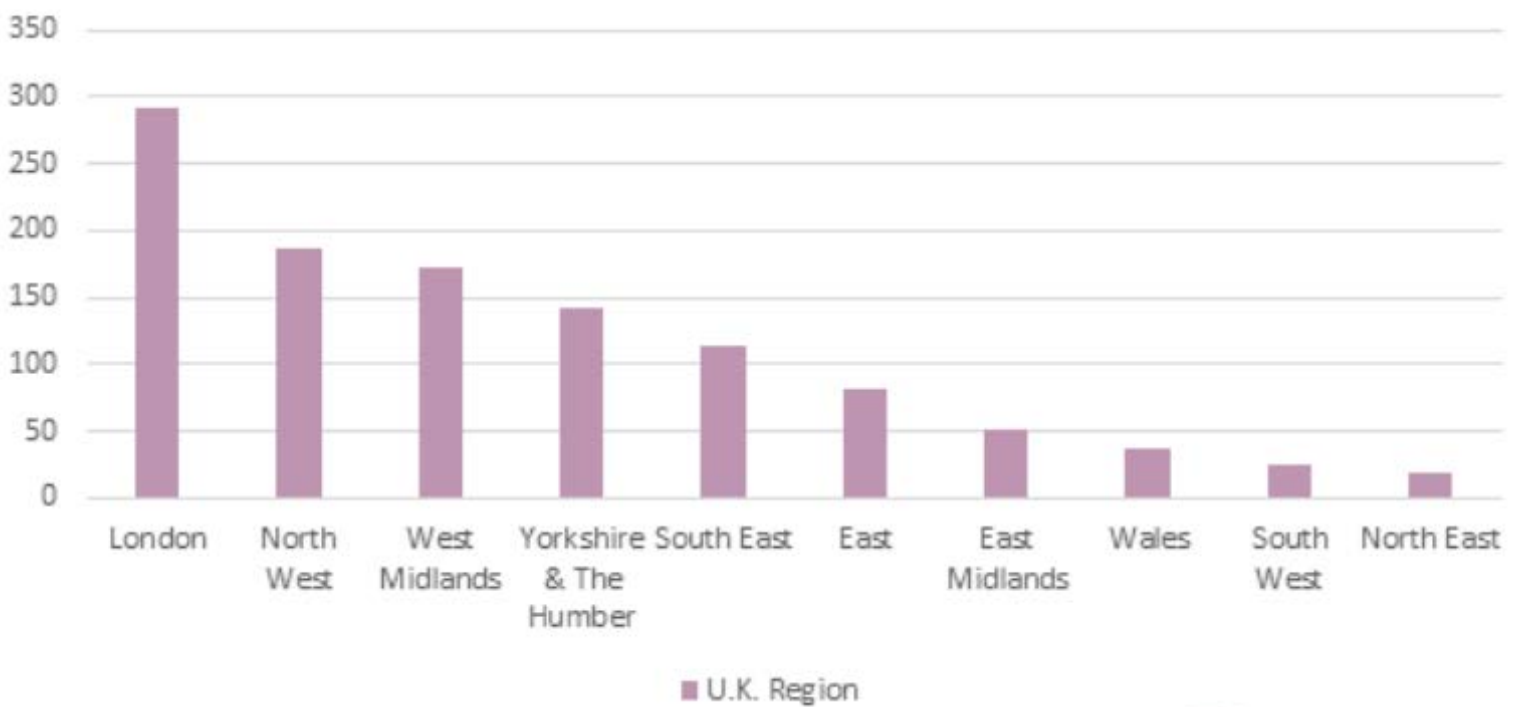


Forced Marriage (FM)

The **FMU** leads on the government's forced marriage policy, outreach and casework. It operates both **in the UK and overseas** and operates a public helpline to advice and support **victims and professionals.**



Number of cases the FMU gave advice or support to by region in 2019



Statistics from FMU 2019

The Halo Project provide advice and support to those affected by forced marriage.

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Email: info@haloproject.org.uk

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HONOUR BASED ABUSE

Honour Based Abuse (HBA)

HBA is a collection of practices which are used to **control behaviour within families**, or other social groups, **to protect perceived** cultural and religious beliefs and/or honour.

Such abuse can occur when perpetrators perceive that a relative has **shamed** the family and/or community by **breaking their honour code**.



It is a **violation of human rights** and may be a form of domestic and/or sexual violence. There is **no, and cannot be**, honour or justification for abusing the human rights of others.

The Halo Project provide advice and support to those affected by honour based abuse.

Contact our **helpline** on: 01642 683045

Email: info@haloproject.org.uk

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Honour Based Abuse (HBA)

HBA can take many forms:

Physical Abuse: hitting, kicking, strangling, burning, rape, among others.

Emotional Abuse: coercive control, manipulation, isolation, intimidation, name calling, among others.

Financial Abuse: not allowed to work, taking wages/benefits, no control of bank accounts, among others.

Honour Killings: murder in the name of 'so-called' honour, in which predominantly women are killed for actual or perceived immoral behaviour which is deemed to have brought shame on the family.

The Halo Project provide advice and support to those affected by honour based abuse.

