

Preventing Reoffending

Developed by Garner Clancey

A series of decisions will generally be made prior to the commission of an offence. Choosing to be out late at night; choosing to be with known offenders; being under the influence of alcohol and/or drugs are just some of the decisions that can lead to offending.

Understanding what increases your risk of offending is critical to preventing reoffending. By completing the following exercise, you can identify your risks and develop ways of staying out of trouble.

	Risks	Strategy
People		
Places		
Days / Times		
Emotions / Thoughts		

To help prevent reoffending, it is suggested that you:

1. Identify high risk situations and develop strategies to avoid or manage these situations.
2. Identify the consequences of continued offending. What will happen to you / your family / your friends if you keep getting into trouble with the police?
3. Identify people that you can call in emergencies. If you find yourself in one of these high risk situations, calling a support person can be helpful.
4. Set goals and occupy your time. Having nothing to do might result in drifting back to offending. Keeping busy reduces the time spent thinking about or doing crime.
5. Go to organisations that can help you. There are many people who want to help you stay out of trouble. Organisations and people can help you with housing, employment, education, alcohol and other drug use, health and other needs. Just ask for help.