



KARMA NIRVANA

Supporting victims of honour-based abuse
and forced marriage

SHINING THE SPOTLIGHT:

Bringing **Honour
Based Abuse** into
the mainstream

3 Year Strategy:
2021 – 2024



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What is Honour Based Abuse?

There is no statutory definition of Honour Based Abuse in England and Wales but a common definition has been adopted across government and criminal justice agencies:

“

a crime or incident which has, or may have been, committed to protect or defend the honour of the family and/or community

Honour Based Abuse is a recognised form of domestic abuse but is often misperceived as a ‘cultural’, ‘traditional’ or ‘religious’ problem. It can affect people of all ages but often begins early in the family home.

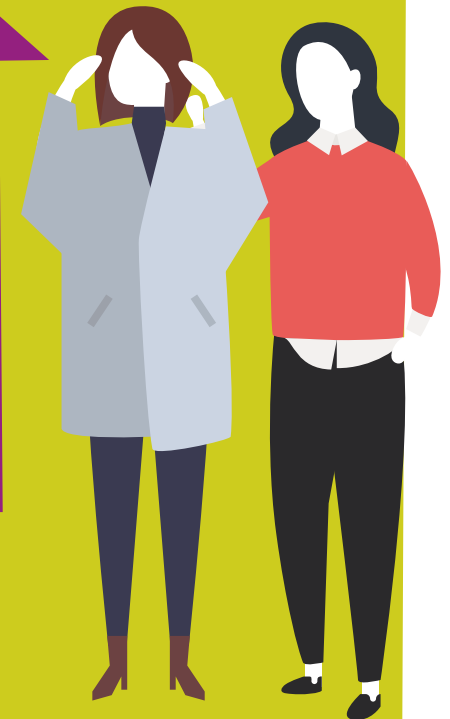
This can lead to a deeply embedded form of coercive control built on expectations about acceptable and unacceptable behaviours. Control is often established without overt violence against

the victim, for instance, through family members threatening to kill themselves or ostracise the victim because of the victim’s behaviour. Perpetrators of Honour Based Abuse are often partner/ex-partners or family members.

Karma Nirvana data reveals that most victims contacting our helpline experience abuse from multiple perpetrators, including parents and siblings.

“My husband would beat me daily. I desperately wanted to leave, but my parents and in laws encouraged me to make it work. They would say to me ‘what would people say?’ The fear of bringing shame and lack of family support trapped me in that marriage for 14 years”

Kal, Helpline Caller



Did you know?

Victims of Honour Based Abuse experience abuse for **2 years longer** (5 years vs 3 years) when compared to those not identified as at risk of HBA*

Research suggests that at least **one honour killing** takes place in the UK every month, and this is likely to be an underestimate

Victims of HBA are **7 times** more likely to experience abuse from multiple perpetrators and are at greater risk of serious harm or homicide*

Karma Nirvana supported **2,584 victims** of Honour Based Abuse during 2020-21

*Safelives - Spotlight Report, Your Choice: 'honour'-based violence, forced marriage and domestic abuse

About Karma Nirvana

Our Story: **Past**

Karma Nirvana was founded by Dr. Jasvinder Sanghera CBE, following her own lived experiences of Honour Based Abuse.

After escaping her own forced child marriage at 15 and tragically losing her sister to Honour Based Abuse, she established Karma Nirvana.

In 1993, Karma Nirvana became the **first specialist charity for victims and survivors of Honour Based Abuse in the UK.**

Our founder was awarded a CBE to recognise her outstanding contribution to tackling Honour Based Abuse. Her TEDx Talk has been seen over 2 million times.

Our Story: **Today**

Karma Nirvana is the longest established specialist charity dedicated to supporting victims and survivors of Honour Based Abuse. For close to three decades, we have led the campaign against Honour Based Abuse, supporting, educating and empowering all those impacted to live abuse-free.

Karma Nirvana provides a national helpline for all victims and survivors of Honour Based Abuse. Since the helpline's inception over 15 years ago, we have responded to over 80,000 calls.



