



What just happened?!

Execution of warrant support handbook
for young people



What is this booklet for?

This booklet is to help you understand what just happened, what might happen next and how you can get help if you need to.



Want to know more about what just happened and how?

Go to page **2**



Want to know what might happen next?

Go to page **3**



Are you thinking about how you might be feeling?

Go to page **4**



Hear from other young people who this has happened to

On page **4**



Need some tips on how to feel calm and safe again?

Go to pages **5 & 6**



Need some extra help and don't know who to call?

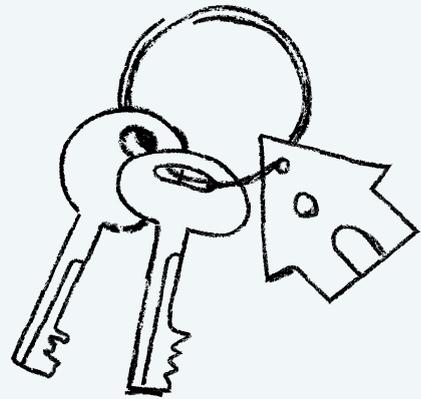
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What is an execution of a warrant?

2

An execution of a warrant is the way a police officers go into a place with permission from a judge to look for something or someone.

Sometimes police officers need to go into a house to look for something or someone, if they think a law has been broken, or that someone might be in danger. To do this, officers often need a special permission slip called a **warrant**. This warrant is like a permission slip from a judge that says it's okay for the officer to go inside a building.



How does it happen?

Getting ready



The officers find out all about the place they need to go to, like if there are any dangers or who might be inside. This helps them make a plan that keeps everyone safe.

Checking tools



The officer makes sure they have all the right tools and safety gear to get into where they need to.

Going In



Sometimes, they might knock and someone lets them in. Sometimes the officer goes to the house and uses their tools to open the door, but only if they have to. This can be loud and fast which can be a shock and feel scary, but it is done in this way to make sure everyone is safe, and that they can find what or who they are looking for quickly.

The police officers may have looked through things that belong to you, and sometimes officers may need to take things with them like phones or laptops. It can be frustrating to wait for your things to be returned to you but sometimes the police may need to use them help them find out what has been happening. This is called **collecting evidence**. Police may also have to take animals away from the house if they may be dangerous to others or if they are an illegal breed (type of dog). This can feel very sad.

Sometimes a person may have to go with the police officers, even if they do not want to. This is to help the officers find out what has been going on and what needs to happen. This is called an **arrest**.



What will happen next?



1 What is custody?

If a person has been asked to go with the police, they will be taken to custody. Custody is where they will be asked questions and be given chance to speak to someone who can help them to understand the law and what might happen next.

2 Will anyone else come?

Sometimes officers from a different team may come out to your home either straight away, or in the days after, to ask questions and to see how you and your family are doing.

3 When they come back

Sometimes a person will be kept in custody for a few hours or days before they can come back. When they come back, they may have feelings that they need to work through. This may mean that they are quieter than usual, sad about what has happened, or happy to be back. They may even feel lots of feelings at the same time. They might want to talk lots about what has happened, or they may not want to talk at all.

4 What if they are away for longer?

Sometimes, if it is decided that a person has done something against the law, then they may not be able to come back for a long time. If this happens, you will be able to speak to officers and the adults that look after you about what happens next.

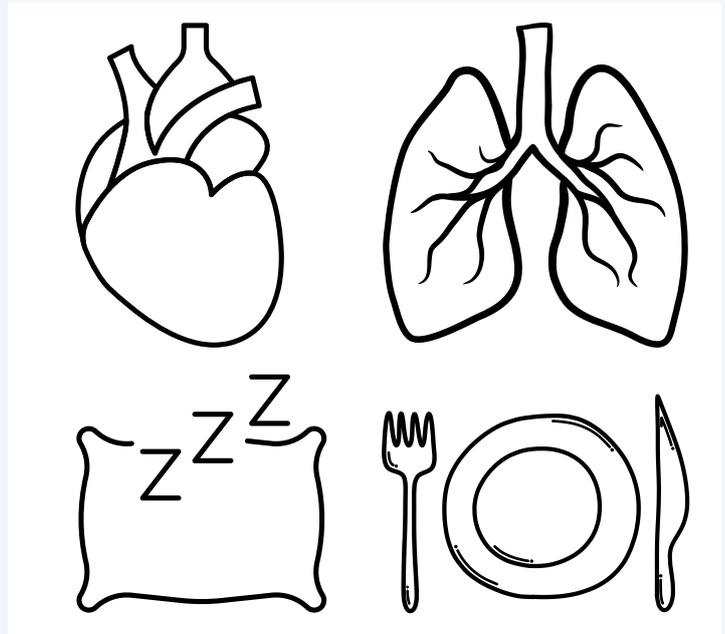


How should I feel?

There are no right or wrong feelings! Having officers come into your home quickly can make you feel scared. Sometimes after something scary or shocking, we can feel lots of big feelings like being sad, mad, scared, lonely or even confused. Some people who have felt in danger may feel relieved. You may even feel a mixture of lots of feelings at the same time! That's completely okay.

Your body

We feel our feelings in our bodies. Sometimes our heart might beat faster, our breathing might speed up, we may feel hot or cold. When we have had a shock, it can affect how well we can sleep, or what and how much we might want to eat. It may even mean that you go to the toilet more. These things are normal reactions when we have had something happen that has scared us or made us feel sad.



