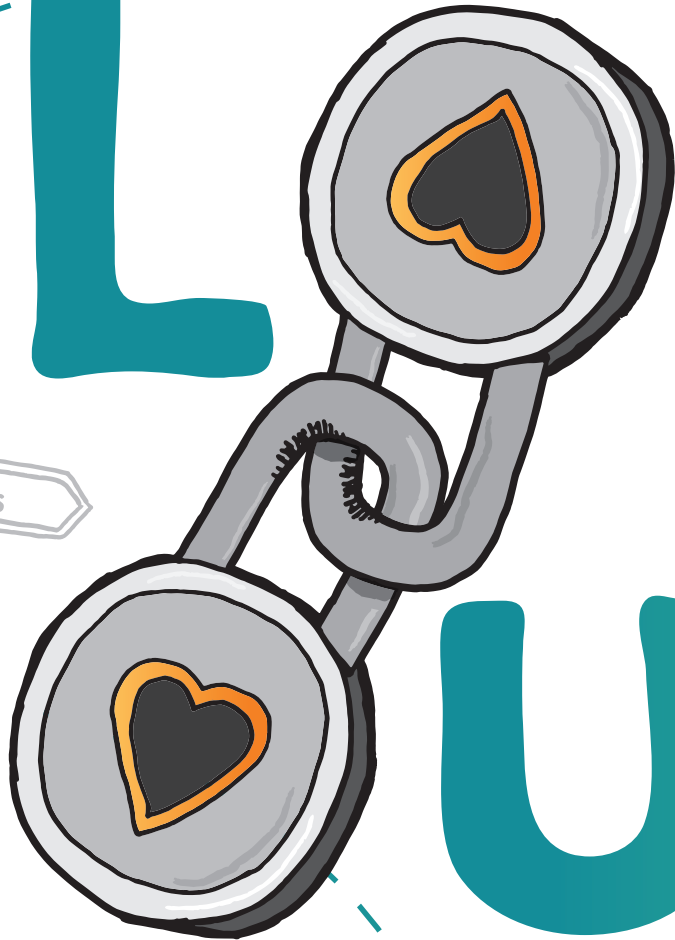


Locked Out



Helping children cope with the imprisonment of a loved one.



How this book came about

In the Autumn of 2013, Pact started a project with generous funding from Big Lottery Wales. We worked with young parents in custody and in the community in South Wales to help them to cope with separation from their family members.

As part of this project, we worked with children to find out how they felt the imprisonment of their loved one had impacted their own wellbeing, and what we could be doing to better support them.

Children told us that they wished that their parents were honest with them and that they wanted to be told what was happening in their family in a sensitive and supportive way. They told us that it would be good if there were games and activities that their parents/carers, teachers or social workers could do with them, so that they could deal with the situation together and feel part of what was going on.

This book therefore aims to bring together information and assistance for adults who are in the difficult position of having to explain imprisonment to children, with some activities that can be shared with children.

Pact would like to thank all children and adults that we work with every day, for their willingness to share their stories, ideas and thoughts with us, and for letting us be part of their journey.

Who is Pact?

Pact is a national charity that supports prisoners, people with convictions, and their families to make a fresh start.

www.prisonadvice.org.uk



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A message to adults

Hello,

If you're reading this book, then you may be a parent or carer of a child who has a relative or friend in prison, or maybe a professional working with a family who have been affected by imprisonment. Either way, the chances are that the situation is difficult, complicated and probably not something you really want to deal with, or maybe ever thought you'd have to.

You've more than likely had to find an inner strength you didn't even know you had, a determination to navigate the complicated justice system and deal with all of the stresses and worries that having a family member or friend in prison involves – and there are so many.



One of the biggest worries that we find in our work with families affected by imprisonment is about children. Do you tell them what has happened? How on earth do you go about it? How do you make the decision about what to say, how much and when? What sorts of behaviours can you expect to see, and is there anything practical that you can do to help them?

It seems daunting, but the good news is that you are not alone. There are many families who have gone through these same thoughts and feelings, and there are people and resources out there to support you. We have tried to include some in this book, which we hope that you will find useful. We have also tried to put in some clear information about the justice system that you can use to explain to children in a clear and simple way about what is happening to their friend or relative.

The activities in this book are aimed at the under tens, but can be adapted however you need to for the children that you are helping.



To tell or not to tell

**‘Should I tell the children?’
is probably one of the
questions that is most asked.**

The answer is that it depends entirely on you. You are the person who knows the children best. You know their age, their understanding and other factors such as how long the person will be absent for. People make all sorts of different decisions for all sorts of reasons that they feel are the best course of action at the time.

Because children can't start to process what is happening until they know about it, we have advocated telling them the truth in this book and have suggested some ways in which this can be done. You might decide that this isn't what you want to do and that's fine too – you know your children best.

“What seemed the easiest thing to say at the time – telling our 6 year old that Daddy is working away – got a bit awkward later on.

We learned that at some point, children will find out that they have not been told the truth and the situation will get harder to deal with.

The longer you leave it, the harder it becomes – then you have to deal with the questions about why you lied about it.”



“ I found out that Daddy was in jail because I heard my friend’s Mum talking about it. I can’t tell my Mum because I don’t know if she knows. Because I can’t talk to my Mum about it, I have to keep it a secret and I have no one to talk to.”



Finding the words

Finding the words to tell a child can be difficult. You want to tell them about what has happened, but in a way that they understand.

Different ages and levels of understanding will need different explanations – you know the children best, so start with something that they can understand.

Tips:

If you can, get agreement from close family members on what you will say and how. It's good for you to have their support. If you don't have close family or friends around, speak to a trusted professional, such as a teacher at school.

It's important to separate the person from their behaviour, such as saying 'Daddy did something naughty', rather than 'Daddy is a naughty man'.

This helps children to sort out their feelings for the person and means that they can still love the person without liking what they did.

If possible, have a conversation when you know that the person might go to prison – it will help later on.

Having familiar items to hand, such as favourite toys and teddy bears, can help to comfort the child you are telling.

When telling your child something that might cause distress, it helps if the child is in a familiar environment such as the family home, or other place where they feel safe and happy.

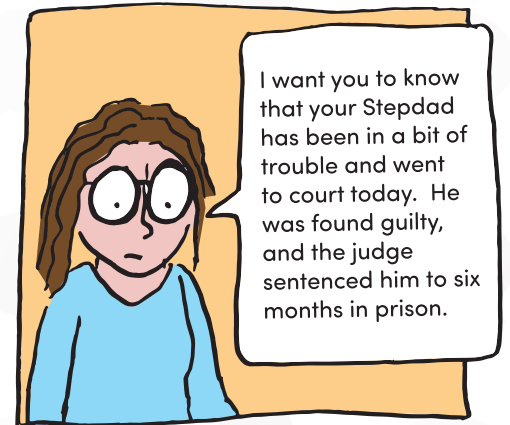
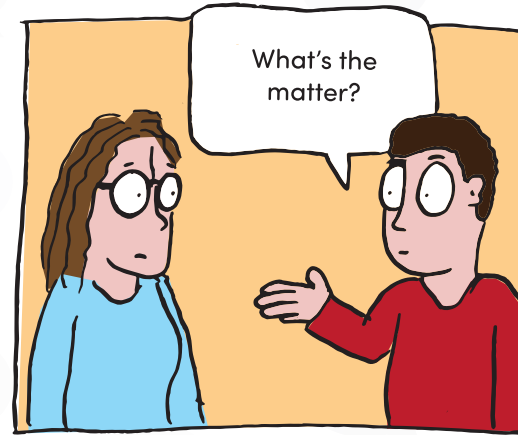
Notes on things I could say


“With all the technology around, information is at our fingertips and I will find out somehow – through the newspapers, from a friend, or from searching the internet.

I'd rather hear it from someone who can give me the facts instead of hearing rumours.”




Telling an older child





Did he kill anyone?




No, no-one was hurt but it was a very dangerous thing to do, and someone might have been. He was very lucky, but it was still against the law and he has to face the consequences.