Dr. Jasvinder Sanghera CBE

Jasvinder Sanghera was born and brought up in Derby. A survivor of a forced marriage, she is the founder of Karma Nirvana, a national award winning charity that supports both men and women affected by honour based abuse and forced marriages.

Our Approach: what we do

01

We support **frontline practitioners and professionals**, by training and working with police forces, social services, local authorities and schools to improve practice response

02

We campaign for change, working with **parliamentarians and policy-makers** to improve policies and practice responses, to help bring an **End to Honour Based Abuse.**

03

We support **victims and survivors** of Honour Based Abuse by providing specialist support and **guidance via our national helpline** and support services.

01

We support frontline **practitioners and professionals**, by training and working with police forces, social services, local authorities and schools to improve practice response

Since our inception, we have trained more than 50,000 frontline practitioners, including 25 police forces across England and Wales.

Our training of South Wales Police, the first force to undertake our specialist 3-day course, led to the first-ever conviction for forced marriage in the UK.

Between January - March 2021, we delivered training on behalf of the Welsh Assembly whereby 100% of delegates reported improved understanding and confidence in responding to Honour Based Abuse.

“The training delivered by Karma Nirvana has been the best I have ever been on in my policing career”, Cheshire Police Detective Inspector (17 years in police service)

“This course has given me so much confidence in understanding Honour Based Abuse. Understanding that Honour Based Abuse is a form of Domestic Abuse makes so much sense. Thank you!” Social Worker, London

“Thank you - this course has opened my eyes. The survivor speaker was incredibly brave, and her story is one that I will never forget”, West Yorkshire Police

02

We campaign for change, working with **parliamentarians and policy-makers** to improve policies and practice responses, to help bring an **End to Honour Based Abuse**.

Creating a change:

- Karma Nirvana took a leading role in campaigning for the **criminalisation of Forced Marriage**
- **Civil remedy** for Forced Marriage through the Forced Marriage (civil protection) Act 2007
- The **first thematic national review into policing Honour Based Abuse**. We are currently campaigning for a follow up review as police data evidences a decline in reports relating to Honour Based Abuse since the first inspection.
 - We were the first organisation in the UK to become members to the global Girls not Brides partnership. We are currently leading on; the campaign as Co-Chairs of Girls Not Brides UK to make **marrying a child a crime** in England and Wales,
- We are leading the '**Ban Virginity Testing and Hymen Repair**' campaign alongside parliamentarians and central government to ban virginity testing in the UK.
- In 2015, we worked with Cosmopolitan Magazine to campaign for the first **National Day of Memory** for victims of Honour Killings. This is now marked every year on the 14th July.
- In 2019, we became secretariat to the **All Party Parliamentary Group (APPG)** on Honour Based Abuse chaired by Virendra Sharma MP and Baroness Cox.



03

We support **victims and survivors** of Honour Based Abuse by providing specialist support and **guidance via our national helpline** and support services.



We **supported** **2,584** **victims** of Honour Based Abuse during 20/21



The helpline **received** **14,251** contacts, a 66% **increase** on the year before

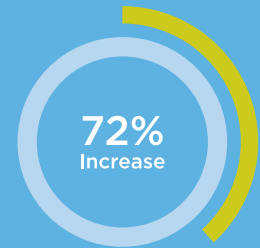


1 in 9 callers **disclosed** **insecure** immigration status

Over the last 4 years disclosures of



Coercive Control



Physical Abuse



We **supported** **374** **callers** to find **safe accommodation**



67% of the victim callers we **supported** were being subjected to **coercive control** and emotional abuse



885 **professionals** contacted the helpline for guidance whilst **supporting** victims of HBA



We **offered/made** **3,308** **referrals**, 38% were to the **police** and 30% were to refuge services



Sexual Abuse



Financial Abuse

The Problem

Honour Based Abuse

Despite the heightened profile of HBA for over two decades, we are no closer to understanding the true scale, scope and prevalence of it in the UK. Honour Based Abuse remains a thriving but invisible issue.



Honour Based Abuse is significantly under-reported, linked to poor victim confidence and normalisation of abuse, particularly within a context of abuse often taking place within a familial / community setting and from a very early age.

Statutory agencies do not always engage appropriately, again rooted in poor confidence and understanding of the issues and unique challenges Honour Based Abuse poses to those affected.

