##  [tool b1] Risk assessment chart

[downloadable word document]

Risk assessment: What is it?

Risk assessment looks at the risk of harms. It looks at things that have happened in the past and what is happening now, to think about what might happen in the future.

Risk assessment includes thinking about how things are changing. Times of highest risk are when the person causing harm feels like they are losing control of the relationship, like:

* when the person they are hurting tries to get away, starts seeing someone new or gets back control of their life in some way
* when people start finding out that violence has been happening
* when the person causing harm is confronted about their violence.

This doesn’t mean you should avoid leaving an abusive relationship or confronting someone about their violence. It does mean you need to be aware of dangers and plan for safety. Think through all possible reactions. Think of the risks to all people involved: the person who has been harmed; people close by, especially children; and the person doing harm.

Whenever you do risk assessment, first check for Signs of immediate danger (link to tool a6 Signs of immediate danger).

### Risk assessment chart

1. What are the harms already being faced (use the Naming the harms chart [link to tool a3 naming the harms], which you might have already filled out)

2. What is still a risk now, what may be a risk later.

3. Fill in the chart below to assess risk:

#### Column 1: Risk, danger or harm [expand text below on clicking]

In the first column, name the risk, danger or harm, the following list may help. Use your own words to describe the risk in your situation.

* Physical or threatened harm [tag as high danger], like punching, kicking, choking [tag as emergency], burning, poisoning [tag as emergency]
* Physical or threatened harm to others [tag as high danger], like children [tag as emergency], whānau, friends, neighbours, co-workers
* Physical or threatened harm to self; threats of suicide [tag as emergency]
* Physical threat with a weapon [tag as emergency]
* Physical and emotional threat by stalking or harassment using phone, text, email, social media [tag all of this as emergency]
* Physical and emotional harm by being forced to use drugs [tag as high danger]
* Emotional or verbal abuse [tag as high danger], like loss of reputation; ‘outing’ or sharing unwanted information or lies to friends, whānau or community; isolation [tag as emergency]
* Threats to harm relationships with whānau, friends or children [tag all of this as emergency]
* Emotional or verbal abuse by insults, threats, humiliation
* Sexual harm including rape, molestation, forced sexual acts, exposure to pornography and posting private sexual photos or information online [tag all as emergency]
* Financial harm by destroying or taking property
* Financial harm through job loss
* Financial harm by taking money from bank account
* Financial harm by refusing to repay loans or debt, or through reckless use of credit cards or gambling
* Other harms such as threats to report to immigration, child welfare, WINZ, gangs.

### Column 2: Who is causing the harm [expand text below on clicking]

In the second column, name the person or situation causing the harm. Harm may be directly threatened by a person. Or the threat may come from a situation, like insecure housing or employment, visa or residency status, being on a benefit, or being marginalised in some way.

### Column 3: Who is the target [expand text below on clicking]

In the third column, name who or what is the target of risk, danger or harm. It may be the person directly harmed; others including friends, whānau or community; or the threat may be to a person’s home, pets, job, benefit or residency status. The threat may be to those who are taking action.

### Column 4: What is the level of danger [expand text below on clicking]

For example:

* Emergency
* High
* Moderate
* Low
* No risk now
* More information needed

Remember the Signs of immediate danger [link to A6]. Any of those signs are emergency level dangers.

Use colours, names or symbols that suit you. The most important signals are when danger is so high that you need to act now (Emergency), when the danger has disappeared (No risk now) and when more information is needed (More information needed).

### Column 5: Is the harm getting worse or better

Is the harm becoming more or less common?

Is the harm getting more or less violent or intense?

Risk assessment chart

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| --- | --- | --- | --- | --- |
| 1. Risk, danger or harm
 | 1. Who is the cause
 | 1. Who is the target
 | 1. What is the level of danger
 | 1. Getting worse or better
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