It's not just you

We may feel embarrassed about what has happened which can make us feel shame, like we have done something bad even if we have not. It is important to remember that is never a child's fault for the choices that adults make. You may feel like yours is the only home where this has happened, but lots of people have been through this and have felt just like you!



"It's pretty upsetting. It was hard to deal with at the time. It's shocking and yes, it's a hard thing to kind of get over."

Young person

- Children Heard and Seen report



"It was like a burst of sadness."

Young person

- Children Heard and Seen report



You may feel frightened at things that you never used to feel scared of. When we have had something scary happen to us, our body is extra aware of where there might be danger, even if there is none. This means that when something reminds us of what has happened (like the sound of a knocking door or footsteps, seeing a police officer again, or smelling something that makes you think of a person), our body can feel like it is in danger again. This is called a **trigger**.

How can I feel safe again?

5

Your home should feel like a safe place to be. There are lots of things that can help you to feel safe again.

Grounding

If you are feeling fear in your body, you can use special tricks to help your body remember that you are not in danger and to help it to feel safe again. This is called grounding. Here are some of the tricks that you can try:



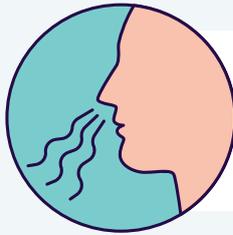
Nature

Be around nature. Go for a walk, listen to the wind in the trees, notice nature.



Get creative

Sometimes, sharing how you feel with words is hard. You can use different ways of sharing how you are feeling with others. Try scribbling, drawing or writing though thoughts into raps or songs.



Deep breathing

Slowly breathe in 4 seconds.
Hold your breath for 4 seconds
Breathe out for 6 seconds



Holding

Holding an object like a smooth stone or stress ball



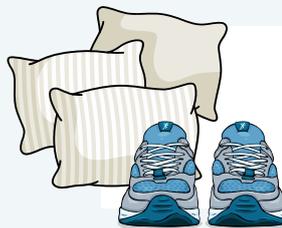
Sound

Listen to your favourite music, sounds or have some time of quiet. What feels good for you?



Senses. Slowly name:

5 things you see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste



Move!

Hit a pillow, rip boxes or go for a run



Water

Hold your hands under cold running water.



5 finger trick

Trace your hand with a finger as you go up a finger breathe in slowly, and as you go down, breathe out slowly



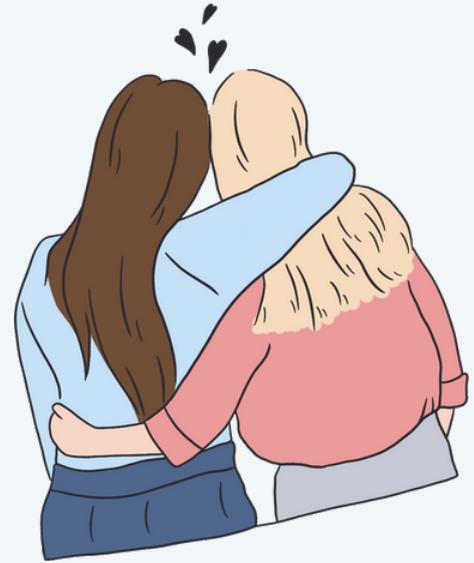
TRUTH: It is okay to have big feelings right now

TRUTH: What happened was not your fault



Not everything has changed

When something big has happened in our lives that makes things change, we can sometimes feel like everything is changing. Take some time to think about things that have not changed. The trees you see on your road, the friends that you hang out with, your favourite chocolate bar. This can help you to remember that lots of things are still the same, even though some things may have changed.



You are not alone

Talk to safe people around you. You may not want to talk to anyone straight away, and that is okay. But when you feel ready, talk to the safe people around you about how you feel. This may be a teacher, a friend, a youth worker or a family member.

Who can talk to about how I am feeling?

Use this space to think about who you have around you.

I am not alone. I can talk to people about how I am feeling. These are the people who I can talk to:



1
2
3

Three horizontal orange lines for writing names.

TRUTH: It's okay to have fun and be happy again in your own time.

Other people who can help

Talk to people whose job it is to support people who have been through what you have. There are lots of people who have jobs that are to help. Here are some organisations that you can speak to:

Name	Website
<p>Children Heard and Seen</p> <p><i>DEDICATED TO HELPING CHILDREN, YOUNG PEOPLE, AND FAMILIES AFFECTED BY PARENTAL IMPRISONMENT.</i></p>	<p>childrenheardandseen.co.uk</p>
<p>KOOTH</p> <p><i>FREE, SAFE AND ANONYMOUS MENTAL HEALTH SUPPORT.</i></p>	<p>kooth.com</p>
<p>Young Minds</p> <p><i>MENTAL HEALTH HELPLINE FOR PARENTS AND YOUNG PEOPLE</i></p>	<p>youngminds.org.uk</p>
<p>Himaya Haven</p> <p><i>CULTURALLY SENSITIVE SUPPORT FOR PRISONER FAMILIES IN BIRMINGHAM</i></p>	<p>himayahaven.co.uk</p>
<p>PACT</p> <p><i>PRISONER FOCUSED SUPPORT FOR FAMILIES AND CHILDREN</i></p>	<p>prisonadvice.org.uk</p>

If you need help to speak to them, let one of your safe adults know as they can try to help contact them for you.

