

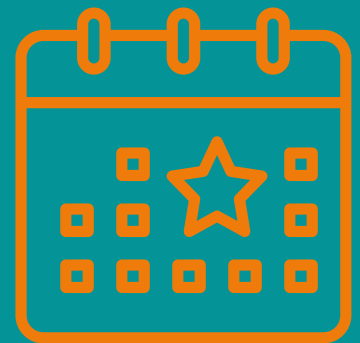


Young People's Peer Support Group

Weekly Peer Group Support sessions via chat/video call

Support, understanding and a chance to meet people of your age going through similar experiences

Guidance from trained Pact staff/volunteers, who can help you find further support if you need it



Will my parent/carer have to join in with me?

Parents/carers have to give consent for you to join the group, but they won't be involved, and we ask them to be in a different room from you when you take part.

Do I have to speak if I don't feel like it?

Sometimes you might just want to listen. Sometimes you might have something to say to support someone else. One day you might want to share some of your story. Everyone is different, and we want you to take things at your own pace.

What if the other young people don't understand?

Every young person in the group will be there due to their own experiences of a loved one in prison or the criminal justice system. The journeys and stories of each person will be different, but the purpose of the groups is to be with people who understand the impact of it.

I don't want people sharing things about me or repeating what I've said

Everyone in the group agrees to commit to our core values, one of which is confidentiality. In the group, you can use a different name or username. Pact will have your personal details but won't share these with anyone in the group. We won't share anything you tell us unless there is a safety risk to you or someone else and we'll talk to you about this first.

Core Values of the Peer Support Group

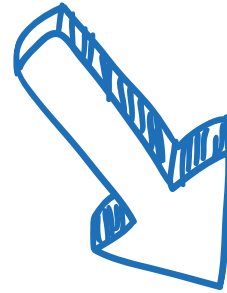


1. **Mutual respect** for everyone in the group. We want to create a safe space where everyone is free to talk openly about their worries and experiences.
2. **Diversity of Opinion**. We won't always agree with each other, but we need to allow space for everyone to express themselves without criticism.
3. **Understanding**. Talking about personal experiences isn't easy. We ask that everyone tries to show understanding and care toward one another.
4. **Listen**. None of us has all the answers, but we can all listen and make sure people feel heard.
5. **Value Confidentiality**. Everyone needs to feel able to talk openly so we ask that what is said within the group, stays within the group.

How do I get started?

Email

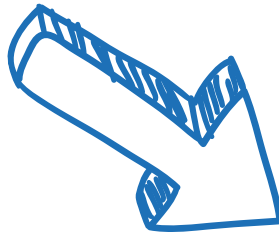
befriending@prisonadvice.org.uk
to let us know you're interested



We'll arrange a video call with you and your parent/carer to give you some more information and answer any questions you might have



We'll ask you and your parent/carer to sign a consent form



We'll get you a date to join your first session