

NoFear: Improving the Lives of Survivors

An outcome evaluation of Freedom Program participants

What is NoFear?

NoFear is Glasgow based domestic abuse organization that is a provider of The Freedom Program to domestic abuse survivors.

The **Freedom Program** is a survivor centered, educational program that works to empower survivors and provide information.



Freedom Program: Participant Goals

1. Help **stop** the cycle of **abuse**
2. Gain personal **confidence**
3. Gain an **understanding** of **individual experience**
4. **Learn** new knowledge about abuse
5. Gain an **understanding** of **beliefs** that **women share**

DOMESTIC ABUSE IN PERSPECTIVE

2.4 M

People experience domestic abuse in the UK

67%

Of people who experience domestic abuse are women

£66 B

Are spent by the government on domestic abuse a year

PARTICIPANT OUTCOMES



97%

Of women left their abuser before or during the program



Program Achieved its Goals: 9.26

On a scale from 1-10



243 New Women

came to NoFear this year
20 returning, and 25 new men



Women felt the Program Helped them: 9.21

On a scale 1-10



167% increase

of participants feeling confident after the program



173% increase

of participants feelings of wellbeing about themselves after the program

Participants Feelings Before and After the Program