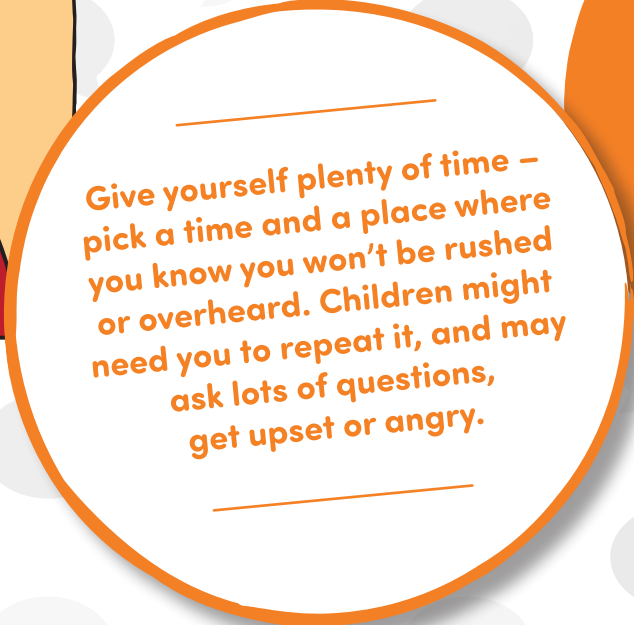


Why did he do it?

He wasn't thinking straight because he was drunk. He made the wrong decision – it was a very stupid thing to do. He realises that, and is very sorry.



I know it's upsetting. I wanted to tell you so that you heard it from us first. It's up to you if you want to tell anyone else, but you can always talk to us about it whenever you need to.

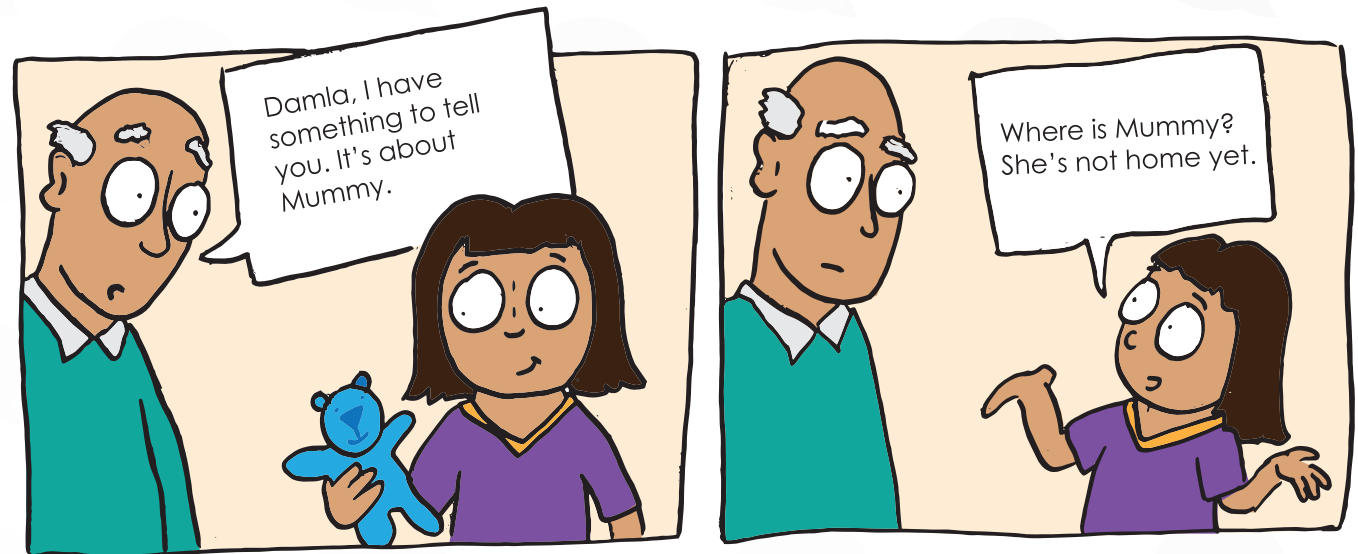


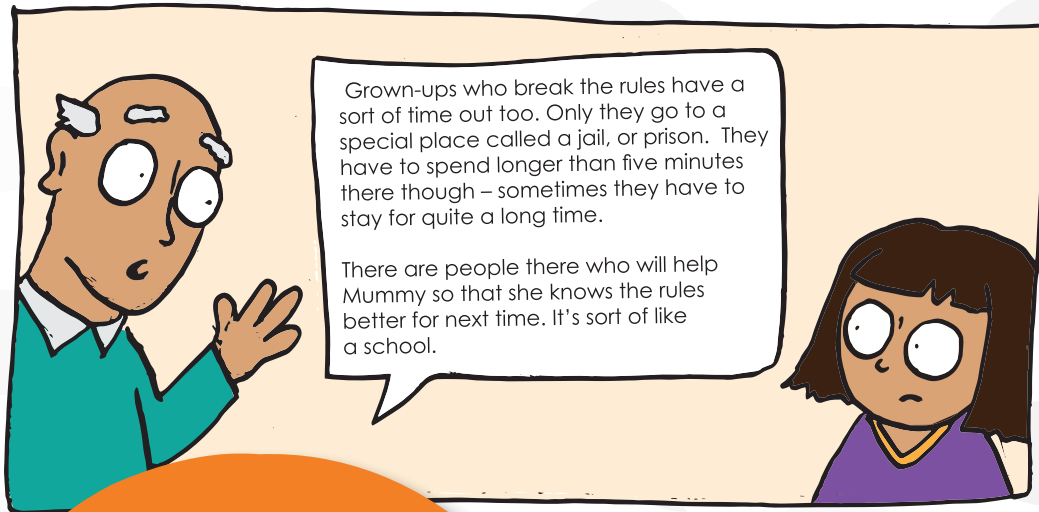
Give yourself plenty of time – pick a time and a place where you know you won't be rushed or overheard. Children might need you to repeat it, and may ask lots of questions, get upset or angry.



Be caring and supportive, and tell them they can talk to you about it whenever they want to.

Telling a young child





Reassure them it's not their fault. Children – especially young children between about 2 and 7 – do something that is known as 'Magical Thinking'. It's when they see links between events and situations where there aren't really links. Telling them it's not their fault can help enormously.

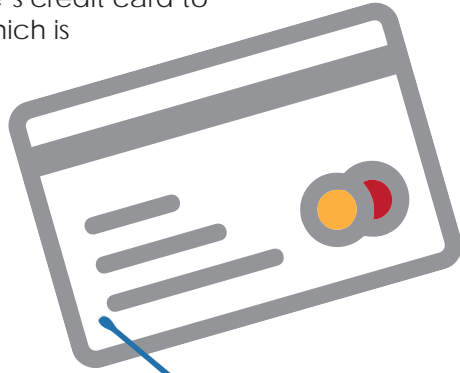
Think through in your head what you want to say and try to think about what questions they might ask, and prepare answers.

Learn more about magical thinking on page 19

Explaining specific offences

It's important that people tell the truth and be honest about things. Daddy was not honest – he told lies about things that he had done.

Eric used someone else's credit card to pay for some things, which is like stealing someone else's money.



Sometimes people can drive their car too fast. There are rules that tell you how fast you can go on certain roads, which is called the speed limit. Going faster than that is called breaking the speed limit. This is dangerous because it means they might have an accident or hurt someone.

Sometimes people might drive when they're drunk. This is against the law because it's very dangerous. Someone might get hurt because the person driving is not in control as much as they should be, and they can't slow down fast enough if they need to.

Mummy went in to a shop and took things without paying for them. It's called stealing, and it's against the rules.

Uncle Graham broke into someone's house and took their things. It's called burglary. The law keeps us safe by making it a crime, so he has to go to jail to learn not to do it again.

Sometimes people take things that don't belong to them and that's not allowed. It's called theft.



Fighting can be dangerous as someone could get hurt. Hurting other people is not allowed and so sometimes, if someone is hurt very badly, the person who hurt them has to go to jail.



Things that can hurt people badly are known as weapons. They can be things like guns, or knives. Sometimes people take a weapon and go looking for someone to hurt. It's against the law to carry weapons or to hurt people with them.

Arson is a posh word for setting fire to things on purpose. People are not allowed to set things belonging to other people – like houses, cars or trees – on fire. It's very dangerous, as fire spreads quickly and someone could be badly hurt.

No-one is allowed to take another person somewhere if they don't want to go. To take someone else is called 'kidnapping' and it's against the law.

