

When a Parent Goes to Prison, the Whole Family Does Time

- Worry about the parent's safety in prison
- Have to go live with another relative or in foster care if parent goes to jail
- Living without the money that the parent contributed to the family
- Not really know what crime he or she committed—family secrets
- Hearing other people in the family put the incarcerated parent down or say negative things about him or her
- Not wanting friends to know that your parent is locked up or getting a hard time from friends if they know
- Get a lot of confusing and wrong information about the legal system and how it works
- Not knowing when your parent will get out
- Have mixed feelings about going to see your parent in jail
- Believe that the crime your parent committed was somehow your fault
- Believe that if your parent is a criminal, chances are that you will be too
- Have a hard time figuring out who you are
- Have negative feelings toward the cops or other law enforcement officials
- Feel that your parent was "set-up" or "framed"
- Worry that the parent will return to prison once he or she is released
- Feel that your trust was broken if a parent promised not to go back to jail but then does
- Feel like prison is part of your future
- Feel that life is unfair or get a "screw it" attitude