Central government have only sought to tackle HBA in so far as it relates to Forced Marriage or FGM, which is only a small part of a bigger problem. Contacts to the National Honour Based Abuse Helpline saw

an overwhelming 81.6% of new cases related to Honour Based Abuse, followed by 18% relating to Forced Marriage and 0.4% relating to FGM.

Perceiving Honour Based Abuse to Forced Marriage or FGM only creates a situation that exacerbates its hidden nature. This approach fails to tackle the root cause of these issues (beliefs, values and attitudes that devalue women and girls), dealing only with the secondary consequences (Forced Marriage, FGM, Coercive Control).

Worryingly, it excludes thousands of victims of Honour Based Abuse from receiving the support and help they need.



A **police inspection** identified that

3 out of 43

police forces were adequately **prepared** to respond to Honour Based Abuse



There are far **fewer case referrals** from police forces than there are new victims calling our helpline to report criminal offences, suggesting that significant numbers of women and girls are not being supported, and perpetrators are not being brought to justice



Despite increased reporting of Honour Based Abuse, data from the Crown Prosecution Service suggest a year-on-year **drop in suspects** being charged, prosecuted and convicted, indicating failings in the criminal justice system

Dismantling the Problem

Honour Based Abuse

Honour Based Abuse is not widely recognised as a form of domestic abuse or positioned into the broader framework of 'violence against women and girls'.

Honour Based Abuse is frequently misunderstood, misidentified and placed in a 'cultural cul-de-sac', whereby victims affected are conditioned to normalise abuse in the name of 'culture' and professionals responding tread carefully with excessive 'cultural sensitivity'.

There is limited and inconsistent data available in the UK to prioritise these issues, which directly impacts the sustainability of safe spaces for victims and survivors of Honour Based Abuse to seek specialist support.



What barriers stand in our way?

Poor Governmental Accountability

Honour Based Abuse is not widely recognised as a form of domestic abuse, or positioned within the wider framework of Violence Against Women and Girls

Honour Based Abuse is NOT Understood

Honour Based Abuse is frequently misunderstood, misidentified & placed into a cultural cul-de-sac. Victims affected are conditioned to normalize abuse in the name of 'culture' & professionals tread with excessive 'cultural sensitivity'.

Limited and Inconsistent Data

There is limited & inconsistent data available in the UK to prioritise these issues, which directly impacts the sustainability of safe spaces for victims of Honour Based Abuse to seek specialist support.

Limited Safe Spaces

There are limited specialist safe spaces available for victims and survivors to speak out.

Our Vision

Ending Honour Based Abuse in the UK

Ending Honour Based Abuse is what motivates us every day. Whilst our vision to end Honour Based Abuse is ambitious, it is not impossible.

Our new strategy focuses on bringing the issue of Honour Based Abuse into the mainstream. We want it to be everyone's business.

For the next three years, our vision is to see Honour Based Abuse universally, quantitatively and politically represented and understood in the UK.

We will close the data gaps and build the data picture, providing a reliable evidence base of both the problem and the solutions to tackle it.

Our strategic activities will increase the offer of specialist safe spaces and improve the responses that victims and survivors of Honour Based Abuse receive on the frontline.

Society has been under an unspoken rule of not talking about Honour Based Abuse for far too long. We're on a mission to make Honour Based Abuse everyone's business.

Join us in working together to shine the spotlight and End Honour Based Abuse.

Our Values

Our vision is underpinned by our values. Our values shape what we stand for and believe in.

- 01 **Together** – We work together as one team, showing care, empathy and respect along the way, united by our shared vision. Together we are stronger.
- 02 **Human** – We take a survivor-centred approach when responding to Honour Based Abuse, placing those we serve at the heart of everything we do.
- 03 **Experienced** – We have nearly three decades of experience in supporting victims and survivors of Honour Based Abuse. We are survivor-led and listen to those with lived experience to successfully campaign, train and advocate.
- 04 **Compassionate** – We provide support, care and understanding to all those accessing our services. We listen and are non-judgemental. We do our best for all of those who use our service.
- 05 **Bringing about change** – We find approaches and solutions to 'close the gaps' that exist for victims and survivors of Honour Based Abuse, rather than just responding to the symptoms of them.
- 06 **Outcome focused** – We focus on the end goal in every situation. Whether speaking to service users, opinion leaders or within our team – we focus on the best outcomes to support the best possible solutions.

