

Aunty and Jenna

One day Jenna was sitting by herself when her Aunty walked past.

"Hey Jenna, what's up?"

I'm feeling sad, because my mum isn't with me any-more. She did something wrong and now she's in prison!

Oh, hey now, let's talk this through. Have you ever done anything wrong? Aunty asked Jenna.

Yes. Once I ate all my little brother's lollies and another time, I shut Tinky our cat in the laundry basket!

What happened when you got found out?

Well, for eating the lollies Mum told me off and I wasn't allowed any treats for a whole month. And for Tinky, I got a big telling off from dad and I had to brush Tinky and clean out her food bowls every day for three months.

Well there you go! It's just the same for adults when they break any rules! The difference is that a person called a Judge will decide what the punishment will be.



Aunty, do you mean that when you're a grown up, that the judge does the telling off, just like a mum or dad?

Yes exactly! Aunty confirmed. Hey Jenna, you might be feeling sad without your mum, but you're not alone. There are millions of kids all over the world, who have a mum or dad in prison.

Wow, that's a lot of other kids just like me.

Aunty, but what if my mum forgets me?

Well there's no chance of that! Your mum will be thinking about you all the time and she'll be feeling sad because she can't be with you.

Is that why she was crying when I spoke to her on the phone?

Yes, that's why she was crying.

Oh! That's a relief because I was worried that I'd said something wrong to her.

No Aunty reassured her. Your mum is missing you and feeling homesick and that's why she was crying."

But will my mum be okay in prison?

Your mum will be fine! In prison, they help you learn lots of new skills. Like what?

Your mum will get taught many practical skills that'll help her get a job or run your home better when she comes out of prison.

What sort of things will she learn?



In some of our prisons men & women can learn to train dogs.

These two women are learning Horticultural (gardening) skills at Auckland Womans Prison.

Tumeke!



In some prisons they teach you job skills like sewing, cooking, painting and how to grow beautiful gardens and you can even do a school or university course!

Wow said Jenna that's awesome!

Aunty continued, the people who work inside prisons are nice as well.

Why are they nice? Well, they've chosen to work in prisons because they like helping people become 'the best they can be.'

You can also help your mum. Aunty told Jenna.

What can I do?

While your mum is in prison, learning lots of new things, **you** can also make-a-plan to become the best you can be.

How can I do that?

The secret to being '**the best you can be**' isn't very hard to learn!

Here are the steps!

1. **Exercise your brain every-day.**
2. **Be nice to people and animals.**
3. **Do your best at school!**
4. **Look after yourself. This means: Don't eat too many sweets and tell someone, if anyone does anything mean to you.**

Oh, and Jenna, always be proud of yourself, your family and your mum, because you are special and there's no one else in this whole world like you and your mum.

I feel better now Aunty, thank you!

Aunty's Tips for being: THE BEST YOU CAN BE

Question: What does 'exercise your brain every-day' mean?

Answer: Inside your head is your brain. For your brain to be able to think fast it needs exercise!

Think about the muscles in your legs. If you like playing tennis or football you couldn't play really-well without having done some exercise or practice first!

Well...your brain is just the same! Every-day you need to give it a fun work-out to keep it fit!

Here are two brain exercises!

1. Can you count up to 10?
 - ✓ Try counting 1 to 10 out as loud & as FAST as you can!
 - ✓ & then try counting from 10 back down to 1 as well! See how fast you can get!

1	2	3	4	5	6	7	8	9	10	&	10	9	8	7	6	5	4	3	2	1
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2. & then to super exercise your brain a REALLY BIG challenge is:
 - ✓ Saying the **alphabet** as fast as you can one way
 - ✓ & then try learning it backwards!

Hey - If you can't count to 10 yet, you can start by counting to 3!

- ✓ Try counting to: 1,2,3 & then 3,2,1 (as you get better you can add on numbers 1,2,3,4)
- ✓ or saying A,B,C and then C,B,A.

Question: What does 'tell someone, if anyone does anything mean to you' really mean?

Answer: If anyone, even someone in your family, a foster parent or someone at school hurts you or touches you in a way you don't like, then

TELL SOMEONE ABOUT IT. People you can talk to are: your mum or dad (especially if they are an Opal) your teacher, the police, or any adult you trust.