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Honour Based Abuse (HBA)

'Honour' in Different Cultures:

Ird

this expresses how the honour of a man, family or community is rested in their women. This can be lost by women's sexual behaviour going outside of traditional norms.

Namus

this describes how a man's or family's honour depends on their women.

Zina

the word used in the Qur'an to describe extra-marital sexual relations. A woman who commits zina will be seen as bringing shame on the family.

Izzat

usually refers to the collective honour of the family, community or country. Women's behaviour can threaten this.

Honour is never an excuse to justify abuse

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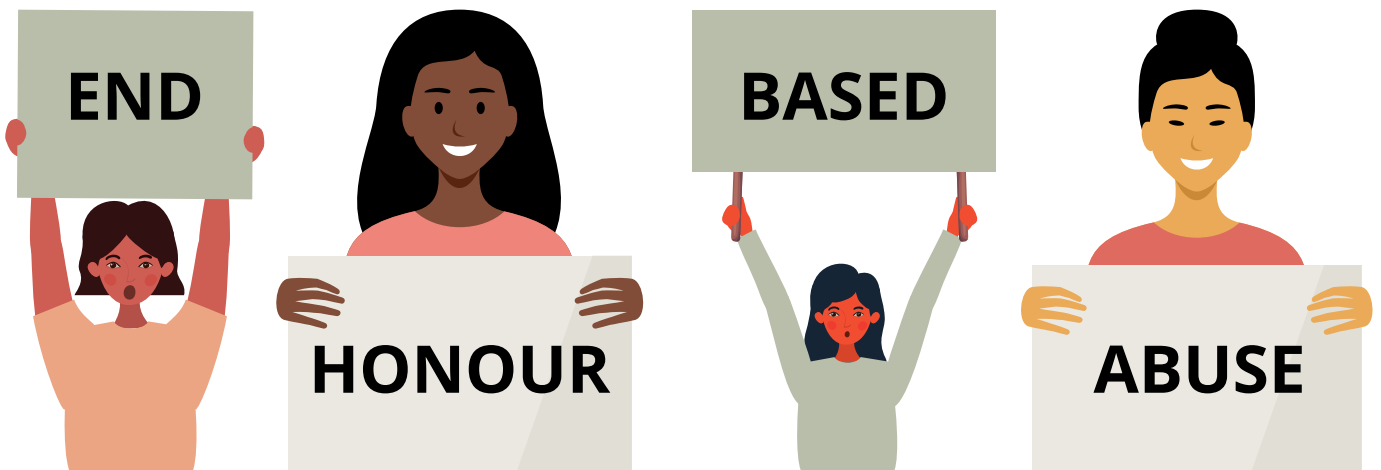
Honour Based Abuse (HBA)

HBA is a **hidden crime** and significantly **under reported**. We therefore do not know the true extent of this abuse.



Nationally there are approximately **12 -15 reported** honour killings per year in the United Kingdom.

National statistics show that South Asian females under the age of 24 are **2 to 3 times more likely** to commit suicide than their Caucasian counterparts.



The Halo Project provide advice and support to those affected by honour based abuse.

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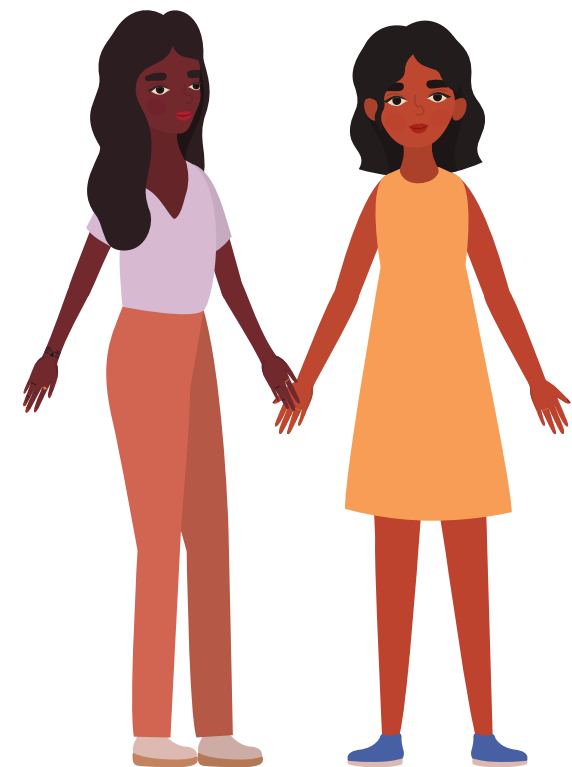
SEXUAL ABUSE

Sexual Abuse (SA)

SA is any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work.

Forms of SA:

- Rape
- Unwanted sexual advances or sexual harassment
- Sexual abuse of children
- Sexual abuse of mentally or physically disabled people
- Forced marriage
- Denial of the right to use contraception
- FGM
- Trafficking for the purpose of sexual exploitation
- Intimate partner violence



The Halo Project provides advice and support to those affected by sexual abuse.

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Halo Hub Evaluation Form

Your feedback is very important to us, in order to ensure we meet your needs and continue to improve the services we provide, please take a few moments to complete this evaluation form.

<https://www.smartsurvey.co.uk/s/KXC64K/>

All feedback received will be used to provide improvements for future Halo Hub student volunteers.