Fulfilling our Vision

Our Strategic Goals

Our new strategy comes at a vital time in our development and our efforts to tackle Honour Based Abuse. We have a bold vision and an ambitious plan for the next three years – both necessary given the scale and nature of the existing problem.

Despite decades of striving to raise awareness and understanding Honour Based Abuse, it is still not understood universally, quantitatively or politically. It is not recognised as a form of domestic abuse.

There is little accurate data on its extent or its impact. Its true scale, scope, and prevalence are unknown, so it remains a thriving but invisible problem. Meanwhile, shame and stigma prevent victims from speaking out and seeking help.

Our new strategy is a direct response to this problem. We know that before we can reach our ultimate goal, we must strengthen collective understanding of what Honour Based Abuse is and the devastating impact it can have.



Our strategic priorities have been developed with the hurdles that we need to overcome at the forefront of our mind.

01



Improve cross governmental accountability in responding to Honour Based Abuse as a form of domestic abuse, within a wider VAWG framework, to influence policy, law and practice responses.

02



Train front line responders to improve identification, understanding and responses to Honour Based Abuse.

03



Develop a national dataset to better understand the scope, scale and prevalence of, and appropriate responses to, Honour Based Abuse in the UK.

04



Increase the number of specialist safe spaces that exist for victims and survivors of Honour Based Abuse to speak out.

Strategic Priorities

Central to our work is the voice and lived experience of survivors of honour based abuse

01



Improve cross-governmental accountability in responding to Honour Based Abuse as a form of domestic abuse, within a broader VAWG framework to influence policy, law and practice responses.

We are committed to shining the spotlight on Honour Based Abuse to improve cross-government accountability. We want every level of government to recognise Honour Based Abuse as a form of domestic abuse within a wider framework of VAWG. We are committed to ensuring that the Honour Based Abuse survivor voice is adequately represented and reflected in policy, law and practice.

02



Train front line responders to improve identification, understanding and responses to Honour Based Abuse.

We know that the right response to Honour Based Abuse can save lives. Our goal is to reset how frontline practitioners perceive, understand and respond to Honour Based Abuse. Our training builds upon frontline professional confidence, ensuring that victims and survivor receive the best response on the ground.

03



Develop a national dataset to better understand the scope, scale and prevalence of, and appropriate responses to, Honour Based Abuse in the UK.

Karma Nirvana have committed to developing a reliable national baseline dataset. We believe that a stronger evidence base on Honour Based Abuse will improve representation and understanding of the issues.

It will enable a more robust framing of Honour Based Abuse as a form of domestic abuse rather than a “traditional harmful practice”, religious or cultural issue, which often segregates and deprioritise Honour Based Abuse from the ‘mainstream’.

