This brochure is for young people, their family and the community and provides information about the impact of life in prison on young people and their families.

Who is PRADET?
PRADET is a National NGO which provides services for people who experience mental illness, trauma and psychosocial problems.

What does PRADET do?
PRADET has three main programs.

1. Psychosocial program (Programa Asistensia ba Moras Mental-PAMM). This provides psychosocial support to people with serious mental illness and trauma in seven districts; Dili, Aileu, Ainaro, Bobonaro, Liquisa, Ermera and Manatuto.
2. Fatin Hakmatek (Safe Room) is a facility based at Dili National Hospital. It provides emergency counseling, medical treatment, forensic documentation of injuries and referral to appropriate agencies/services.
3. Peace and Democracy Assistance for Juvenile Justice (PDAJJ). This provides a service to young people who are in prison.

The objective of PDAJJ is to advocate with other agencies to co-facilitate a support service for young prisoners during and after their time in prison. Support includes group activities in the prison, individual counseling and support for families to visit their children in prison and reintegration of young prisoners when they are released from prison.

FOR YOUNG MEN WHO ARE IN PRISON
Life in prison is difficult.

This is aimed to young people who are currently in prison.

- Prisons usually signify some way in which you feel excluded or shut out. It maybe that someone has got an image of you which is totally unlike the one that you have of yourself. You feel trapped by the expectations of how you should act. In another sense prisons can signify restrictions placed on you such as responsibilities of work.

- Stress and worry, because they are far from their family and friends

- Sad, because they feel they have missed significant times and opportunities in their life such as going to school, going to work and or other activities

- Afraid, because they don’t know what life in prison is like and they feel regret over the crime they committed

- No freedom, this perhaps the situation that makes them feel the worst

What PDAJJ cannot do?
PDAJJ cannot reduce the sentences of young people who enter the prison. But PDAJJ can assist the prisoners to access legal advice, with defense lawyers as well as case workers from the Department of Social Service. If you don’t have a lawyer it is essential to find one. Organizations which can assist you with lawyers are listed in this brochure. This is a free service.

Hearing your sentence for the first time maybe difficult. Common reactions you might have included:
- Distress and shock if the sentence is longer than you expected
- Because it is a serious crime you may just accept the sentence
- You may feel very angry with the justice system
- You may lose hope and worry about being in prison for a long time
- When you leave prison you may feel happy because you are free to do whatever you want such as seen your family and friends
- For some people who have been in prison for a long time release from prison can be very difficult. The community and your family maybe unhelpful and non-supportive.

- Some of the feelings you may have are; shame, does the community still regard me as a criminal?
- Doubt, is the community willing to accept me back?
- Can I go back to school?
- Where will I live and will I find a job?
- Will my family still support me?

While you are in prison many thoughts come to your mind about life outside. You can use this time to make a plan for your future and how you can change your life when you leave prison. PDAJJ can help you think about future possibilities and refer you to other organizations such as Department of Social Service. They can help you to plan somewhere safe for you live, return to your village, go back to school or provide an opportunity for vocational training. These are very common reactions. It is very important to talk to somebody who you trust about these feelings so they can encourage you and give you hope. PDAJJ staff will listen and help you.