

# ask me

communities against  
domestic abuse

## Could you be an **ask me** ambassador?

Join a movement within your community (where you work, play, live, learn, worship, network) that breaks the silence about domestic abuse so that people experiencing it can get the help they need, when they need it.

### What's involved?

#### 1 Break the silence

You will attend a free training course and then talk to others about what you have learned. This could be over a coffee with a friend, at a work team meeting or posting on social media.

Ambassadors shed light on the issue of domestic abuse and help change attitudes and behaviours by having conversations with others about domestic abuse.

#### 2 Raise awareness

? Answer questions



Increase understanding



A community that better understands the barriers faced by survivors



#### 3 Listen and believe, with compassion, without judgement

As we all talk more about domestic abuse our communities will become spaces where people experiencing domestic abuse feel able to speak out. When this does happen, you will be there to listen. If a person needs further support, you will know what services are out there that can help.

Sign up today to join our growing network of **ask me** ambassadors  
email [AskmeMid@welshwomensaid.org.uk](mailto:AskmeMid@welshwomensaid.org.uk)

## About the Change that Lasts scheme in your community

Learning about domestic abuse is a life skill that will empower you and your community to create friendly spaces where domestic abuse survivors can feel heard and believed, and gain valuable information about what help is available. We view becoming an ambassador as the start of a journey in learning about domestic abuse and developing ways of responding to survivors.

Our training will explore the community assumptions held about domestic abuse and look at how you can reduce the barriers that survivors currently face. We will provide you with all of the tools that you need to start the conversation and help raise awareness about abuse. At the end of the training, we will ask people to pledge that they will take forward the key messages that we know will help improve the experiences of survivors.

The time commitment for the role is as much or as little as you can give. We will send you a brief online survey each month so that you can tell us about the difference that you're making and share some of your milestones. There is also the option of setting up your place of work or community base as a Change that Lasts site - 'survivor friendly' locations that have a trained **ask me** ambassador on site, a window sticker to promote the scheme and information about where further support can be accessed. We'll support you every step of the way to set this up.

*"This has been one of the best training events I have ever attended."*

*"I found the whole training brilliant."*

*"This has totally changed my attitude towards those suffering domestic abuse. I am so glad I signed up to this course."*

*"Amazing Facilitators. Such powerful training. Will be life-changing."*

*"Excellent, very informative. I am very interested to learn more."*

## Essential values and qualities of an **ask me** ambassador

- **Believes in equality of all people**, regardless of their gender, age, religion, ethnicity, sexual orientation, disability, marital status, cultural beliefs or circumstances.
- **Listens** and **believes** others that share their personal experiences of domestic abuse
- **Non-judgmental** and **respectful**
- **Passionate** about ending domestic abuse/ making a change

In some instances, we may make the decision that it isn't appropriate for a person to take on the role if they don't share the above values and qualities. We will be honest and transparent in this process and explain the reasons for any concerns. We will work with people to overcome any barriers wherever possible, or we will signpost you to an alternative, more suitable project, for example, local volunteering or other training programmes.