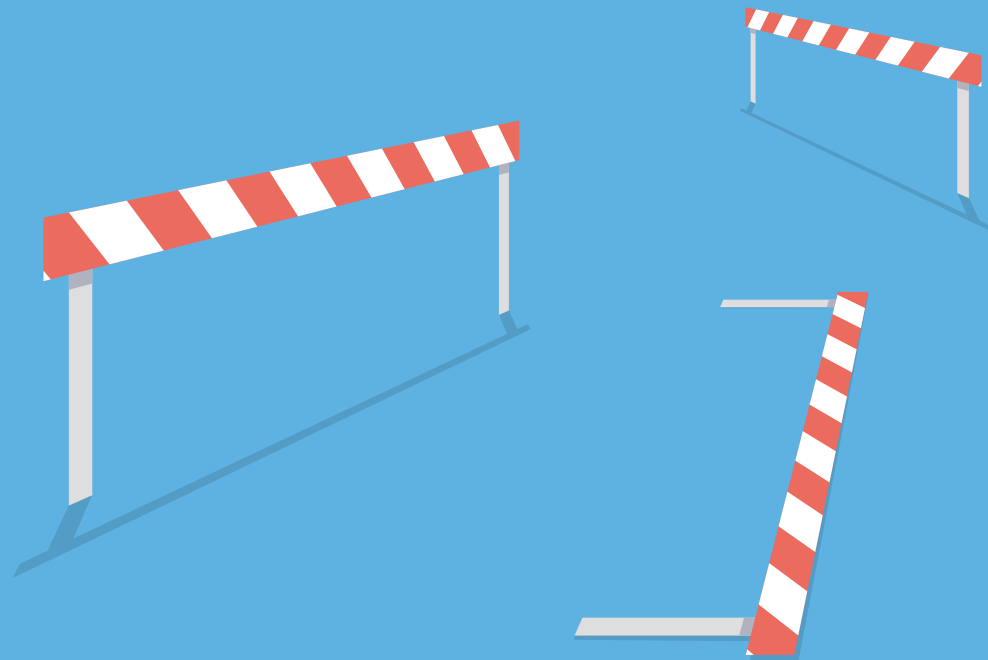
04



Increase the number of specialist safe spaces that exist for victims and survivors of Honour Based Abuse to speak out.

Karma Nirvana is committed to increasing specialist services for survivors of Honour Based Abuse in both short-term and long-term recovery. In year 1 of this strategy, we will map the offer of specialist service provision vs. year 3 to evidence growth attributable to our work. Central to this priority is ensuring the sustainability of specialist safe spaces for victims and survivors of Honour Based Abuse.

Achieving our Goals, our Priorities and Outcomes



Priority One

Improve cross governmental accountability in responding to Honour Based Abuse as a form of domestic abuse, within a wider VAWG framework, to influence policy, law and practice responses.

Our Outcomes:

What you'll see

Honour Based Abuse is represented as a form of domestic abuse and is better understood and reflected in governmental policy, law and practice response.

How we will achieve this

- Develop a policy and campaign team
- Improve governmental understanding of Honour Based Abuse as a form of domestic abuse
- Develop a definition of Honour Based Abuse that reflects the victim and survivor experience
- Develop multi-agency practice guidance for frontline workers
- Continue to campaign for a follow up HMICFRS inspection to review progress in policing Honour Based Abuse
- Highlight the issue of Honour Based Abuse through responding to national policy consultations
- Develop a media campaign to support this work
- Develop policy recommendations to improve responses to Honour Based Abuse

Priority Two

Train front line responders to improve identification, understanding and responses to Honour Based Abuse.

Our Outcomes:

What you'll see

Improved responses to Honour Based Abuse from frontline responders

Improved identification from statutory frontline responders

Improved frontline confidence in responding to Honour Based Abuse.

How we will achieve this

- Increase our training team to develop a suite of training packages aimed at front line workers
- Improve the identification of Honour Based Abuse by frontline workers
- Improve frontline worker responses provided to victims of Honour Based Abuse
- We will train 3000 frontline workers during the delivery of this strategy

Priority Three

Develop a national dataset to better understand the scope, scale and prevalence of, and appropriate responses to, Honour Based Abuse in the UK.

Our Outcomes:

What you'll see

Reliable data sets capturing the scope, scale and prevalence of Honour Based Abuse.

How we will achieve this

- Create a national dataset framework to capture the picture of Honour Based Abuse in the UK
- Map the 'data gaps' and improve data capture of Honour Based Abuse in the UK, in both the statutory and voluntary sector
- Publish quarterly and annual reports on the 'data picture' for Honour Based Abuse

Priority Four

Increase the number of specialist safe spaces that exist for victims and survivors of Honour Based Abuse to speak out.

Our Outcomes:

What you'll see

Increased number of safe spaces available for victims and survivors of Honour Based Abuse to speak out.

How we will achieve this

- Map what 'safe spaces' exist for victims and survivors of Honour Based Abuse
- Increase the number of safe spaces that exist for victims of Honour Based Abuse
- Expand the national Honour Based Abuse helpline to deliver a web chat service and longer operating hours
- Develop a national refuge exclusively for victim of Honour Based Abuse

How we will measure our progress

Our strategic development journey has provided a reflective space to think about our work and our impact to date.

