



Make the
law work
for **YOU**

Your rights in custody

Everyone has rights, including young people in prison.

The law is also there to protect you.

Ask yourself these questions if something happens to you:

Does it feel right?

Does it feel fair?

If the answer is no, then read this guide.

The law says that if you are under 18 in custody, you must:

- be kept safe
- feel cared for and respected
- have your feelings and views listened to
- be treated fairly
- get education
- be supported to keep healthy
- get help when you are sick
- be supported to prepare for release
- feel able to speak out when something is not right

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**Howard League
for Penal Reform**



**Believe in
children
Barnardo's**

Your rights in custody

Your rights in custody are protected by law. Here are some examples of your rights. Ask for help if your rights are ignored or disrespected.

If you feel unsafe



Tell an adult; staff or social services must take action. Please speak to Barnardo's if you do not feel you can talk to staff.

You have the right to:

- feel safe in custody
- be protected from physical, emotional or sexual harm

If you have a problem with your regime



Ask for support from Barnardo's or a lawyer.

You have the right to:

- education
- social time
- exercise
- fresh air and time outside
- contact with people who are important to you

If you feel use of force/restraint was unfair



Ask for support from Barnardo's or a lawyer.

You have the right to:

- only be restrained to stop harm and only with as much force as is needed
- understand why you were restrained
- see healthcare when you are restrained

If you have an adjudication (nicking) in a YOI



Ask for support from Barnardo's or a lawyer.

You have the right to:

- tell your side of the story
- be represented by a lawyer in front of an outside judge
- get legal advice before a hearing in front of a Governor
- ask about legal aid
- get advice to appeal decisions you think are unfair

If you do not feel cared for and respected



Ask for support from Barnardo's or a lawyer.

You have the right to:

- receive medical care
- **not** be treated unfairly because of your
 - needs
 - race
 - religion
 - gender
 - sexuality

If you need help with release plans



Ask for support from Barnardo's or a lawyer.

You have the right to:

- a plan for your release that meets your needs
- be involved in planning for your release from when you first come into custody
- suitable accommodation
- a release plan to be available well in advance of
 - a bail application
 - your release date or your early release
 - parole

Who can help you and how



Call our helpline
FREE
and Confidential

0808 168 2694

Anytime.

We will respond to
all the messages you
leave us.

Barnardo's Your Rights, Your Voice, is a service for you. It is run by Barnardo's which is a charity working with children and young people. We are independent of the prison or secure training centre you are living in.

We are here to make sure that your voice is heard and to tell you about your rights.

We can speak out for you, help you make complaints, support you at meetings and make sure you are treated fairly.



Call our helpline
From a YOI, it's FREE
0808 801 0308

From an STC
0207 249 7373

We are open week
days.

The Howard League for Penal Reform is outside the prison. It is independent and we are a team of lawyers who can give you **free and confidential legal advice.**

We can help you by:

- explaining the law
- contacting professionals
- complaining
- taking legal action to sort the problem out