

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Offending:

### What is offending?

Offending is when you commit an offence, otherwise known as **getting in trouble with the police**. Types of offending can include:

- Hate crimes/abuse towards people
- Violence/fighting/assault
- Stealing/burglary
- Possessing or supplying drugs
- Vandalism or graffiti
- Sharing inappropriate videos
- Setting things on fire on purpose (arson)
- Anti-social behaviour

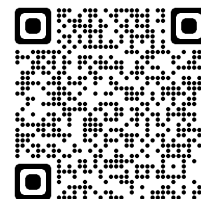
There are various reasons why young people may commit offences and get in trouble with the police. You might:

- Make bad choices while on drugs or after drinking alcohol
- Steal or commit crimes due to money worries
- Feel peer pressure or want to ‘fit in’ with those around you
- Be part of a ‘gang’
- Sell/carry drugs for other people
- Come from an area where crime is seen as ‘normal’ or ‘usual’
- Do things out of boredom/because there’s nothing to do
- Want to feel part of a ‘family’/brotherhood
- Carry a weapon for safety or to use on another person

Money, respect, and being part of a group can be tempting, but ask yourself: **is it worth it?** Getting in trouble with the police can really affect your future, so the choices that you make now will affect you later in life.

### How can I change things?

- Think about the future you want- is your behaviour **helping** you get there or **stopping** you from your future goals?
- Talk to someone you trust about why you think you do what you do- our **behaviour** nearly always comes from a **need**...what is it that you **need** but aren’t getting?
- Think about someone you **look up to** who does good things- what do you like about them? How can you be more like them?
- Think about who you hang around with. Are they **good** for you? Are they just using you to do things for them? What’s their reputation like? Would they still be there for you if anything bad happened?
- Talk to your Eye to Eye counsellor in school or in the community to explore **any problems** in your life
- Spend more time doing your favourite hobbies- focus on what keeps you happy and out of trouble



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

#### Fearless

0800 555 111

[www.crimestoppers-uk.org/fearless](http://www.crimestoppers-uk.org/fearless)

#### The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)  
(online chat available)

### Helpful Resources

[The Mix: How to break free from crime](#)

[Fearless: Giving information about a crime anonymously](#)

[The Mix: Police caution and warnings](#)



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