

My New Future

DE *nieuwe*
TOEKOMST

An intervention that specifically focuses on economic independence for (young) women who have experienced gender-based violence in the domestic sphere by a partner or ex-partner.



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Gender-based violence in the domestic sphere

Domestic violence against women and girls is a massive problem. Not only because the annual number of victims is high, but also because the impact on the victims is enormous.



15.200 victims

Every year, around 15,200 women (aged 18 and older) in the Netherlands are victims of violence by a partner or ex-partner that occurs monthly, weekly or even daily.

20% of all women in the Netherlands have ever been physically abused by a (former) partner.

11% of all women in the Netherlands experience sexual violence by a (former) partner.

3% of all women in the Netherlands have shunned their own home for fear of violence.

25% of all women in the Netherlands have ever experienced stalking.

The intervention

My New Future is the only gender-sensitive intervention in the Netherlands that specifically focuses on labour market participation and prospects of economic independence for women who have experienced domestic violence. The intervention consists of a three-month group training together with peers, coupled with a nine-month period of intensive personal counselling by a female volunteer coach.

Effective mechanisms

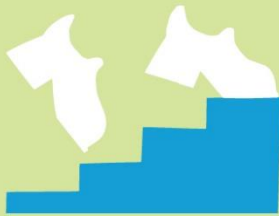


Effective mechanisms

- Strength- and future oriented
- Practising new knowledge and skills
- Peer support in a group training
- Intensive coaching by a female volunteer
- Custom made Personal Development Plan

The result

The women who have participated in My New Future are making great strides in gaining self-esteem and independence. A large proportion find jobs or have started training.



87% of participants grow steps on the *Self-Efficacy Matrix* in the domains of *Work & Education* or *Social Participation*



34%
find a job

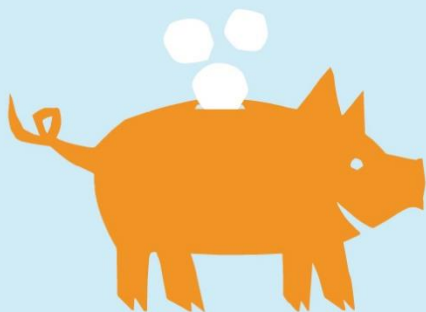


33%
start a
training course



87%
have a plan
for their future

Social Costs/Benefits



€ 1,84 return per euro invested for a municipality in the first group of 8 participants

€ 2,42 return per euro invested for a municipality with each subsequent group

The social cost-benefit analysis (MBKA) was developed under the guidance of



Quality

Stichting 180 ensures that the intervention maintains a high level of quality and safeguards the professionalism of the trainers.



Training satisfaction

The participants rate the group training with a **9**

The coaches rate the training and supervision with an **8,1**



My New Future in **8** municipalities



Recognition

My New Future has been re-acknowledged as *Well Substantiated* in June 2023 and is included in the Dutch database for Effective Social Interventions.

Want to invest in women?

Foundation 180

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<https://180.nl/interventie-de-nieuwe-toekomst/>

Questions?