It has enabled us to refocus and streamline our approaches to ending Honour Based Abuse in a clear, intentional and measurable way. It is informed by our 'Theory of Change', our understanding of what the problem is and how we believe change can genuinely start to happen.

Our strategy is supported by comprehensive delivery and impact plans reviewed each quarter to ensure that we are on course.

We're committed to measuring and understanding the impact of our work. We have set specific impact indicators aligned directly to our strategic priorities and outcomes.

Measuring our impact in this way will enable us to remain focused and strategically 'on track' to 'End Honour Based Abuse in the UK'.

To support this process, we have developed an impact framework, enabling us to monitor, measure and focus on continual improvement.

Each year we will publish an impact report to share the impact of our work. We will set a clear baseline against which progress can be measured. We will measure our own impact against our strategic priorities and those set out by our funders.

Oversight of the strategy is held by our Board of Trustees.



Theory of Change

Activities and Priorities for intended impact

Our activities to achieve this:

- Develop a policy and campaign team
- Improve governmental understanding of HBA as a form of domestic abuse
- Develop a definition of HBA that reflects the victim and survivor experience
- Develop multi-agency practice guidance for frontline workers
- Continue to campaign for a follow up HMIC-FRS inspection to review progress in policing Honour Based Abuse
- Highlight the issue of HBA through responding to national policy consultations
- Develop a media campaign to support this work
- Develop policy recommendations to improve responses to Honour Based Abuse
- Increase our training team to develop a suite of training packages aimed at front line workers
- Improve the identification of Honour Based Abuse by frontline workers
- Improve frontline worker responses provided to victims of Honour Based Abuse
- We will train 3000 frontline workers during the delivery of this strategy
- Create a national dataset framework to capture the picture of HBA in the UK.
- Map the 'data gaps' and improve data capture of HBA in the UK, in both the statutory and voluntary sector
- Publish quarterly and annual reports on the 'data picture' for Honour Based Abuse
- Map what 'safe spaces' exist for victims and survivors of Honour Based Abuse
- Increase the number of safe spaces that exist for victims of Honour Based Abuse
- Expand the national HBA helpline to deliver a webchat service and longer operating hours
- Develop a national refuge exclusively for victims of Honour Based Abuse.

Our Outcomes: What you will see:

Honour Based Abuse is represented as a form of domestic abuse & is better understood and reflected in governmental policy, law & practice response.

Improved responses to Honour Based Abuse from frontline responders.

Improved identification from statutory frontline responders.

Improved frontline confidence in responding to Honour Based Abuse.

Reliable data sets capturing the scope, scale and prevalence of Honour Based Abuse.

Increased number of safe spaces available for victims and survivors of Honour Based Abuse to speak out.

Our mission: Strategic goals

Improve cross governmental accountability in responding to Honour Based Abuse as a form of domestic abuse, within a wider VAWG framework, to influence policy, law and practice responses.

Train front line responders to improve identification, understanding and responses to Honour Based Abuse.

Develop a national dataset to better understand the scope, scale and prevalence of, and appropriate responses to, Honour Based Abuse in the UK.

Increase the number of specialist safe spaces that exist for victims and survivors of Honour Based Abuse to speak out.

In the next three years

Honour Based Abuse is universally, quantitatively & politically represented & understood in the UK.

Identification and reporting levels of Honour Based Abuse increase.

The data gaps are smaller and the data picture is bigger.

There are more sustained specialist safe spaces for victims and survivors of Honour Based Abuse.

Long term Vision

To End Honour Based Abuse in the UK

Delivering Change

For all our Stakeholders

In delivering our strategy, we will remain focused on those who need support and those who can ensure we are successful in bringing about change. Over the next three years, we will strive to make a real difference to all our stakeholder groups.

For **Victims**

- Reduce the shame and stigma that exists to disempower them from speaking up and reaching out and which holds them in abusive situations for longer
- Provide more reasons to leave abusive environments than reasons to stay
- Help them to recognise Honour Based Abuse as a form of domestic abuse
- Increase and support self-identification of Honour Based Abuse by raising the status of women and girls within communities where Honour Based Abuse exists
- Increase the number of specialist safe spaces that exist for them to reach out to.