Sometimes, people decide that they don't like someone based on how they look, or what they do. They might start to hate someone because their skin is a different colour, or because they have a different religion. They might hate them so much that they try to hurt them in some way, and hurting anyone is not allowed. You might hear this called a hate crime.

To kill someone else on purpose is called murder. No-one is allowed to kill someone else in this country, so the person who killed someone has to go to jail.

Sometimes, you can kill someone without meaning to. You might have been very angry, or very silly, and something you did caused another person to die. It's against the law to kill another person, even if you didn't mean to.

Adults who kiss and cuddle have to agree that they want to be kissed and cuddled. If one adult tries to kiss or cuddle someone who doesn't want to, they are breaking the law.

Rhodri tried to make someone touch his private places on his body, and that other person didn't want to. It's not allowed to make someone else touch or kiss you if they don't want to, so Rhodri was breaking the law.



People are only allowed to have drugs that their doctor gives to them, or that they buy from a chemist.

Simon had drugs which were not from his doctor, and they can be very dangerous. It is against the rules to have them because they are not safe and can do funny things to your mind and your body.

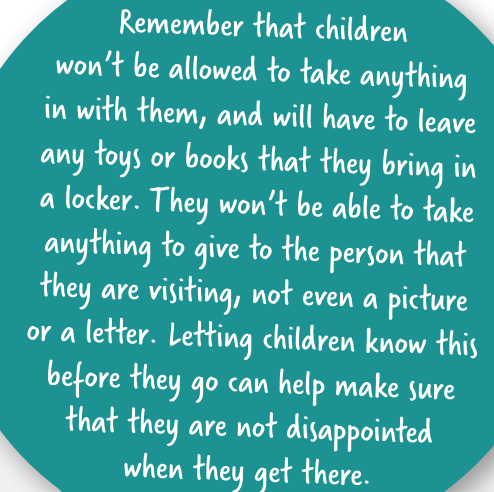
Visiting prison

Another difficult decision you might need to make is whether or not you take children to visit the person in prison. This is easier to do if they know that the person is in jail.

Some children will want to visit, and some will not. It's always good to ask them what they think. If they do not, it's ok to ask them why, as it might be because they are anxious about something that you can reassure them about.

If you are taking a child to visit a prison, it's a good idea to talk to them about the journey first and explain the things that they will see and hear. Every prison is different, and you might want to go for a visit without children first, so that you can talk them through the process when you take them next time.

Most prisons have facilities for children in the visiting hall, with things to play with, and usually somewhere to get a drink or a snack. Officers are used to dealing with children who are visiting, and can reassure anxious little ones. It is normal for everyone – including children – to be searched when they visit a prison. Most staff are good at making this into a sort of game, and putting children at their ease.



Remember that children won't be allowed to take anything in with them, and will have to leave any toys or books that they bring in a locker. They won't be able to take anything to give to the person that they are visiting, not even a picture or a letter. Letting children know this before they go can help make sure that they are not disappointed when they get there.

Children might be out of sorts when they are on their visit. It's quite a strange thing to be sat around a table in a room full of other people. It can be loud and a bit intimidating, with officers standing and sitting around the room watching. Reassure children that they are there to keep everyone safe and make sure that everyone has a good visit. When you talk to children about visiting, you can let them know that the person you are visiting might not be able to move from their chair. Some children find this confusing and can worry about it – it's a normal part of visiting and they will usually still be able to hug them and sit on their lap.

You might want to come prepared with some things to talk about – it's important to talk about good things and achievements and to take the opportunity to tell the child how well they are doing. Plan some games for the journey and for the visit so that you're not stuck.

Checklist for visiting:

_____ ID for everyone

_____ Directions

_____ Change for the teabar

_____ £1 coin for the locker

Children can be very emotional when they leave a visit, as they will be missing the person that they are leaving behind. This is normal for children who are attached to someone, and is a common reaction. You might be tempted not to take them to visit again as they were too upset, but children often tell us that even though they are sad when they leave, they would rather that than not see the person at all.

Children who have specific needs can sometimes find the large, noisy, crowded visit particularly difficult. If you feel that your child is unable to visit because of this, speak to the prison's family support or chaplaincy team to see if they can accommodate a special visit for you.

After the child's first visit, they might show a change in behaviour or become withdrawn. This is the child making sense of what has happened and adjusting to the change. It is important to understand that as more visits take place, the child will start to accept the situation and move forward. Don't be tempted to stop the visits altogether because of the distress of the first visit.

Common feelings and behaviours for children

Every child will react differently to the specific set of circumstances that they find themselves in. Some children may carry on as if nothing has happened. You may see a change in behaviour – children who were previously outgoing may become withdrawn, and those who were quiet and gentle may become angry and get into trouble at school. Just as we separated the behaviour from the adult, so it is important to separate children's behaviour from the child. Some common responses to difficult life events such as crime and imprisonment are noted here, but this does not mean that your child will display any of them!

Repetition

Children may keep asking the same thing over and over again. This might be because they are confused and don't understand what they are being told. It might be that they have had a lot to take in, and have just forgotten. Be patient with them and answer their questions as honestly as you can.

Confusion

Children may be confused about how they are supposed to feel about the person now. Reassure them it's ok to love a person – it doesn't mean you love what they have done.

Aggression

Children can become aggressive when they can't communicate what is going on for them. They may have difficulty dealing with anger or frustration and can't quite put it into words, or express it safely. They are understandably angry about what has happened to them, and may direct this anger at the person who has committed the crime. They may then find other people to be angry at – the person who drove them to the house that they burgled, the shop attendant that sold them the knife they attacked someone with, or even with you for not stopping their loved one committing the crime.

It's usually worth seeking professional support to help to manage aggressive behaviour. As a general rule, it is important to be clear about expectations, set clear limits, and be firm and consistent in your response. Encourage the child to be responsible (it's no-one else's fault) and accountable (there are consequences) for their actions.

Regression

Children who were fully toilet trained may start wetting the bed. Children who could previously talk perfectly well might go back to using baby talk, or slip into habits that they had when they were younger, such as needing a certain toy or bottle, or to start sucking their thumb. You may notice that they seem to have lost certain skills – children who were very independent might start to panic if they don't see you, and perfect sleepers might now not settle if their light isn't on.

This is a really normal part of childhood and it's not something that the child can control. It can be brought on by any number of life events which involve stress or frustration, such as starting

a new school, having a new sibling or being separated from a loved one. It's a sign to adults that something is causing them stress. They will get back to normal eventually, and you can help by talking to them about things that are worrying them, praising them when they display positive behaviour and making them feel safe and appreciated by giving them extra love and attention. Getting angry or shaming the child is likely to keep the behaviours going for longer as it adds to the child's stress. They can't help it – it's biology. If you are worried about how your child is coping, seek professional support.

Magical thinking



Anxiety about the person

Many children will only get information about what it's like in prison from the media around them. Some children may believe that the person in prison is locked in a dungeon, chained to a wall, or is only fed bread and water. A good way of finding out what children believe is to ask them what they think - it's important to talk openly about what it is like so that you can help to ease their concerns about their loved one. Where there is no information, children rely on their imagination to fill in the gaps, and this is almost always worse than reality!

Keeping in touch through letters and phone calls is a good way of providing reassurance that all is ok. You might want to help the child to write down their questions and ask them at visits, or on the phone. Children can draw what they think the person's room looks like, then ask the person to draw it for them so that they can compare. What was the same? What was different?

