

Restraint

Why was I restrained?
Was the use of force legal?
Can I get a debrief?
Can I see healthcare?

Release

Where will I live on release?
What about education, benefits and support on release?
Can I get ROTL or mobilities?
Can I change my licence conditions?

Adjudications

Can I get legal advice for a Governor's adjudication?
Can I have a lawyer at the hearing?
How can I appeal a nicking?

Regime

Can I get more education?
Can I get more exercise and gym?
How can I get more time out of cell?
How can I get on courses?

**Your rights
in custody
Ask for help**

Fairness

What if I feel I am treated unfairly because of my disability, race, religion, gender or sexuality?
What if I feel nobody is listening to me or supporting me?

Safety

Who can help if I feel unsafe?
What if I have issues with other young people or staff?
What if I am bullied?