

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Offending: parents and carers

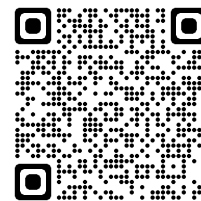
If a young person in your life is, or has been in trouble with the police, then this can cause you great worry and stress. Nobody wants to see their loved one get into trouble or jeopardise their prospects due to bad choices.

There are various reasons why young people may commit offences, some of which may include:

- Being under the influence of drugs or alcohol
- Unemployment/money worries
- Mental health issues
- Peer pressure/wanting to 'fit in'
- Being part of a 'gang'/county lines involvement
- Coming from a deprived environment
- Boredom
- Wanting to feel part of a 'family'
- Radicalisation from extremist groups

## What I do to help?

- Talk to the young person to understand the causes and triggers of your child's antisocial behaviour- this can help address them more effectively and prevent them from getting worse
- Help them to understand how their behaviour is harmful, and how it affects other people
- Encourage them to talk to their school/community Eye to Eye counsellor about why they do what they do
- Support the young person with positive parenting practices and interventions- emotional support with firm boundaries and limits have a protective effect on behaviour
- Praise them for their positive behaviours as this can help them develop their self-esteem
- Encourage the young person to keep busy with hobbies and activities that keep them focused and away from boredom/temptation
- Be aware of who they are hanging around with and where they are going- if worried, you may even consider an app where you monitor their location such as Life360
- Spend quality time with them and show an interest in their life
- Seek professional help if the young person's offending is continuous or harmful to themselves or others- this might be through the local Youth Offending Scheme, school pastoral support or local project (ie Miskin Project in RCT)



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

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

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

**Family Lives**

0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)

**Young Minds Parent line**

0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

(online chat available)

### Helpful Resources

[Family Lives: Young people and the Law](#)

[Family Lives: What to do if your teen gets arrested](#)

[Family Lives: Extremists and radicalization](#)

[Gang line: Parents help and advice](#)



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