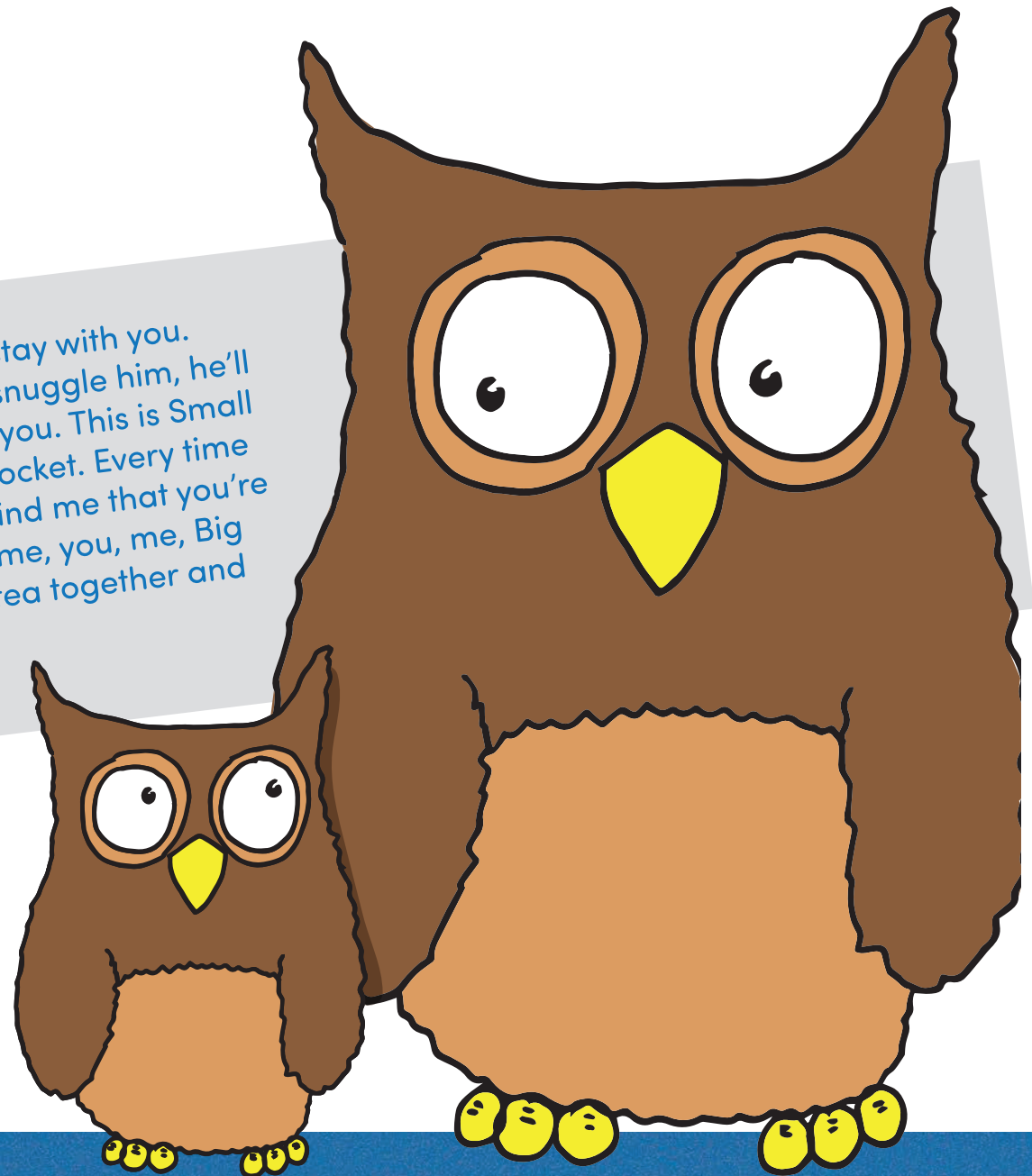
Again, children will need reassurance. Swap stories of achievements and talk about normal everyday things with the person in prison, like what they had for tea, or what work or classes they have done. This helps to reassure children that life on the inside is 'normal' and their loved one is safe and looked after.



Separation anxiety

Children might think that you will leave them suddenly too. This is particularly the case if the person who is in prison disappeared suddenly or unexpectedly. If a little one starts to get clingy if you're about to leave, or starts to get more anxious than usual about being separated, they might need extra reassurance.

"This is Big Owl. He is going to stay with you. And every time you see him or snuggle him, he'll remind you that I'm thinking of you. This is Small Owl. I'm going to put it in my pocket. Every time I see him or feel him, He'll remind me that you're thinking of me. When I get home, you, me, Big Owl and Small Owl will have tea together and watch our favourite film!"

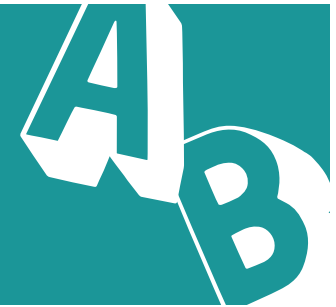


Games with no equipment

Word games are fun, and really useful if you are travelling to the prison, or if you have to wait some time before you are allowed in to your visit.

Alphabet game:

Challenge players to find something beginning with A, then B, then C... You can do it for things you can see, or you could choose a topic such as animals, colours or names.



Chainwords:

One person starts with a letter, then others take it in turns to add a letter to make a word. Try not to be the person who finishes a word, or you lose!



I spy:

One person chooses an object that they can see, and tells the others what it begins with. The other players look around and try and guess what it is.



Memory game:

Look at something (or in a particular direction) for 30 seconds then turn around and name as many things as you can remember that you could see.



20 Questions:

One person chooses a topic (it could be people, places, animals, things you find in the kitchen...) and thinks of something that fits that topic. Other players have to ask questions to find out what the object they are thinking of is. Answers should only be 'yes' or 'no'!



Secret rules:

One player decides what sort of party they are having, but keeps it secret. This is the 'secret rule'. Other players ask to bring things to the party so that they can decide what the secret rule is. For example, the secret rule might be that only animals can come to the party. The next player asks if they can bring a cake, to which the answer is no. The next player asks if they can bring a zebra, to which the answer is yes. This will carry on until someone works out the secret rule! Try only being allowed to bring things that begin with certain letters, or are furry, or are a certain colour...



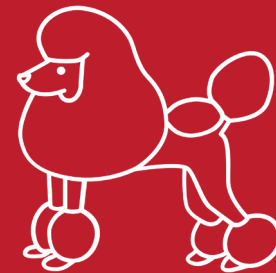
Picnic:

Each person takes turns to say 'I'm going on a picnic and I'm bringing...' – but everyone has to include the item of the people before them too.



Beaker:

Name an object that you can't currently see, but you are likely to (a yellow car, a lady wearing a red top, a poodle, white trainers...). The first person to spot it says 'beaker!' and they choose the next object to find.



Two truths and a lie:

Each person says three things about themselves, two of which are true and one which is not. The other players have to decide which 'fact' is false.



Write your game ideas in here...

Questions children might ask

Why did he do it?

Reasons for why we do things are enormously complex. It may be that you are still asking this question for yourself. Try to read between the lines of what the child is saying. They may be seeking reassurance that it wasn't their fault.

If Daddy loved us, he wouldn't have gone away.

It's easy to see how children's logic can work this way. They will need to be reassured that the person who has gone to jail is still part of their lives, and that they still love them. You could talk to them about the reasons behind the person's actions if it is appropriate, or about how as humans, we all make mistakes. Try not to make excuses for the person though – the child still needs to understand that there are consequences to everyone's actions.



If it happened a long time ago, why do they have to go to prison now?

With many 'historic' offenses now coming to court and resulting in a prison sentence, children may be confused about why something that happened a long time ago is having consequences so long after. You may need to explain that the rules are that it doesn't matter when you broke the law, it was still broken. Sometimes we don't find out that the law was broken until later on, because no-one knew or said anything at the time. The person still has to face the consequences, even though it was a long time ago.

When are they coming home?

It is helpful to be realistic with children. You and the person in prison may think that they will be released on license earlier than their release date. Whilst this is a possibility, it's best to be honest with children that it might be a long time. If you know the date, you might want to count down on a calendar or make a diary so that you can prepare together.

How can I speak to them?

Explain to children that they will be able to write letters and speak to the person on the phone, if this is what you have arranged to do. It might be helpful for them to know that the person in prison does not have a mobile phone like they might have before, and that they have to share phones with others. This means that they can only call at certain times of the day, and that you can't ring or text them. Do explore Prison Voicemail and E-mail-A-Prisoner options, details of which are available at the end of the book.

What other questions might they ask?

Coming home

Lots of families tell us that one of the most difficult parts of someone going into prison is the time that they come home. This may seem like a happy time, being reunited, but it can come with all sorts of worries and concerns for you, the person coming home and the children.

It is worth taking time to prepare yourself for the person coming home as far in advance as you can. Children may have become used to sleeping in a different bed with the other parent, or they may be returning home after being in the care of a grandparent or foster family. They may have had extra responsibility which they will no longer need to have, or have chores that they are no longer required to do. Different children will cope differently and will need different support.

As with the changes when someone went in to prison, so children may change when they come out, and display some of the same sorts of behaviours. Be patient with them as everyone adapts to the new situation. One family helpfully described this as being like toothpaste – when you squeeze out a tube of toothpaste, you can never put it back in the tube. It can help to realise that things will never go back to exactly how they were before.

