



UK Government

Freedom from Violence and Abuse – the Action Plan

This is the easy read version of
Freedom from Violence and Abuse:
a cross-government strategy to build
a safer society for women and girls.

Volume 2 – Action Plan

December 2025



What the words mean

Artificial intelligence (AI)	A type of computer technology that allows machines to think, learn, and solve problems almost like a human.
Consent	Give permission for something to happen.
Cyberflashing	Sending sexual or rude photos to another persons phone to frighten or embarrass them.
Deepfake	A piece of media - a video, image, or audio recording - that has been digitally altered using Artificial Intelligence (AI) to make a person appear to say or do something they never actually did.
Domestic abuse	Bullying, abusive or violent behaviour by a partner, ex-partner, or family member. Usually women are the victims and the abuse is done by men - however, men can also be victims. Children can also be victims too
Domestic Abuse Protection Orders	This order from the courts tells a perpetrator to keep away from their victim.
Economic abuse	Abuse where someone controls someone's money.
Female genital mutilation (FGM)	When a girl or a woman has part of her genitals (private parts) cut and there is no medical reason for it. It is against the law.
Forced marriage	When someone is made to marry someone else against their will or arranges for a child under 18 to marry.
Harassment	Behaving in a way to frighten or upset another person.

‘Honour’-based abuse	Violence, abuse or threats done by someone’s partner, family or community to protect the honour of the individual, their family or community. Sometimes it is a punishment for breaking the family or community’s rules. It can be physical, sexual, financial or emotional abuse.
National Youth Strategy	A big plan launched in 2025 about a better future for young people.
Offender	someone who has caused harm and has a conviction from the courts.
Online sexual exploitation	When someone uses the internet, social media, games, or mobile phones to sexually exploit or abuse another person. They may trick, pressure, or threaten someone to send sexual pictures or videos, or to do sexual acts online.
Perpetrator	Someone who causes harm, including those outside of the criminal justice system.
Pornography	Pictures, videos, writing, or audio that show naked bodies or people having sex. People may look at pornography for sexual pleasure.
Rape	When a person forces someone else to have sex, by physical force or by frightening them.
Sexual harassment	Unwanted sexual behaviour. It includes verbal, non-verbal, physical, or online behaviour.
Sexual offences	Sexual offences are crimes where someone is forced, pressured, or tricked into sexual activity, or where sexual activity happens without consent. This can include rape , sexual assault, child sexual abuse, grooming, secretly watching someone for sexual reasons, or sharing private sexual images without permission.

Spiking	Putting alcohol or drugs into someone's drink (or food) without their knowledge or consent .
Stalking	Somebody makes the victim frightened and upset because they won't leave them alone. This can be following them around, or sending them lots of messages on the phone or by email.
Stalking Protection Orders	This order from the courts tells a perpetrator to keep away from their victim.
Vetting	Checking someone's background to make sure they are suitable for a job.

There is a list of support organisations at end of the document.

About the Action Plan



This Action Plan says what the government will do to make the UK a safer place for women and girls and support them to live free from violence and abuse.



These actions will be done by different parts of the government, public services, organisations that support women and girls, businesses and places of education (like schools, colleges, and universities).



These actions will be done approximately between 2026-2029



This action plan focuses on:

1. Preventing violence from happening,
2. Identifying and stopping **perpetrators**,
3. Supporting victims and survivors,
4. Changing society as a whole to stop abuse.



This easy read version does not include all actions the government will do. You can find the full list of commitments in the main version of the Action Plan, [Freedom from Violence and Abuse: a cross-government strategy to build a safer society for women and girls Vol 2.](#)



1. Actions to stop violence from happening



The government wants to stop violence and abuse before it happens. This means helping children, young people, and families early.

Online Safety



Online spaces will be made safer for children and young people. Some of the actions include:



Building on the Online Safety Act to make the UK safer for children online.



Making **pornography** that shows women being strangled or suffocated illegal.



Making sure apps and websites protect children better. Making it harder for children to see or share nude pictures.



Banning apps that create fake nude or sexual pictures of people without their permission.



Making **artificial intelligence (AI)** safer so it cannot be used to harm anyone, such as making deepfake images.



Working with other countries to stop online abuse.

Schools and Education



The government wants every child and young person to understand consent and healthy relationships. We also want them to get the right support in schools, education places, and in the community. Some of the actions include:



Schools and colleges will help children and young people to learn about:

- Healthy and respectful relationships.
- Consent and how to treat others kindly.
- Harmful online content and how to stay safe.



Schools will have more support, such as teacher training and workshops.



There will be more mental health teams to support young people.

Further and Higher Education



Colleges and universities will also teach about healthy relationships and give clear ways to report abuse. Staff will get training and resources to help students.

Community Support

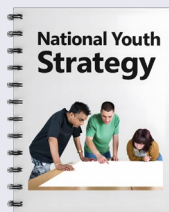


We want people everywhere to understand healthy relationships and to stop harmful behaviours happening.

Some of the actions include:



- Providing young people with chances to connect safely with trusted adults through sports, clubs, and youth groups.
- Special programmes will help boys and young men who feel lonely.
- Football and rugby programmes will teach respect, equality, and teamwork.
- Parents will get online guides to help keep their children safe online
- Campaigns will help communities understand and prevent **'honour'-based abuse**.



The **National Youth Strategy** started in 2025 will also help young people to be part of a community.

Spotting Harm and Changing Behaviour



We want to spot harmful behaviour earlier and deal with it quickly. We also want to help people change and make safer choices. Some of the actions to do this include:



Researching how to help young people who cause harm to others.



Setting up helplines and support for victims and those causing harm.



Teaching schools and youth workers how to spot early warning signs.



