

WALK WITH HER

VOICES CARDS



PAUSE. REFLECT. RESPOND.

The Voices Cards use real quotes and stories from women with lived experience and correction staff to bring different perspectives to life. They help unpack and guide deeper understanding of the experiences, needs and strengths that sit behind conversations in your practice.

HOW TO USE:

Use these cards in assessments, case planning and everyday conversations to pause, reflect and respond in ways that strengthen your practice.



Voices of Corrections Staff
Reflections

“TWO WORDS. BE HONEST”

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF CORRECTIONS STAFF

**TRUST IS BUILT THROUGH HONESTY
AND CONSISTENCY.**

ASK YOURSELF:
**'HOW CAN I BE OPEN AND HONEST
ABOUT WHAT I CAN AND CANNOT DO?'**



Voices of Corrections Staff
Reflections

**“CLEAR, CONSISTENT
AND HONEST”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF CORRECTIONS STAFF

**BE PREDICTABLE,
ESPECIALLY WHEN SYSTEMS
AND CIRCUMSTANCES ARE NOT.**

**ASK YOURSELF:
'HOW CAN I SET CLEAR EXPECTATIONS
FROM THE BEGINNING?'**



Voices of Corrections Staff
Reflections

**"THEIR FIRST DEFENSE
IS ATTACK"**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF CORRECTIONS STAFF

**VIEW HEIGHTENED RESPONSES
THROUGH A TRAUMA-INFORMED LENS.**

ASK YOURSELF:
**'WHAT DOES BEING CALM, CURIOUS
AND COMPASSIONATE LOOK LIKE IN
THIS MOMENT?'**



Voices of Corrections Staff
Reflections

**“ANY PERSON CAN END UP
HERE, IN PRISON”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF CORRECTIONS STAFF

**REMEMBER THAT INCARCERATION
DOES NOT DEFINE A PERSON'S WORTH.**

**ASK YOURSELF:
'WHAT ASSUMPTIONS ABOUT HER
AM I MAKING HERE?'**



Voices of Corrections Staff
Reflections

**“TREAT THEM LIKE THEY
COULD BE YOUR MOTHER,
SISTER OR AUNT”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF CORRECTIONS STAFF

**SEE THE PERSON BEFORE
THE PROBLEM.**

ASK YOURSELF:
**'HOW WOULD I WANT SOMEONE TO
SUPPORT SOMEONE I LOVE'.**



Voices of Women
Lived Experience

**“I’M HOPEFULLY GONNA
GET OUT ON THE TWENTIETH
AND I’M TERRIFIED”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF WOMEN

**DON'T ASSUME WOMEN KNOW WHERE
TO GO OR WHO TO CONTACT.**

**ASK HER:
'WHAT WORRIES YOU MOST
ABOUT LEAVING'**



Voices of Women
Lived Experience

**“WE JUST WANNA HAVE
ENOUGH AND JUST THAT LITTLE
BIT MORE AND WE’RE HAPPY”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF WOMEN

**RECOGNISE THAT WOMEN ARE OFTEN
SEEKING SAFETY, NOT PERFECTION.**

**ASK HER:
'WHAT ARE ACHIEVABLE NEXT STEPS
WE COULD START WITH?'**



Voices of Women
Lived Experience

**“DON’T PAINT EVERYONE
WITH THE SAME BRUSH”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF WOMEN

**SEE THE INDIVIDUAL,
NOT THE CONVICTION OR
PRISON HISTORY.**

**ASK HER:
'WHAT WOULD YOU LIKE ME TO
UNDERSTAND ABOUT YOU?'**



Voices of Women
Lived Experience

**“WHEN THE KIDS
GET TAKEN AWAY,
THERE’S NOTHING LEFT”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF WOMEN

**WALK ALONGSIDE HER,
SMALL ACTS OF SUPPORT CAN
CREATE MOMENTUM AND HOPE.**

**ASK HER:
'WHAT CAN WE DO TOGETHER
TODAY THAT MIGHT HELP?'**



Voices of Women
Lived Experience

**“WHEN THE KIDS
GET TAKEN AWAY,
THERE’S NOTHING
FROM CHILDREN”**

Pause. Reflect. Respond.

WALK WITH HER



VOICES CARDS



VOICES OF WOMEN

**BE MINDFUL THAT SEPARATION FROM
CHILDREN MAY BRING GRIEF, SHAME,
GUILT AND LONGING.**

ASK HER:
**'WHAT WOULD YOU LIKE ME
TO UNDERSTAND ABOUT YOUR
RELATIONSHIP WITH YOUR CHILDREN?'**



Voices
Blank Card Template

Add your example here:

A large white rectangular area with a thin black border, intended for writing an example. It contains two horizontal dotted lines, one near the top and one near the bottom, to guide the placement of text.

Pause. Reflect. Respond.



Blank Card Template

QUESTIONS/MINDSET SHIFT PROMPTS

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Voices Blank Card Template

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Pause. Reflect. Respond.



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Voices Blank Card Template

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QUESTIONS/MINDSET SHIFT PROMPTS

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