

SMART GOALS

Navigating life after experiencing crime victimisation can be daunting, especially for young individuals. In the face of trauma and adversity, setting SMART goals can serve as a beacon of hope, guiding them towards healing, resilience, and empowerment. In this article, we'll explore the importance of setting SMART goals for young people coping with crime victimisation and provide practical strategies for their implementation.

<p>S Specific</p>	<p>Encourage young victims to define their goals clearly and specifically, tailoring them to their unique needs and circumstances. Instead of vague aspirations like "moving on," help them articulate specific objectives such as "seeking counselling to address trauma symptoms" or "establishing a safety plan to prevent future incidents." Specific goals provide a clear direction for recovery efforts and empower individuals to take tangible steps towards rebuilding their lives.</p>
<p>M Measurable</p>	<p>Goals should be measurable to track progress and celebrate achievements along the way. Encourage young victims to establish concrete metrics for their objectives, whether it's attending a certain number of therapy sessions, practising self-care activities regularly, or reaching out to a support network for assistance. Measurable goals provide visible indicators of progress and reinforce a sense of agency and control.</p>
<p>A Achievable</p>	<p>While recovery may seem overwhelming, it's essential to set goals that are realistic and attainable. Help young victims assess their strengths, resources, and support systems to determine achievable objectives. Break larger goals into smaller, manageable tasks, allowing individuals to make incremental progress without feeling overwhelmed. By setting achievable goals, young victims can regain a sense of efficacy and empowerment in their recovery journey.</p>
<p>R Relevant</p>	<p>Goals should align with the individual's needs, values, and aspirations for recovery, while also being realistic in the context of their circumstances. Encourage them to reflect on what matters most to them and identify goals that resonate with their personal healing journey. Whether it's rebuilding trust, reclaiming a sense of safety, or pursuing justice, emphasise the importance of relevance in fostering motivation and resilience. Ensure that goals are achievable within the resources and support available, considering the individual's current capabilities and limitations. By setting relevant and realistic goals, young victims can maintain a sense of purpose and progress while navigating the challenges of recovery.</p>
<p>T Time-bound</p>	<p>Establishing timelines creates a sense of urgency and momentum in the recovery process. Encourage young victims to set specific deadlines for their goals, whether short-term, medium-term, or long-term. This could involve scheduling therapy appointments, participating in support groups, or taking steps towards legal recourse within a defined timeframe. Time-bound goals provide structure and focus, guiding individuals towards tangible progress and eventual resolution.</p>

Supporting young people coping with crime victimisation in setting SMART goals requires a compassionate and trauma-informed approach. Here are additional strategies to facilitate the goal-setting process and promote healing:

1

Provide trauma-informed support

Create a safe and supportive environment where young victims feel heard, validated, and respected. Prioritise their emotional well-being and provide access to trauma-informed services, including counselling, advocacy, and support groups. Empower them to express their needs and preferences in goal-setting, ensuring that interventions are tailored to their unique experiences and circumstances. You can find a guide about supporting young victims of crime [here](#).

2

Encourage self-care

Emphasise the importance of self-care as an integral part of the recovery process. Encourage young victims to engage in activities that promote physical, emotional, and spiritual well-being, such as exercise, mindfulness, creative expression, and spending time with loved ones. Help them identify self-care strategies that resonate with their interests and preferences, empowering them to prioritise their own needs amidst adversity. Click [here](#) to access a personalised self-care plan.

3

Foster empowerment

Empower young victims to reclaim a sense of control and agency in their lives. Encourage them to advocate for their rights, seek out information and resources, and make informed decisions about their recovery journey. Provide opportunities for skill-building and empowerment activities, such as assertiveness training, self-defense classes, and leadership development programs. By fostering empowerment, you can help young victims rebuild their confidence, autonomy, and resilience in the aftermath of victimization. Find out more about supporting young people build resilience [here](#).

4

Promote community engagement

Facilitate connections with supportive peers, mentors, and community resources to enhance young victims' social support networks. Encourage them to participate in peer support groups, volunteer activities, and advocacy initiatives that align with their interests and values. By fostering a sense of belonging and solidarity, you can help young victims feel less isolated and more empowered to navigate their recovery journey with confidence and resilience.

Setting SMART goals can empower young victims of crime to take control of their recovery journey and reclaim their sense of agency, purpose, and resilience. By providing trauma-informed support, encouraging self-care, fostering empowerment, and promoting community engagement, we can help young victims build a foundation for healing and growth in the aftermath of victimisation. We can help create a future where all young people have the support and resources they need to thrive, despite the challenges they may face.