Exploring updates to the law to better protect teenagers from abuse.

Family Support



We want to give extra help to children, adults, and families who may be at risk or need more support. Some of the actions to do this include:



Councils will get more money to support families, so children get help early.



Family Hubs will help parents and children, especially those who need extra support.



Social workers will get more training to spot and act on signs of abuse early.



The National Society for the Prevention of Cruelty to Children (NSPCC) will create learning resources to keep children safe at home.

2. Actions to identify and stop perpetrators

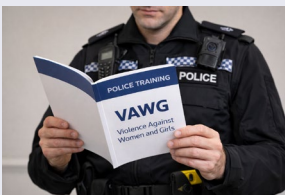


These actions are about stopping **perpetrators** who are violent to women and girls. The police and other services must work harder to catch abusers and keep women and girls safe. Too many victims report abuse but do not see justice. This must change.

Making the police do better



We want public protection to become a strong and important skill across all of policing. Some of the actions to do this include:



Violence against women and girls will be a top police priority. A new Centre has been set up to help police focus on this. All officers will get better training so they know how to handle abuse cases kindly and properly.



Police leaders will need special experience in protecting victims. They will be checked on how well they deal with abuse cases.



Special teams will deal with **rape** and sexual offences.



Police officers who commit abuse against women and girls will face consequences. Strong **vetting** rules will stop perpetrators from joining the police.

Working Together



We want frontline workers to work well together. We also want them to understand risk properly and respond in the right way. Some of the actions to do this include:



Police, schools, health workers, and social services will be encouraged to work more closely together, to share information and manage dangerous **perpetrators** as a team.



There will be clearer laws and guidance about crimes like **stalking**, **forced marriage**, **'honour'-based abuse**, and **FGM**. This is to help everyone understand what these crimes are and how to respond most appropriately.

Using Technology



The police will use new and powerful technology to stop and catch those who cause harm. Some of the actions to do this include:



New technology will be made available, called Rapid Video Response (RVR), to help victims speak to officers quickly through video calls. Police will use better DNA testing to find sexual offenders.



Live facial recognition vans will help find dangerous criminals. Electronic tags may be used to monitor perpetrators, including alcohol tags.



There will also be tougher action on spiking drinks and online sexual exploitation.

Managing perpetrators



People who cause harm will be better managed by all parts of the criminal justice system to stop them from causing further harm. Some of the actions to do this include:



Courts can use special orders to stop abusers contacting victims. New **Domestic Abuse Protection Orders** will be made available across England and Wales. Stalking Protection Orders will also be improved. Information about court orders will be shared faster with police.

Work to develop a new computer system to help police, prisons, and probation share information about dangerous perpetrators is under way.

Professionals who commit abuse could lose their right to work in trusted jobs.

Changing Perpetrators' Behaviour



We want to manage people who cause harm in the community in a strong and effective way. Some of the actions include:



More programmes to help change abusive behaviour. The Drive Project will manage the most dangerous abusers and will be made available in more locations. There will be national standards to make sure these programmes are safe and effective.

Foreign Offenders



We want to take strong action against foreign nationals who commit violence against women and girls in the UK. Some of the actions to do this include:



Changing the law so foreign nationals who commit serious abuse in the UK can be sent back to the country they are from after sentencing.

3. Actions to support Victims and Survivors



These actions are about helping people who are victims and survivors of abuse. Every victim is different. Everyone must work together to help victims feel safe and rebuild their lives.

Better Services



We want services to support all victims and survivors well, including those with complex needs or who need different types of help. Some of the actions to do this include:



The government will spend £550 million over three years in services to support victims. Health services will also give £5 million each year.



Services will be improved so they work better together and no opportunity is missed to keep victims safe. There will be clear rules about who is responsible for helping.



More funding for specialist support will be provided for victims and survivors with complex needs, such as migrant victims, people in rural areas, and those facing many problems at once.



More helplines will be available for different communities.

Help for Child Victims



Children who have been sexually abused will get special care through the Child House model. This brings doctors, counsellors, and other experts together in one safe place. The government will invest up to £50 million in this support.



There will also be better help for children who have been trafficked or forced into marriage.

Improving the Criminal Justice System



Courts must treat victims kindly and fairly. Judges and staff will get better trauma informed training.



Specialist **domestic abuse** courts will be expanded. Victims will be kept informed about what is happening in their case.



The government will also change some family court rules to stop abusers using the courts to scare or control victims. Rapists and serious child sex offenders may lose their parental rights.



Victims of **rape** will be offered free legal advisers.

Safe Homes and Money Support



We want domestic abuse victims and survivors to have safe, stable housing. We also want to stop economic abuse and help survivors financially. Some of the actions to do this include:



The government will spend £499 million to help provide safe housing. Rules will make it easier for victims to leave rented homes they share with an abuser.



There will be new steps to stop **economic abuse**. This includes stopping abusers misusing child maintenance payments, helping victims fix their credit records, and removing fees that could put them at risk.

4. Actions to take a Whole of Society Approach



Ending violence against women and girls is everyone's job. We must all challenge harmful behaviour and support those who need help.

Health and Mental Health Support



We want our health services to be better at tackling violence against women and girls. Actions to do this include:



General Practitioners (GPs) will be trained to spot abuse and refer people to help. Mental health services will grow so more people can get therapy.

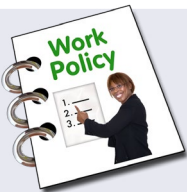
Safer Public Places and Workplaces



We want every part of public life to be safe. We also want all workplaces to be safe from violence against women and girls. Actions to do this include:



New laws will tackle harassment in public. Public transport will be made safer with better CCTV and staff training.



Employers must do more to prevent violence against women and girls at work.