“I was excited to have my Daddy come home but it was weird and he smelt different. My sister was a baby when he went to jail and she cried because she didn't remember who he was.”

Talk to children about when the person comes home and what changes there may be. Be honest and explain that it will take time for the person to adjust to being back at home.

If the person is not coming home for whatever reason, explain to children the reasons for this in an age appropriate way. It is best to be as honest as possible without frightening them.

Talk to the person coming home and try to plan for the first few weeks. Let them know about the changes and agree together how you will deal with them.

Plan:

4 weeks before release	3 weeks before release	2 weeks before release	1 week before release

Some practical things that may help

On the next few pages are some things that might help you in supporting children who have a loved one in prison.

You can photocopy these if you wish to, or just cut out ones you think are helpful. You can do the activities with children, or if you think they are able to, perhaps you feel that they would like to do them by themselves.

It's a good idea to make sure that children know they are able to show them to you and talk about them if they want to, but be prepared for children to want to keep things private too.

It's normal to miss someone when they go away. Draw a picture of the person you are missing here.

Missing you

You could write some words to describe them, or maybe write a poem about them here.

Worry bag

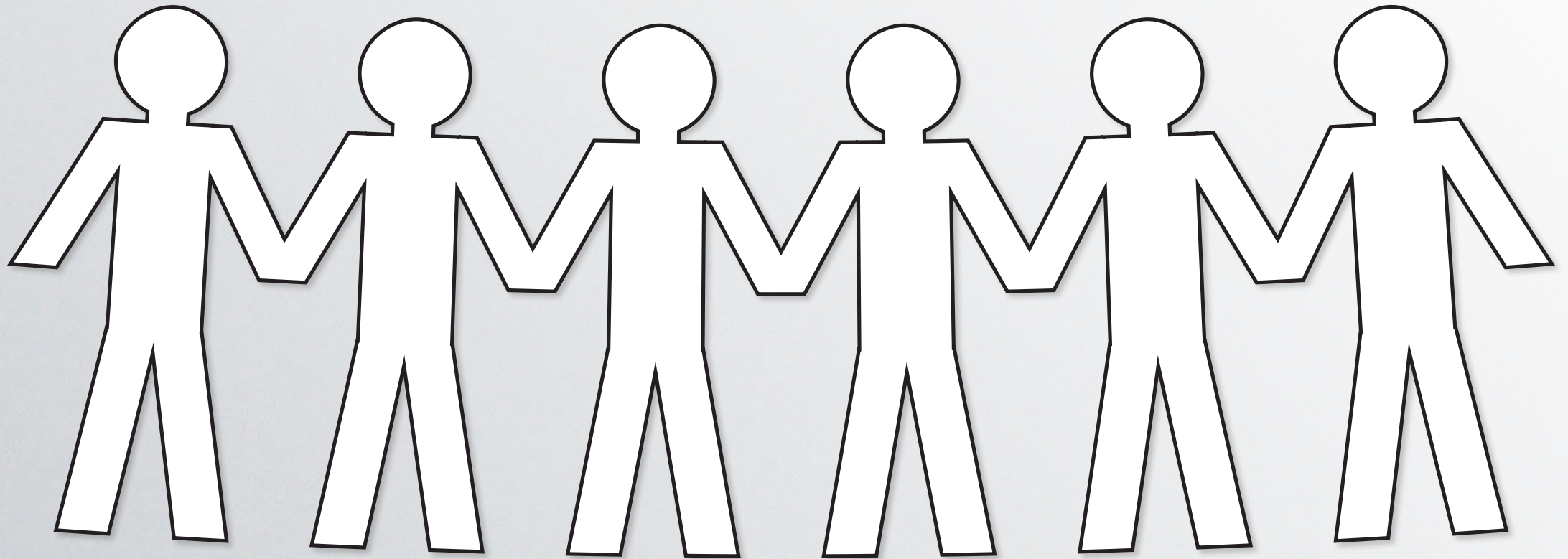
Sometimes when big changes happen in your life, you can start to be worried about all sorts of things, as well as the usual things you've got to worry about!

Draw or write all your worries in this worry bag.

You might want to make your
BIGGEST worries bigger
and your smaller worries smaller.



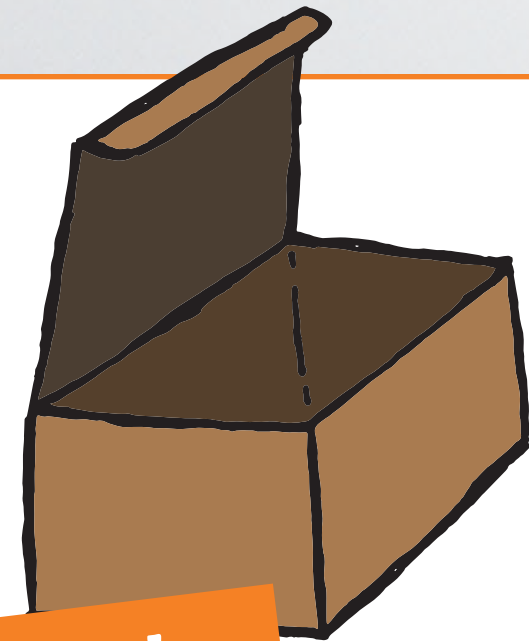
People who can help me



These are the people who can listen to your worries and will help you when you're feeling angry or sad.

Who are they? Draw or decorate them.

Make a memory box



Step 1.

Find a box that is big enough for you to fit everything you want to keep in it.

Step 2.



Decorate the box with wrapping paper, paint, shiny tin foil or anything else you can think of.

Step 3.

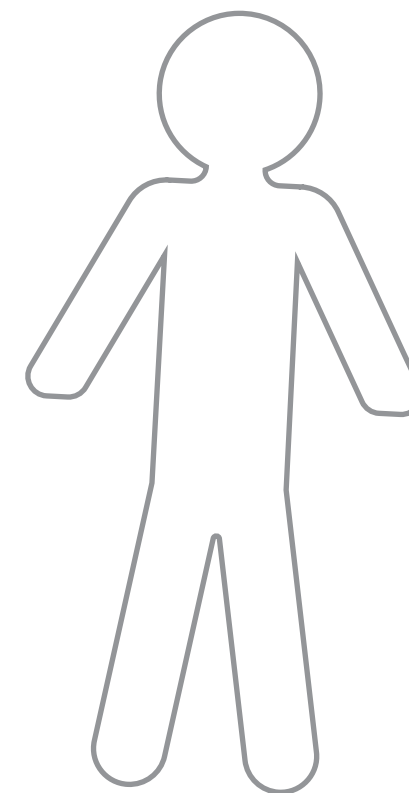
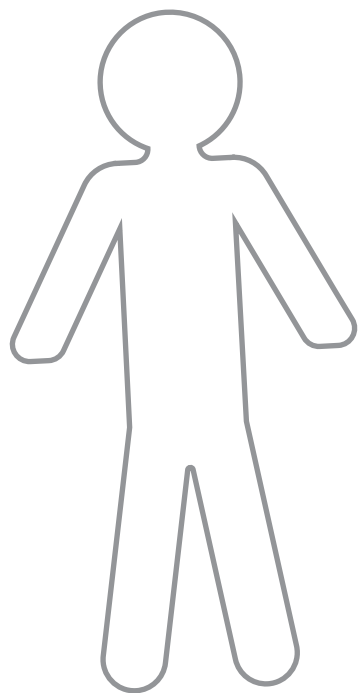


Use it to gather things that remind you of the person that you are missing. You could fill it with letters from that person, photographs, their favourite song, write memories of things you did together or times they made you laugh.

Invisible string

When we are apart from someone we love, it can help to think that we are still connected to them by an invisible string. We still love them, and they still love us. It's a string that reminds us that we are still together, even when we can't see each other.

Draw you and draw the person you are missing. Draw the string between you. What feelings and memories is your string made of?



