

### Creating Safer Spaces for Children of Incarcerated Parents

- ▶ More than 10 million children in the U.S. have experienced their parent's incarceration or their parent being under correctional supervision. About 1 in 28 children have an incarcerated parent, making it likely you will come in contact with children of incarcerated parents. But, you may never know it because these children often remain invisible due to the stigma associated with incarceration. These guiding tips will help you create a safer space where children and families feel comfortable disclosing and expressing their emotions without feeling judged, blamed, or labeled.

#### BE A ROLE MODEL OF ACCEPTANCE

- ▶ Assess your values and beliefs about the incarcerated and their families
- ▶ Examine how your values and beliefs affect your approaches and responses

#### BE AN ACTIVE NONJUDGMENTAL LISTENER

- ▶ Let children lead the conversation and help them talk about their feelings by asking open-ended questions
- ▶ Acknowledge how hard it is to be separated from a parent
- ▶ Don't ask a question just because you are curious

#### USE INCLUSIVE LANGUAGE

- ▶ Use nonjudgmental language, such as a parent who is incarcerated or formerly incarcerated person
- ▶ Avoid *inmate*, *offender*, *convict*, *prisoner*, and *criminal* to describe a young person's parent

#### RESPECT PRIVACY

- ▶ Let children know what they share is confidential and share the limits of that confidentiality
- ▶ If necessary to share information, let the child know and get permission when possible

#### SIGNAL SAFE SPACES

- ▶ Post the *Children of Incarcerated Parents' Bill of Rights* in your office or classroom
- ▶ Include children's books about parental incarceration in common areas, school libraries, classrooms, and offices

**SEE THEM  
SUPPORT THEM**

- ▶ Ask to Give: “If incarceration is an issue that affects your family, please let us know, and we will give you supportive resources.”
- ▶ Listen for common euphemisms: “her mother is away at college,” or “her father is working upstate”

**SUPPORT  
FAMILY  
CONNECTIONS**

- ▶ Support parent-child relationships, which are usually in children’s best interest
- ▶ Support visits, phone contact, and letter writing

**CONNECT TO  
AFTER-SCHOOL  
SUPPORTS**

- ▶ Identify peer groups, counseling, and supportive programs where children can discuss feelings, ask questions, and share experiences without fear of judgment
- ▶ Refer to programs dedicated to supporting children of incarcerated parents and families of the incarcerated

**USE A TRAUMA-  
INFORMED LENS**

- ▶ Understand children experience a parent’s incarceration as an ambiguous and traumatic loss
- ▶ Learn how the criminal justice system works and how incarceration affects children and families

**ORGANIZE  
LEARNING  
EVENTS**

- ▶ Invite youth and others directly affected by incarceration to speak at your organization or school
- ▶ Connect with organizations that work with families impacted by incarceration and learn about their programs

*The NY Initiative for Children of Incarcerated Parents (NYCIP) is a special project of the Osborne Center for Justice Across Generations.*

- ▶ Raising awareness, promoting policy and practice change, and building partnerships to ensure children’s rights are upheld, important relationships maintained, and their potential nurtured during their parent’s involvement in the criminal justice system. For more information, go to <http://bit.ly/NYInitiative>.
- ▶ The Children of Incarcerated Parents: *A Bill of Rights* was developed by the San Francisco Children of Incarcerated Parents Partnership in 2005: [www.sfcipp.org](http://www.sfcipp.org).
- ▶ For more information about person-first, inclusive language, go to <http://bit.ly/WEAREPEOPLE>.