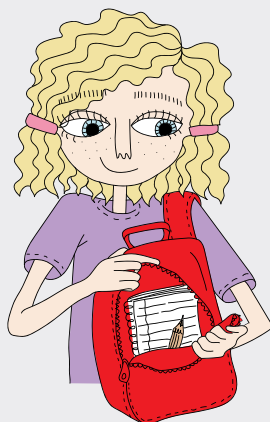




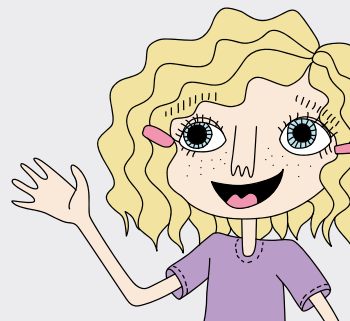
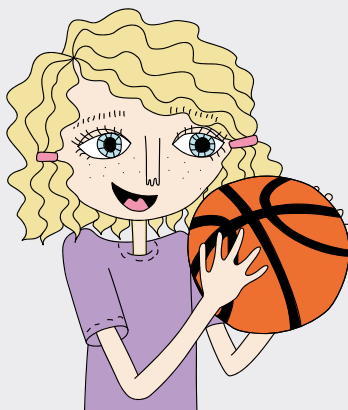
families  
outside

supporting  
families affected  
by imprisonment



# My Visit

## A photo guide



Many children with a family member in prison will visit them at some point, although not all children will have the opportunity to visit. It can help children feel better about visiting if they know what this is like and where their family member is.

A cartoon illustration of a young girl with blonde, wavy hair, freckles, and a wide smile. She is wearing a purple t-shirt and has her right hand raised in a waving gesture. The background is a solid blue color with two white circles on the right side. A blue speech bubble with a white border is positioned above her head.

Hi, I'm Katie.

I'm nearly 10 years old  
and my dad is in prison.



*I've never been to a prison before.*

Not knowing what prison is like is really hard, I worry whether my dad is safe, and I wonder what he's doing.

Today I'm going to visit a prison to see what it's like and what people like my daddy do there.

The first stop is the Visitors' Centre. They can provide lots of information and support, as well as a comfortable space to relax before a visit. They usually have toys, books, and activities like colouring, which is fun! Sometimes they even give you a drink or snack, which is really nice if you've had a long journey.







When you arrive at the reception, you're met by the staff, who'll make sure you're ready for the visit.

I have to put most of my belongings into a locker, a bit like at the swimming pool.

The rest of my stuff goes through the x-ray machine... pretty cool!

I then have to walk through a metal detector to make sure I'm not carrying anything that isn't allowed in the prison, like a phone.



You'll need a £1 coin for the locker







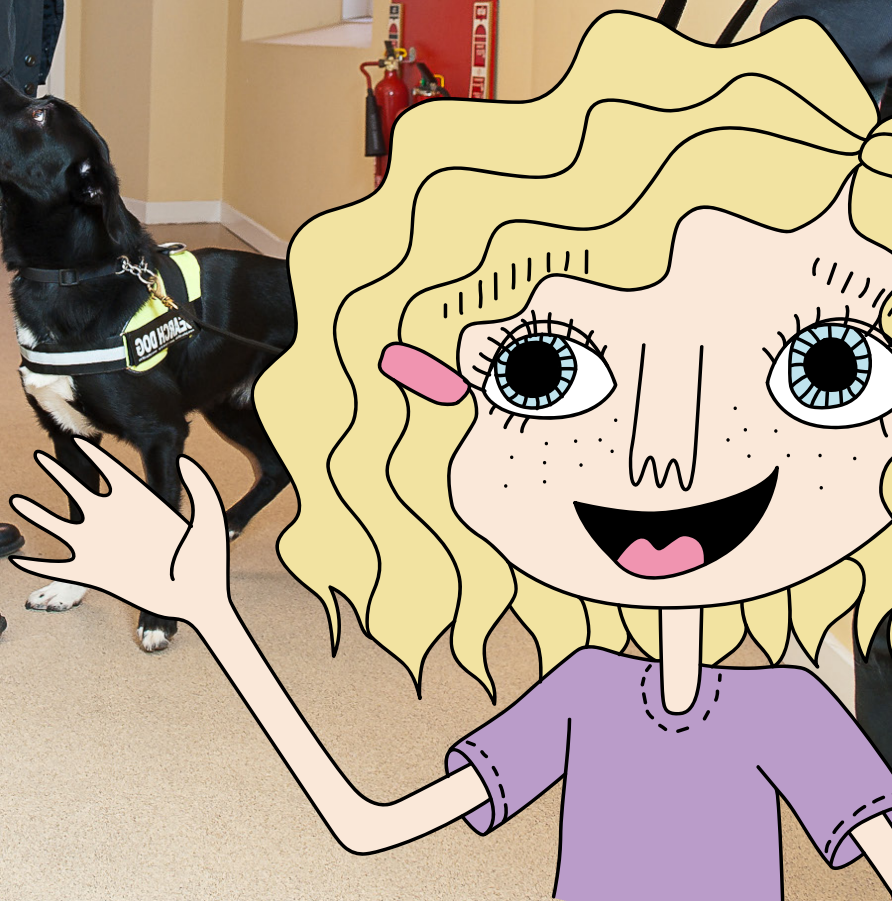
If the metal detector bleeps, it's ok: I might have left something in my pocket by mistake. A member of staff will double check with a hand-held metal detector called a wand, magic!