Cells



Kitchen



Classroom



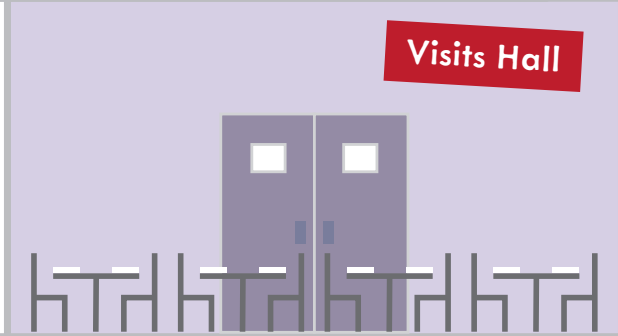
Association room



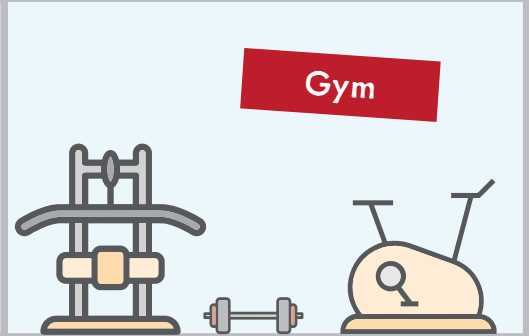
Doctor



Visits Hall



Gym



What is prison like?



Football Pitch

Draw your bedroom...

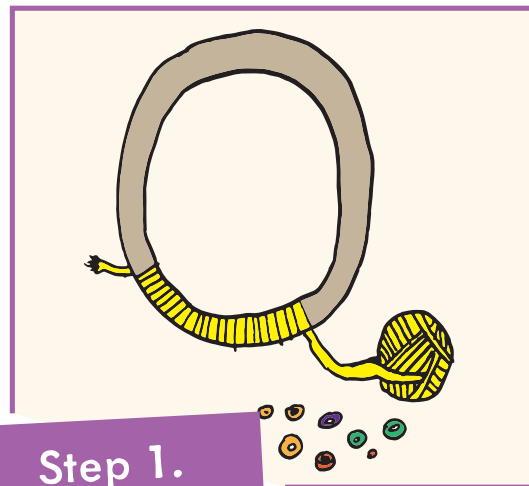


Draw what you think a bedroom in jail looks like...



Make a dream catcher

The dream catcher legend says that these decorations catch the bad dreams in their patterns, and only let the good dreams through. You might want to make one of these if you are having bad dreams or nightmares.



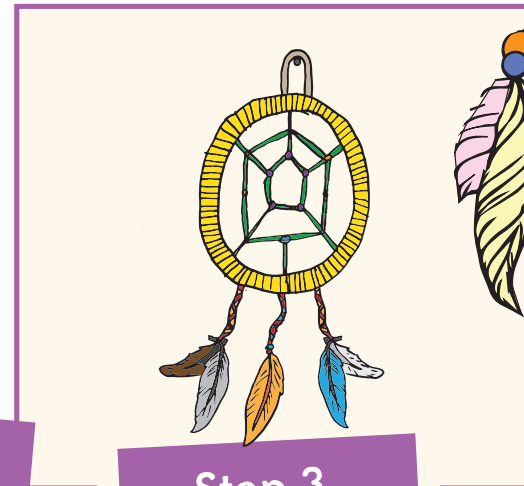
Step 1.

Cut out an 'O' shape out of cardboard or a paper plate and wind coloured string around it. Cross some of the string across the middle, like a web. You can thread beads on too if you like. This is the bit that catches bad dreams.



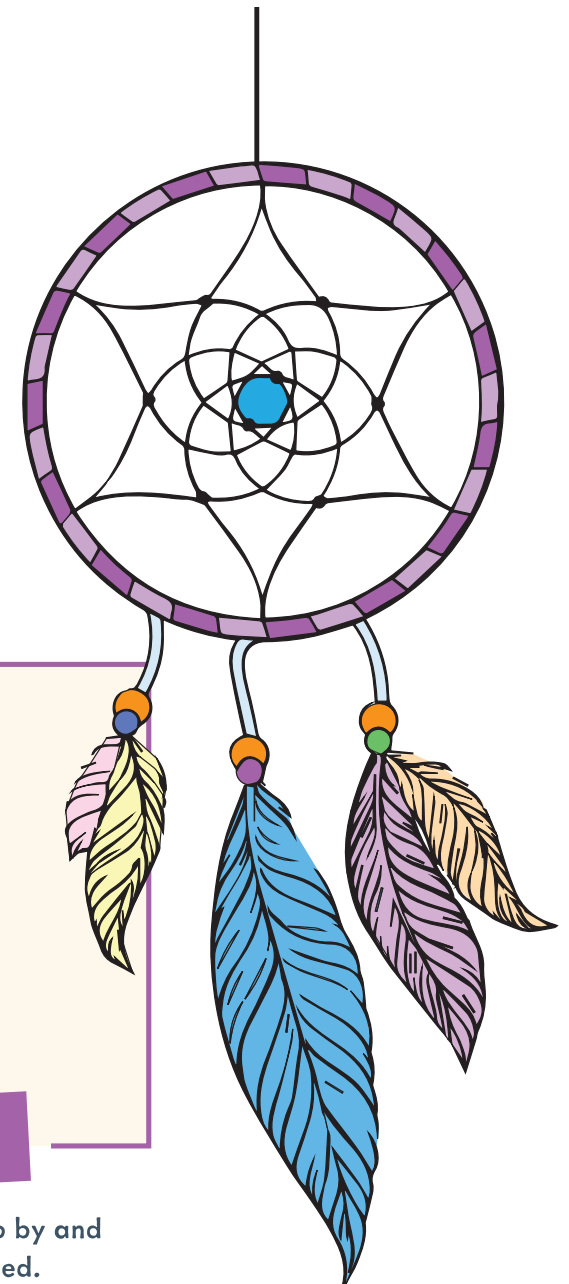
Step 2.

Make three plaits from coloured string and tie feathers to one end. Tie the other end to the bottom of the dreamcatcher. These are the bits that the good dreams flow down.

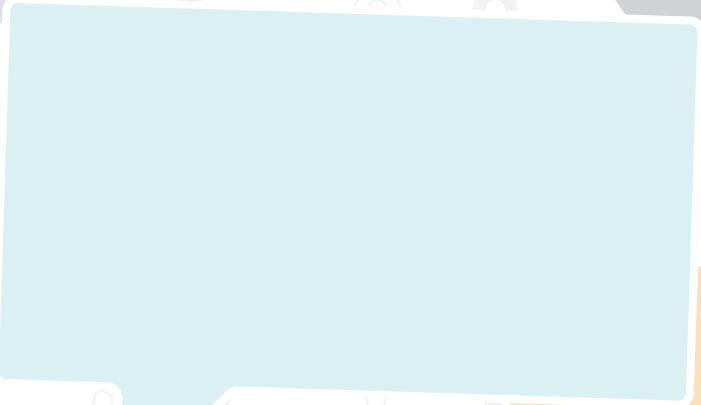


Step 3.

Make a loop to hang it up by and hang it above your bed.



Questions I want to ask...



**Write a letter or
draw a picture
for the person
in jail.**

A journey



The Law

Adults have a set of rules called 'the law'. They are there to keep everyone safe and to make everything fair. If an adult breaks the rules, it is called 'breaking the law'. They have committed a crime.



A Crime

Doing something that is against the law is called a crime. Can you think of some things that might be against the law?



Sentence

This is what the judge thinks is a suitable punishment for the person for breaking the law. They may have to pay money (called a fine), to do some work for free (called a community sentence) or they may have to go to jail. The judge decides how much to pay, or how long to go to jail for. It depends on what the person has done.



Prison

A prison, or jail, is where people who have broken the law go. There are special people called prison officers, who look after them. There are other people who help them too, to learn about the law and help them to understand why they should not break it.



Release

When a person is let out of prison, it is known as being released. They will have a date that they will be let out, and this is called their release date.





Arrested

If someone has committed a crime, they might be arrested by the police. This means that the police are allowed to take them to a police station to ask them questions about what they have done.



Court

If the police think that the law has been broken, that person might go to court. A court is a place where a judge can hear evidence that the person has committed a crime.



Witness

Someone who saw the crime happening is called a witness. They might go to court to tell the judge what they saw.

Evidence

Police might show the judge photographs or other clues that a crime has happened. This is called evidence. It means that the police can prove that the law has been broken.



Judge

The judge listens carefully to what everyone has to say. He knows all about the law and can decide if the rules have been broken.