For **Survivors**

- Empower, uplift and amplify the voices of those with lived experience
- Provide a safe space for survivors to inform national consultations, practice and policy
- Support survivors in breaking the cycle and legacy of abuse.

For **opinion leaders & policy holders**

- Improve representation of Honour Based Abuse across government departments
- Ensure that Honour Based Abuse is understood and represented as a form of domestic abuse, within the wider Violence Against Women and Girls framework.

For **frontline responders**

- Improve identification of Honour Based Abuse
- Increase professional confidence when responding to Honour Based Abuse
- Improve the responses that frontline workers provide to victims and survivors of Honour Based Abuse
- Improve data representation of Honour Based Abuse in statutory agencies.

For **society**

- Clearly position Honour Based Abuse as a form of domestic abuse, rather than a 'traditional harmful practice', to remove any perceived cultural 'legitimacy' or 'normalisation' linked to 'honour' and 'tradition'

**Together, we will end
Honour Based Abuse in
the UK.**



The road ahead

Year by Year

To fulfil our strategic goals and to deliver on our activity plans, we must ensure we have a clear focus for each year. This will allow us to build year on year and to demonstrate progression, further driving towards our ultimate goal to end Honour Based Abuse.

We begin by **spotlighting** the problem and establishing the right foundations, before **responding** in an informed and collaborative manner, to then in the third year working to bring about **reform**.

Spotlight
2021
2022

Respond
2022
2023

Reform
2023
2024



The road ahead

Year by Year

Spotlight

2021 - 2022

In our first year, we will focus on increasing our internal capacity and skills, and creating vital partnerships to deliver for the future. This will act as a foundation year, giving us time to map the current picture of Honour Based Abuse in the UK to reflect on how we can add value and fill in the gaps. We will:

- Develop the size of our team to pursue our vision
- Develop and build partnerships to collaborate and coordinate action against Honour Based Abuse
- Align our communications to our new strategy
- Start our 'data and service provision' map on Honour Based Abuse to develop baselines that will be used to measure our impact and change
- Consolidate our training suite, increasing our training delivery capacity to train 1,000 frontline practitioners each year

Respond

2022 - 2023

Year two of our strategy is about **responding in an informed manner** and supporting our partners and community to do the same. Building on our understanding of the issues and gaps in provision and led by victim and survivor experience we will focus on:

- Continuing to build the picture and publishing early findings on the scope, scale and prevalence of Honour Based Abuse in the UK
- Working towards increased and nuanced training courses for frontline practitioners
- Creating research-led best practice guidelines and standards
- Continuing our media campaign to further understanding of Honour Based Abuse.

Reform

2023 - 2024

Year three of our strategy is about reform, both at the top level in policy and at the grassroots in terms of the community conversations. While continuing the work of the previous the two years, we will focus on:

- Publishing research and data findings
- Influencing for change, strengthened by the findings consolidated in year two
- Working with partners to increase the number of safe specialist spaces for victims to speak out in.

How can you help

End Honour Based Abuse

Ending Honour Based Abuse in the UK requires a coordinated, collaborative, long-term and sustained approach. We know that we cannot do this alone. Here are FIVE ways you can help us to end Honour Based Abuse in the UK.



Donate

By giving a monthly donation you can play a vital role in helping us to get one step closer to **Ending Honour Based Abuse in the UK.**



Fundraise

Whatever you take on, from a breath-taking sky dive to a relaxed coffee morning, we'd love for you to fundraise for us and raise money to support our vital work.



Campaign with us

We speak out with, and on behalf of, all those impacted by Honour Based Abuse.

Campaigning plays a vital role in bringing us closer to achieving our goals. Lend your voice and support to our campaigns team



Become a community champion

You can help to spark conversations about Honour Based Abuse to help people understand the issues and barriers that survivors face in speaking out.



Partner with us

Does your workplace support a charity?

Are you a charity that also supports and shares our vision?

Let's work together to **End Honour Based Abuse in the UK.**



Reg. Charity 1089477

 @KarmaNirvanaUK

 @KNFMHBV

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