

Victim Blaming Temperature Check Tool

Extreme victim prejudice and contempt

- ☐ Victims are frequently overtly blamed for being subjected to abuse and violence
- ☐ Widely accepted belief that victims are liars, mentally ill, attention seeking, or manipulative
- ☐ Mocking, ignoring, minimising or discrediting victims when they disclose abuse
- ☐ A belief that victims are motivated by revenge, money, status or personal gain
- ☐ Deliberate sabotage of victims' evidence, disclosures, and reports, especially to protect perpetrators or cover up organisational, systemic, or professional failures
- ☐ Professionals encourage victims to self-blame or accept that they caused the abuse or violence committed against them

Significant victim blaming with perpetrator excusing

- ☐ Leadership deny victim blaming exists (in the organisation, or in society)
- ☐ Professionals suggest that the appearance, bodies, lifestyles, sex lives, characteristics and clothing of victims caused the abuse or violence
- ☐ Professionals believe that perpetrators only harmed the victim because the victim led them on, provoked them, or caused the perpetrator to attack them
- ☐ There is a belief that the victim and perpetrator are 'both as bad as each other'
- ☐ Perpetrators are excused, or positioned as good people who deserve benefit of doubt
- ☐ Victims are positioned as needy, pathetic, vulnerable and cyclical

Lack of empathy for victims

- ☐ Victims are seen as a hindrance, a nuisance, or as wasting professionals' time
- ☐ Professionals encourage victims to take responsibility for what someone did to them
- ☐ Professionals teach victims that they could have avoided victimisation by changing something about themselves, their life, character, or their behaviour
- ☐ Professionals believe that repeat victimisation is due to victims not protecting themselves adequately
- ☐ Frequent discussion/description of victims as having made 'poor choices'

Acceptance and employment of victim blaming and rape myths

- ☐ Frequent use of rape and abuse myths, victim blaming excuses, and narratives
- ☐ Professionals blame victims for not escaping or reporting abuse fast enough
- ☐ Frequent use of misinformation and rape myths in decision making and assessments
- ☐ Interventions and support of victims is built on myths and victim blaming narratives
- ☐ Professionals do not challenge victim blaming when they hear it, or cannot recognise it

Lack of understanding and general ignorance

- ☐ Professionals tend to use inappropriate comments, phrases and explanations for abuse, trauma and violence, but do not directly victim blame
- ☐ Professionals believe common rape myths, but are comfortable with being corrected
- ☐ Training about abuse, trauma and violence lacks information about victim blaming
- ☐ Professionals believe there are specific groups of people who become victims of abuse and violence, and others who are not susceptible
- ☐ Professionals do not demonstrate a good understanding of abuse, violence, & trauma