



**KNOW YOUR
RIGHTS WHEN
ENTERING
CUSTODY**



WHAT YOU NEED TO KNOW



The law says that if you are under 18 in custody, you still have human rights. **Those rights give you protection and mean the prison must:**

KEEP YOU SAFE

You have the right to be kept safe. This includes helping you create positive relationships within custody with your personal officer to prevent bullying and violence to help you feel safe and looked after.

MAKE SURE YOU FEEL CARED FOR AND RESPECTED

While in custody you have the right to be cared for and respected by all officers. This includes having a say in the decisions made about you and being involved with your custody plan when in custody and upon release.

LISTEN TO YOUR FEELINGS AND VIEWS

You have the right to be listened to and have your voice heard in matters that involve you. This can be within your education, family relationships, personal development and plans upon release.

TREAT YOU FAIRLY

No matter what you have done or who you are, you have the right to be treated fairly. This means that you should get all the things you are entitled to and you should not be discriminated against.

PROVIDE YOU WITH EDUCATION

You have the right to education while you are in custody. This includes learning new skills to help you progress upon release, gaining national recognised qualifications and improving your view towards education.

SUPPORT YOU TO KEEP HEALTHY

You have the right to keep a healthy lifestyle in custody. This includes gaining skills in developing a new routine, learning, and taking part in exercises. Also team building skills to help you when you're back in your community and learning new ways to help you interact and get on better with others.

HELP YOU WHEN YOU'RE SICK

You have the right to access a range of health services to make sure you have the correct help while in custody. This includes mental health team, sexual health team, dentists, psychiatrists, nurses and doctors.

SUPPORT YOU FOR YOUR RELEASE

You have the right to be fully supported upon your release. Reintegration officers will engage with you during your stay to fully support you upon your release. This will help you build new skills and ways to cope to promote a positive return into your community.

HELP YOU FEEL ABLE TO SPEAK OUT WHEN SOMETHING IS NOT RIGHT

You have the right to raise awareness of any issues you feel uneasy about while in custody. This can be done through speaking with your personal officer or launching a complaint form. A peer mentor or youth worker can tell you more about this.

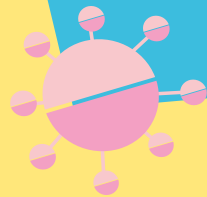
You can fill out a PCF1 which goes to hall staff then the hall manager. A PCF2 goes straight to the Governor and has to be addressed within a week.

If you aren't happy still, you can ask youth workers/staff for information about how to make a complaint to the Internal Complaints Committee (ICC) or the Ombudsman.

Thanks to the young people of Youth Justice Voice's Inside Out project (HMPYOI Polmont) who contributed to this guide.

It is really important to know that as a young person in prison you still have rights during Covid-19, so far as they can be safely delivered.

It's important that you still get your rights to:



▶ EDUCATION

▶ EXERCISE AND FRESH AIR

▶ PHYSICAL AND MENTAL HEALTHCARE

▶ CONTACT WITH YOUR FAMILY, FRIENDS AND LEGAL

▶ ADVISORS, SOCIAL WORKERS

▶ LEGAL ADVICE BEFORE DISCIPLINARY ACTION

(IN PRISON OR COURT OR AT PANELS)

**CHILDREN &
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