Sometimes you will have to open your pockets and maybe open your mouth so that prison staff can double check.



Sometimes there are some very clever dogs who might sniff you. Don't worry, they are very friendly and are there to keep visits safe for everyone.





Once you've gone through security, you'll come to a waiting room where you will wait until the visit starts.

Usually there are some toys and books you can read and play with.





There are different types of visits. Sometimes there are special children's visits, where I can play with Dad and he is allowed to get up and read or play with me. Sometimes there are cakes.



Other visits have lots of grown-ups in them, and Dad has to stay sitting at the table – although I can get up and play if I want to. I like the children's visits better.

But what is it like for people staying in prison?



People in prison always get three meals a day, there are plenty of choices including vegetarian and vegan options, and they can buy snacks and treats if they want them.

The food is made by experienced catering staff...including a Head Chef; very fancy! Looks like these guys are making a cake... yum!







When there aren't any visits, people in prison do lots of other things to help them get ready for when they are allowed home.

They have to learn lots of things, like at school, and they have jobs like working in the laundry or cutting people's hair, so that it's easier to get work when they are released



But it's not all work,  
there's also a chance  
to do some exercise...

My dad says he plays  
basketball; I can't wait  
to play with him when  
he gets out!





When it's time, people are called back to their cell where they can go and relax.

Some people share a cell... sounds ok, as long as no one snores! Some people have their own rooms and get to decorate them however they like.

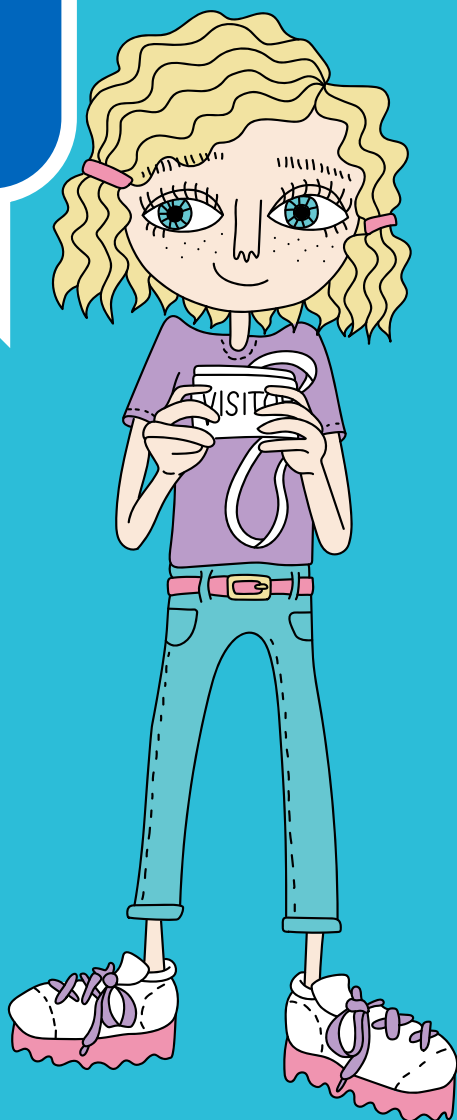


# Thanks for visiting

I'm really pleased we were able to visit a prison today. Knowing where my dad is and what he's doing makes me feel much better.

If you are feeling worried, why not pick up a copy of **My Story**? It's about how I feel about my dad being in prison, how I try to cope, and what we can all do to feel better.

Most importantly, you are not alone: there are lots of children just like you and me. Families Outside can also help, just like they've helped me. Their number is on the back page. **Contact them** and tell them how you feel.



We support families through our helpline, training, visitors' centres, events, direct support, research, publications, policy, campaigns, and donations.



Many thanks to The Robertson Trust  
for their support with this publication.



**For information and support:**

**Freephone 0800 254 0088**

**Text FAMOUT followed by your message to 60777**

**Email [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)**

**Visit [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)**



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