

Supporting Young People With a Parent in Prison: What Young People Want You to Know

We need space to talk

There may be things we need to say but we can't always talk freely at home. We would like to be able to talk openly to someone who won't judge us.

We don't have to take sides

We can still love our parents in prison and be good people. There's no crime too heinous to stop us loving our parents.

Our priorities have changed

Some of us take on new roles in the household. We might be cooking, cleaning, caring for younger siblings or making sure our remaining parent is OK. We may forget to do our homework or lose our PE kits! Give us a break.

We still need support even after release

Don't expect us just to 'cheer up' just because our parents have been released. We can re-live the trauma of imprisonment years later. Continued support after release is vital.

We need people to trust

We want to be able to talk but we don't want our stories shared with social services or other professionals unless it's necessary.

We deserve to know the truth but don't tell us more than we can handle

Tell us the facts in a way we can understand, but don't try to convince us if we don't believe you. We will take it in when we are ready.

Don't judge us

You may think you know what prisoners' families are like. But you don't. We come from diverse backgrounds and have different experiences.

We have the power to change our lives

This experience could define our lives - but it doesn't have to be in a bad way. We can turn this round! We can determine our own future. Believe in us.

Steps to Success

Help us set goals and aspirations. We need something to focus on to help us think to the future and shape our lives for the better.

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