

# DO YOU KNOW YOUR RIGHTS?

Being in custody can be an incredibly scary experience. It's important you know your rights while you're in custody.

## FREE LEGAL ADVICE

You should be offered this before being questioned at a police station. You can ask for the police station's 'duty solicitor'. They're available 24 hours a day and independent of the police. Or you can request to contact your own solicitor if you have one.



## MEDICAL CARE

You have the right to medical care if you are injured or feeling unwell.

## YOUR LOCATION

You can ask the police to tell someone e.g. a family member, where you are, which they have to do.

## LANGUAGE SUPPORT

You can access support from an interpreter if you need one.

## SEE THE WRITTEN RULES

You have a right to see the rules that police officers must follow, also known as their 'Codes of Practice'. You can also ask to see a written 'notice' or document from the police, telling you about rights, such as being able to take regular breaks for food and to use the toilet.









## EXTRA SUPPORT

If you have been assessed as being a vulnerable adult, prior to your arrest, you have the right to have the presence and support of an 'appropriate adult' – such as a parent, carer or guardian, a family member aged over 18, a social worker or appropriate adult volunteer – throughout your time in custody.

## DO YOU HAVE ANY BODY LANGUAGE OR COMMUNICATION DIFFERENCES YOU NEED TO TELL AN OFFICER ABOUT?

It's important you let an officer know about any communication needs you have. So they can be aware of the best way to communicate with you in a way you understand and feel comfortable with.

-  Do you have any learning needs like autism or ADHD?
-  Do you struggle to read?
-  Is English not your first language?
-  Do you struggle to make eye contact?
-  Do you have difficulty hearing and require a BSL interpreter?
-  Do you suffer from anxiety?

If yes, then let an officer or legal representative know as soon as possible so they can better understand you and your needs.

## EXPLOITATION & TRAFFICKING: THE NATIONAL REFERRAL MECHANISM (NRM)

Sometimes when people are being harmed by others they may be being trafficked.

The National Referral Mechanism (NRM) trafficking is the process for identifying victims of human or modern slavery and making sure they get the support they need.

Human trafficking means people are forced or tricked into working, doing crimes, or sex activity against their will, usually for someone else's profit. Victims are often controlled by others and may be pressured to bring in more people.

If you've gone through this or know someone who has, reach out to an officer, your legal representative or a trusted professional, so they can get you the right help.

## USEFUL CONTACTS

 UK modern slavery & exploitation Helpline: 08000 121 700 (Open 24 hours, 7 day a week)

 National Domestic Abuse Helpline: 0808 2000 247 (Open 24 hours, 7 day a week)

 Rights of Women Criminal law advice line: 020 7251 8887 (Open Tuesday 10am to 12pm, Thursday 7pm to 9pm)

They can advise you on sexual offences including rape and sexual assault, domestic violence, harassment and stalking, reporting offences to the police and the criminal justice system, including criminal injuries compensation

## A MESSAGE FOR STAFF

Are you confident the young person can understand this text? If not please scan the QR code so they can access an alternative version of this leaflet.



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