



## CHILD IMPACT ASSESSMENT

Support for children with a mum who's been arrested, has a court appearance, is serving a community sentence, is in prison, or is being released from prison

# Introduction

If the person looking after you is arrested, or goes to court, or goes to prison, it can be really hard. It is helpful to remember that what has happened is **not your fault** and also that **you are not alone** – this happens to lots of children and young people each year. Here are some of the things children in this situation feel:

- “Everything has changed, and I miss the way it was.” (sadness);
- “I really miss my mum.” (grief);
- “I don’t want to be apart from my mum.” (anxiety);
- “I just don’t understand what’s happening.” (panic);
- “I can’t get the images of mum being arrested out of my head.”; “I hate going to the prison.” (trauma);
- “Where will I live? How will Gran cope looking after me?” (worry);
- “I can’t speak to anyone about what’s happened because they might judge me.” (shame);
- “Why did my mum do that? Why was she taken away like that?”; “I don’t want anything to do with her.” (anger);
- “What if my friends find out? What will they think?” (embarrassment);
- “I’m too scared to talk about mum or ask any questions about what happened.” (fear);
- “Why am I not being told the truth about what’s happening?” (confusion);
- “Everyone at school has seen what happened online so I can’t go out any more.” (social isolation);
- “It’s actually a bit easier at home now that mum’s away. There are fewer arguments.”; “At least I know where she is now.” (relief);
- “Is this my fault?” (guilt);
- “I feel I’ve got to keep this a secret but I don’t want to.” (burdened); and
- “It’s just all too much, especially because I’m helping out more at home.” (overwhelmed).





You might feel a mix of some, or all, of these emotions (and maybe other feelings too), and you may feel them all at the same time.

You may have heard people saying things about your mum or your family. Talking about how you feel can help.

You might feel differently to other people in your family: that is ok, as everyone is different. There is no right or wrong way to feel when something like this happens.

***"It was heartbreaking when mum went to prison.  
I wish I'd had more support."***

***(Aliyah, aged 13)***

**This Child Impact Assessment is about making sure children and young people who have experienced having a mum arrested, or in court, or serving a community sentence, or sent to prison, or released from prison (or all of those) get the help they need.**

By filling in this form, you will be helping the people whose job it is to help children in your situation do it better. Most importantly, you will have an opportunity to talk about your feelings, ask any questions, raise any worries you have, and get the help and support you feel you need at the time that you need it. It is something that you can come back to again and again, as your thoughts and feelings may change over time. You may prefer to draw a picture to describe how you feel, rather than use words - the important thing is that this is about you and what's right for you!



# Child Impact Assessment



## PART 1 - About me

Name		Address	
Name I like to be known as			
Date of birth		Gender	
Name of school / nursery		Brothers or sisters (or other children I live with)	
Name(s) of adult(s) I live with		Contact details of adult(s) I live with	
Name of person helping me to fill in this form			

## More about me

I am happiest when...	I really like...
Someone who knows me really well is...	When I am older, I would like to...

## PART 2 - About what has happened



### a) "My mum was arrested."

How do you feel about your mum's arrest?

What questions do you have about your mum's arrest?

**How are you doing?** *(You may find it easier to answer this on a scale of 1 to 10, where 10 means you are coping really well and 1 means you are finding things really difficult.)*

Is there anyone who could help you right now? What could they do?

Is there anything you would like mum to know right now?

If you're not living with mum, is there anything you would like the person looking after you to know?

Is there anything else you would like to talk about? *(This can be anything that is on your mind and might not be to do with your mum.)*

## PART 2 - About what has happened



### b) "My mum is going to court."

How do you feel about your mum going to court?

What questions do you have about what happens at court?

**How are you doing?** *(You may find it easier to answer this on a scale of 1 to 10, where 10 means you are coping really well and 1 means you are finding things really difficult.)*

**Is there anything you would like the people at court to know about you and your family?** *(This may not change what decisions are made, but it can help people to understand how the decisions they make will affect you and your family.)*

Is there anyone who could help you right now? What could they do?

Is there anything you would like mum to know right now?

If you're not living with mum, is there anything you would like the person looking after you to know?

**Is there anything else you would like to talk about?** *(This can be anything that is on your mind and might not be to do with your mum.)*

## PART 2 - About what has happened



### c) "My mum's doing a community sentence."

**How do you feel about your mum doing a community sentence?**

**What questions do you have about your mum's community sentence?** *(You might hear words like 'tag' or 'curfew'.)*

**How are you doing?** *(You may find it easier to answer this on a scale of 1 to 10, where 10 means you are coping really well and 1 means you are finding things really difficult.)*

**Is there anyone who could help you right now? What could they do?**

**Is there anything you would like mum to know right now?**

**If you're not living with mum, is there anything you would like the person looking after you to know?**

**Is there anything else you would like to talk about?** *(This can be anything that is on your mind and might not be to do with your mum.)*

## PART 2 - About what has happened



### d) "My mum is in prison."

How do you feel about your mum being in prison?

What questions do you have about your mum being in prison and her time there?

**How are you doing?** *(You may find it easier to answer this on a scale of 1 to 10, where 10 means you are coping really well and 1 means you are finding things really difficult.)*

Is there anyone who could help you right now? What could they do?

Is there anything you would like mum to know right now?

Is there anything you would like the person looking after you to know?

Is there anything else you would like to talk about? *(This can be anything that is on your mind and might not be to do with your mum.)*

## PART 2 - About what has happened



e) "My mum is being released from prison."

How do you feel about mum being released?

Do you have any questions about mum being released?

**How are you doing?** *(You may find it easier to answer this on a scale of 1 to 10, where 10 means you are coping really well and 1 means you are finding things really difficult.)*

Is there anyone who could help you right now? What could they do?

Is there anything you would like mum to know right now?

Is there anything you would like the person looking after you to know?

**Is there anything else you would like to talk about?** *(This can be anything that is on your mind and might not be to do with your mum.)*



## **PART 2 - About what has happened**

Sometimes it is easier to draw how we feel than to say it. This is a place for you to draw a picture about what has happened to you, how you are feeling or how you are doing (only if you would like to). You may want to draw more than one picture or return to the picture later and change it if that helps. You may prefer to write a story or a poem - anything that helps you express how you are feeling!



## Helpful resources

There are some resources to help children who have been affected by having a family member arrested, appearing in court, going to prison, serving a community sentence, or being released from prison, but they are not always easy to find, and there is not a lot of information for children specifically about having a mum in prison. The person filling in this form with you has a list of resources and organisations that may be of help.

A group of children from [Time-Matters UK](#) got together to create [Safe Together](#), a self-help booklet which was written by children with a parent in prison to help other children going through that experience. It has lots of practical suggestions for how to cope when a family member is in prison.

## Acknowledgments

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***"Sentencers should know about the children.  
You get victim impact statements. What about  
a child impact statement in the child's own  
words or even with pictures?"***

*(A mum who's been in prison)*