Probation

When people get out of prison, they usually have to be 'on probation'. This means that there is a special person called a Probation Officer who looks after them and makes sure that they are ok when they are released. They will have to see the person now and then to check how things are going.



Tag

Sometimes people are released from prison but they have a special box attached to their ankle called a 'tag'. They might have to be home by a certain time, and might not be allowed to go to some places if their Probation Officer thinks that they might break the law again. The box is small and you can't see it if it's hidden by their clothes. They don't have to wear it for ever, just until their Probation Officer says so.

Children's rights

"Rights" are things every child should have or be able to do.

These rights are listed in something called the UN Convention on the Rights of the Child. Almost every country has agreed to these rights. All the rights are connected to each other, and all are important. Adults must respect your rights and make sure that they do what's best for you.

The list of rights are called 'articles', and there are lots of them. When someone goes to jail, these are important rights to remember.

You can find a list of all the rights online at www.unicef.org.uk



Article 2 - All children have rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly.

Article 3 - All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

Article 5 - Your family has the responsibility to help you learn to exercise your rights, and to make sure that your rights are protected.

Article 9 - You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

Article 10 - If you live in a different country than your parents do, you have the right to be together in the same place.

Article 12 - You have the right to give your opinion, and for adults to listen and take it seriously.

Article 13 - You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

Article 18 - You have the right to be raised by your parent(s) if possible.

Article 20 - You have the right to special care and help if you cannot live with your parents.

Article 27 - You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

Article 31 - You have the right to play and rest.

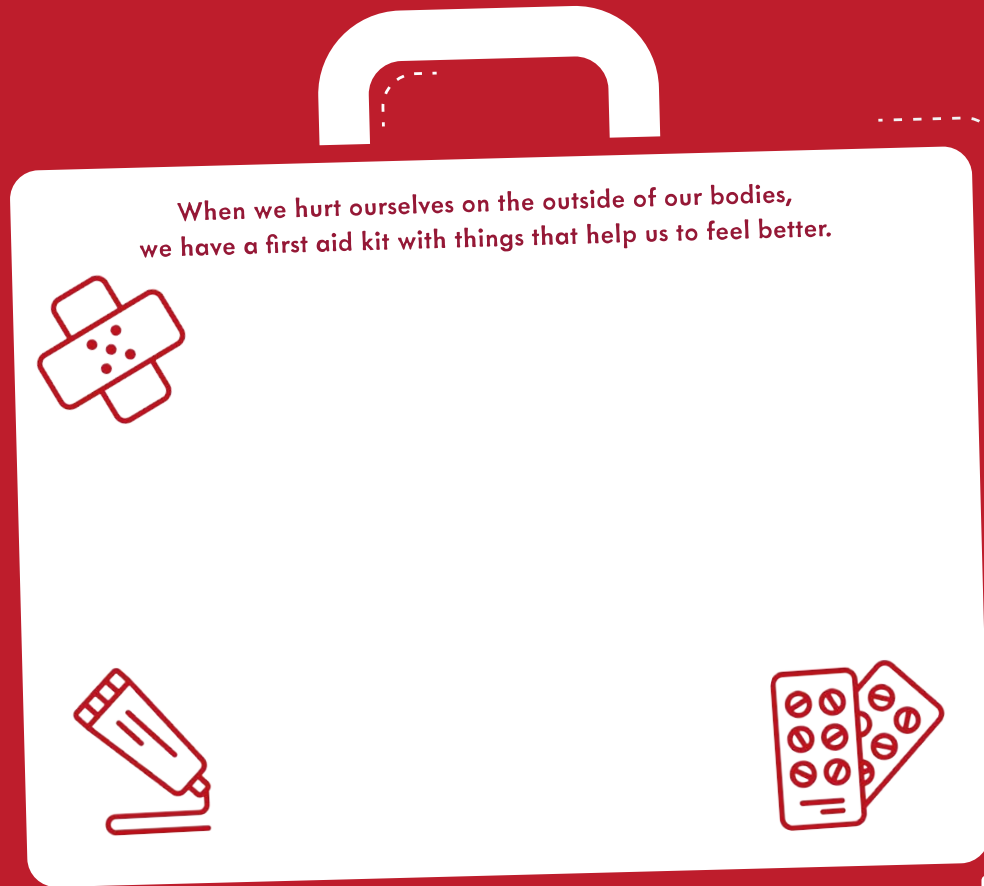
Article 37 - No one is allowed to punish you in a cruel or harmful way.

Article 40 - You have the right to legal help and fair treatment in the justice system that respects your rights.

Article 42 - You have the right to know your rights! Adults should know about these rights and help you learn about them, too.



My first aid kit



Ideas: my favourite songs



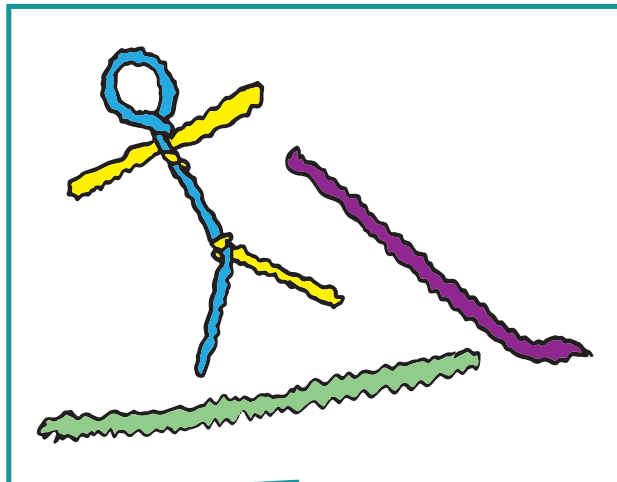
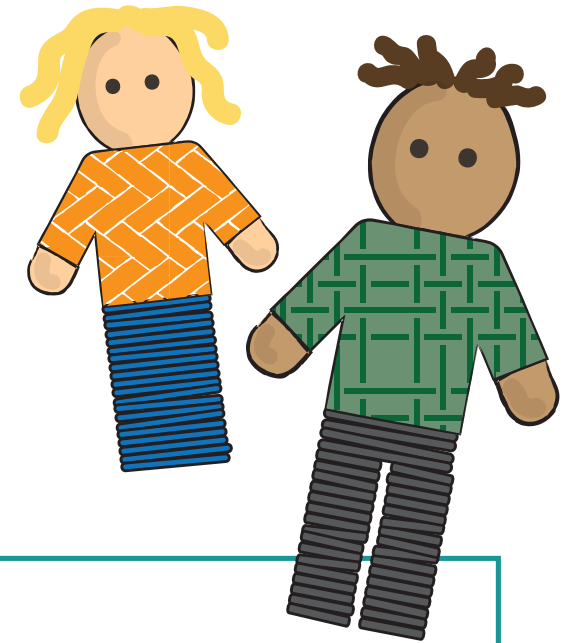
Ideas: my favourite toy

Ideas: my favourite sweets

Draw what would you put in your first aid box for when you are feeling sad.

Make some worry dolls

Worry dolls are little things that we can tell our worries to. They will keep them so we don't have to worry about them any more. They are very good to tell your worries to before you go to sleep so that you can get a good night's rest while they take care of your worries for you!



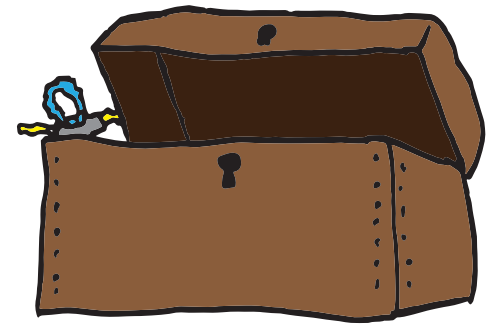
Step 1.

Make a little person shape out of anything you can find. You might want to use clay, pipe cleaners, or use a wooden spoon. You could use some twisted paper, pegs or perhaps you already have a little doll you would like to use.

Step 2.



Dress and decorate your worry doll. You might want to wrap some material around it, make a dress or suit, give it a face and some hair. It's entirely up to you what you want your worry doll to look like.



Step 3.

Keep your worry doll in a safe place where you can whisper it your worries when you most need to.

William the Bear

William knows what it's like when someone you love goes to prison. He can answer any questions you may have about jail, and is even there if you just need someone to listen to how you are feeling.

