



Institute For
Addressing
Strangulation

IMPACT REPORT 2022–2026

Executive Summary

Recognising the Risk: Transforming the
UK's Understanding and Response to
Strangulation

Institute for Addressing Strangulation (IFAS) | 2022–2026

FUNDED BY



IN PARTNERSHIP WITH



HOSTED BY



Faculty of Forensic & Legal Medicine

BY THE NUMBERS

Impact at a Glance

87%

rise in recorded strangulation offences since the standalone offence was introduced

22,000+

frontline professionals trained since 2022

44,426

strangulation offences recorded in England & Wales (2024–2025)

300+

media articles analysed to help shape responsible reporting

4

national conferences delivered since IFAS was established

The UK's leading authority on strangulation

The Institute for Addressing Strangulation (IFAS) is a pioneering national organisation dedicated to tackling one of the most dangerous and frequently misunderstood forms of violence used in domestic abuse and wider Violence Against Women and Girls (VAWG), and men and boys. Established in October 2022 with Home Office funding, IFAS is the UK's leading authority on strangulation — bridging the gap between healthcare, criminal justice, and government policy.

Research that drives system change

Since 2022, IFAS has built a substantial and growing evidence base on strangulation in the UK through approximately 20 published reports — not simply to document a problem, but to drive the system change needed to address it. Our research has directly informed national policy, including the Government's VAWG Strategy and the Crime and Policing Act 2026's criminalisation of strangulation depicted in pornography.

54%

of police cases in 2023–2024 recorded victim ethnicity as “unknown” — a critical equity gap surfaced by IFAS research.

Equipping the frontline, in partnership with SafeLives

Since October 2022, in partnership with SafeLives, IFAS has delivered specialist training to more than 22,000 frontline professionals across criminal justice, healthcare and safeguarding sectors. Understanding of non-fatal strangulation improved across every course delivered.

59–79%

knowledge gains across courses delivered

90–98%

rated training 8+/10 to recommend to a colleague

Evidence at the heart of national practice

Through representation on key national policing and criminal justice forums — including the NCVPP, the NPCC National Rape Working Group and the CPS Hate Crime Scrutiny Panel — IFAS ensures the latest evidence on non-fatal strangulation informs national policy, operational practice, and professional standards. IFAS was consulted by the Sentencing Council on its review of strangulation sentencing guidelines, which came into force on 1 January 2025.

Survivor voice at the heart of our work

Survivor voice sits at the heart of how IFAS works. We want to enhance the lives of other victim/survivors through validating and acknowledging the severity of strangulation and by improving societal and professional responses to disclosures. Survivors shape our research, training materials, resource development, and IFAS's wider priorities — always at a pace and in a form the survivor chooses.

A five-year plan to consolidate and scale

In just over three years, IFAS has helped transform national understanding of strangulation — but there is still much more to do. Our five-year plan will consolidate these achievements and expand our impact by:

- Scaling national training into core professional standards
- Expanding research into perpetrator behaviour and effective interventions
- Strengthening clinical and forensic pathways
- Sustainable, long-term infrastructure for national leadership

Supporting the Government's ambition to halve violence against women and girls within a decade.

IN THEIR OWN WORDS

Voices behind the evidence



Knowing my story is so important... we can make changes for our children, for our children's children, and all the other women that we don't know.

— **Survivor**, *Reclaiming My Voice*



IFAS are trusted stakeholders who can be relied upon to challenge and support our efforts as we strive to improve the police response to domestic abuse.

— **Louisa Rolfe**, *NPCC Lead for Domestic Abuse*

This is a summary of IFAS's full Impact Report 2022–2026. The complete report includes detailed findings, data, case studies and survivor testimony.



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Home Office



SafeLives
Ending domestic abuse



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