Contact William:

By Post:
William the Bear
29 Peckham Road
London
SE5 8UA

By E-mail:
askwilliam@prisonadvice.org.uk

Find him on Twitter:
@AskWilliamBear

See him on Facebook:
Search for "William the Bear"



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To my teacher,

_____ has had to go to jail and lots of things have changed. Here are some ideas of things that you can do. I have ticked the ones I think will help just now.

- I would like to talk to _____ about what has happened but I need some help.
- Give me some space because its hard for me to think about other things right now.
- Allow me extra time with some work because things are hard at the moment and it can be difficult to fit it in.
- Tell other teachers so they know why I might be upset.
- Notice if I am feeling lonely or upset and help me to feel better.
- Send _____ a copy of my school report so they can see how I'm doing.
- Remind me that its not my fault.
- Give me a break if I'm acting a bit strangely because I'm feeling very confused right now.
- Help me to laugh and have fun.
- Understand if I need to visit _____ in school time.

What would really help me today is: _____

Please understand that this is for now and my needs will change. Please check up on this as time moves on. Thanks for reading and trying these. They do help me although it may not always look like they do.

Charity registration number 219278

Pact, The Employment Academy, 29 Peckham Road, London, SE5 8UA

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Keeping in touch

www.prisonadvice.org.uk

www.prisonadvice.org.uk/children-and-young-people

William's Visit

www.prisonadvice.org.uk/my-family-member-is-in-prison

Free Helpline for Prisoners' Family and Friends

0808 808 3444

Add your own contact numbers for local services

Useful contacts

'Someone in My Family has Sexually Abused Children'

Available from i-hop website:

www.i-hop.org.uk

Locate a prisoner:

www.gov.uk/find-prisoner

Email a prisoner:

www.emailaprisoner.com

Prison voicemail:

www.prisonvoicemail.com

Assisted Prison Visits:

www.gov.uk/help-with-prison-visits

Inside Time:

www.insidetime.org

About Pact

Who are we

Pact is a national charity that provides support to prisoners, people with convictions, and their families through a range of services, including:

- Prison-based family engagement workers.
- Prison visitors' centres.
- In- prison visitor support, supervised play, catering and enhanced family activities.
- Prison and community based relationship and parenting education programmes.
- Court and community family support.
- 'Through the Gate' and community based mentoring and befriending programmes.
- National helpline and digital information service

Our vision

Our vision is of a society in which justice is understood as a process of restoration and healing, in which prisons are used sparingly and as places of learning and rehabilitation, and in which the innate dignity and worth of every human being is valued.

Our mission

Our mission is to support prisoners and their families to make a fresh start, and to minimise the harm that can be caused by imprisonment on people who have committed offences, on families and on communities.

In an average year we...

6000

Support over 6,000 people through the Pact Helpline.

58

Work in 58 prisons and 10 Community Rehabilitation Companies.

36,952

Provide information, advice & guidance to 36,952 family members in prison visitors' centres.

116,113

Support 116,113 family members to maintain contact with loved ones in prison.

2644

Support 2644 families in court thanks to our court volunteers.

20,326

Support 20,326 children to visit family members in prison.

661

Provide relationship and parenting education programmes to 661 prisoners and their family members.

Our values

- **Believe:** To respect the innate dignity and worth of every human being, and believe in the possibility of their rehabilitation and redemption, no matter what they have done.
- **Listen:** To consult and involve users of our services to ensure that we remain responsive and sensitive to their needs.
- **Respect:** To respect and value diversity and promote equality of opportunity.
- **Co-operate:** To be a collaborative organisation, working co-operatively and in a spirit of partnership with the Prison Service and organisations with whom we share objectives and where this may result in improved outcomes.
- **Learn:** To be a learning organisation, committed to developing our people, and to learning from others and from each other.
- **Excel:** To provide quality services, and to monitor and evaluate our work.
- **Involve:** To encourage and facilitate the involvement of volunteers and community and faith-based organisations to harness the goodwill, skills and energies of individuals who share our goals and values.
- **Connect:** To break down barriers between the prison system and communities.
- **Create:** To be innovative and develop models of working and best practice which may be mainstreamed by Her Majesty's Prison Service and others.

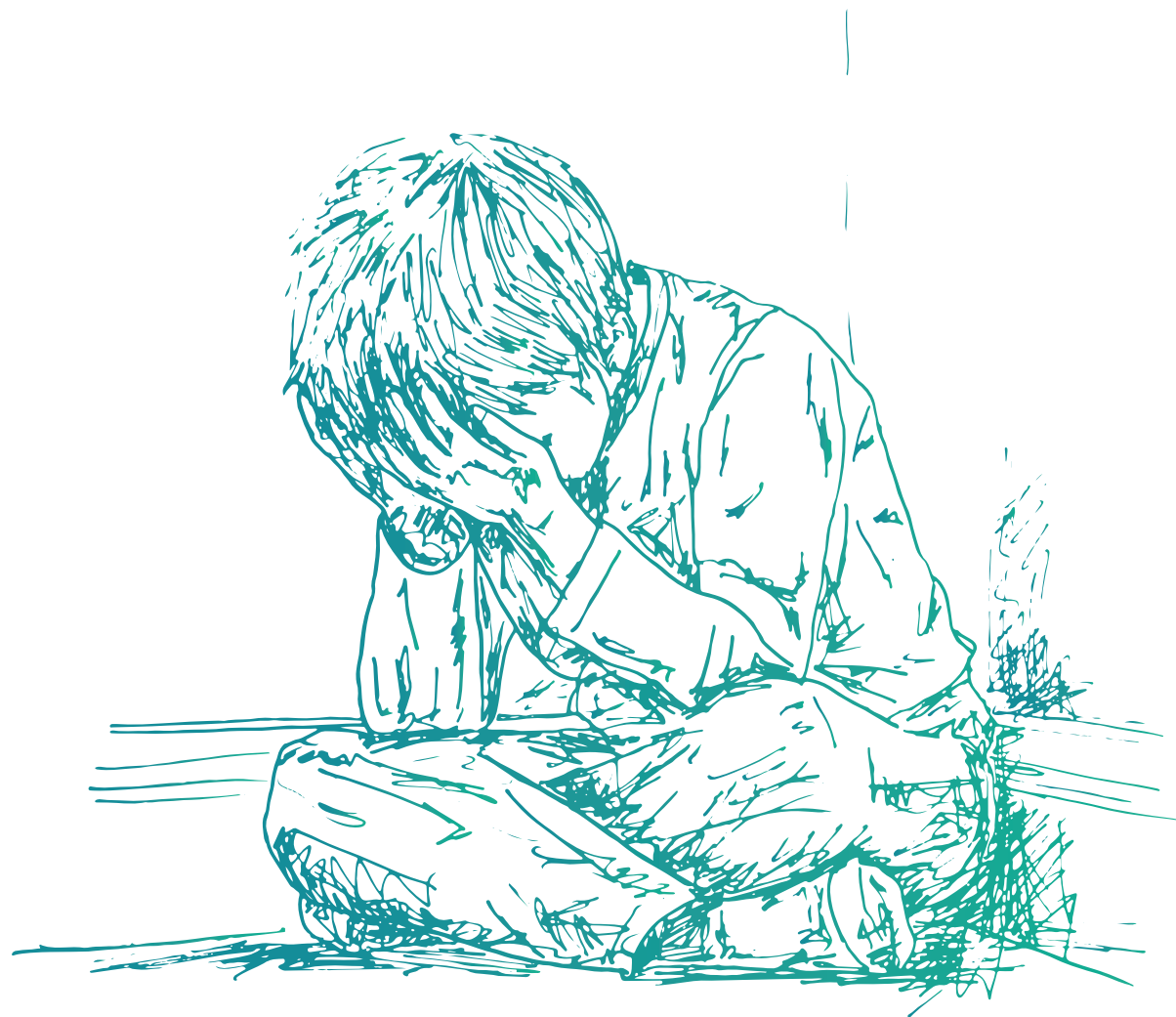


When someone goes into prison, it can be a very hard time for all involved. One of the biggest concerns can be whether to tell children, and if so, how.

This book is designed for parents, carers, professionals and children who are dealing with having a loved one in the criminal justice system. It combines information and advice for adults with practical activities that might help children to understand their situation.

Written by Joanne Mulcahy

Designed by Tim Powell



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