



Future Me

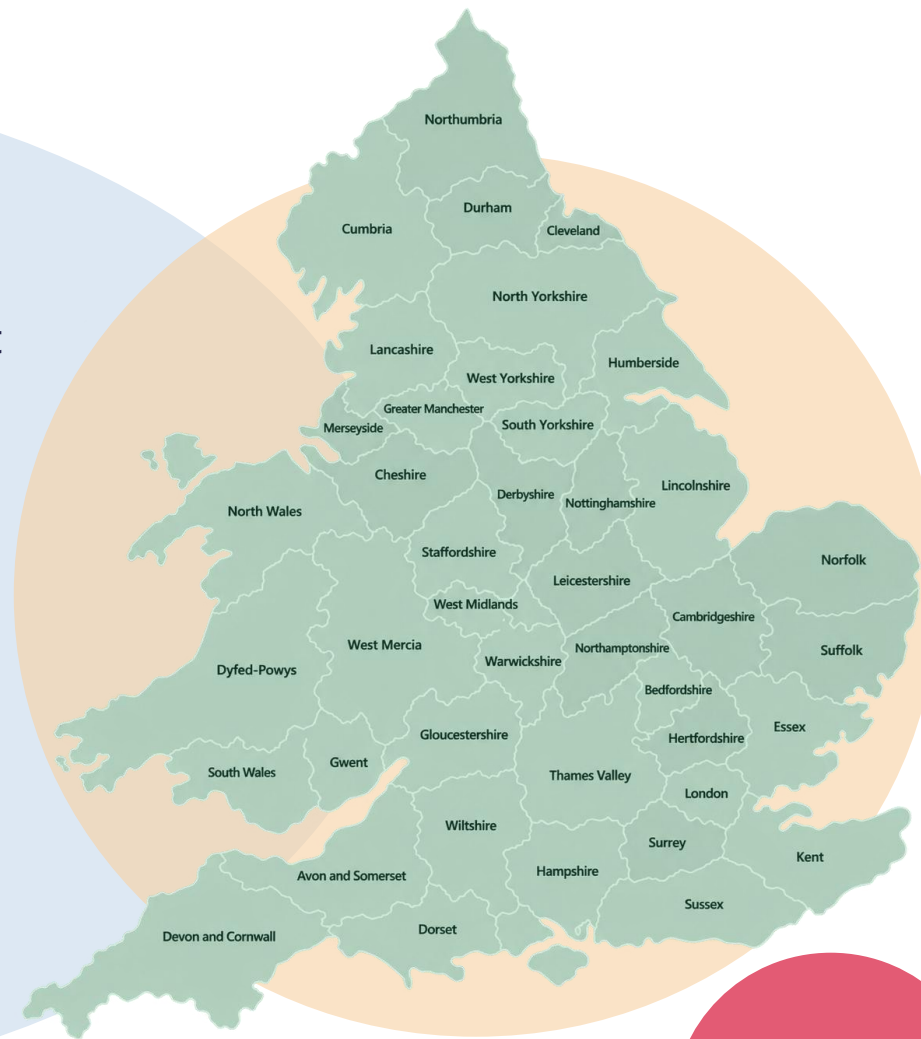
Supporting young people through change

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What is Future Me?

Future Me is a facilitated online peer support programme for children and young people aged 8-17 who may be experiencing uncertainty, worry or mixed emotions following changes to prison release arrangements.

The programme has been designed by the WeMatter team, who have extensive experience delivering digital support programmes for children and young people.



How the programme works

- Future Me is designed to build confidence, resilience and provide a safe environment for children and young people to explore their feelings and develop healthy coping strategies
- Sessions are delivered online via Zoom, allowing children and young people to participate from school or from home providing a safe, comfortable space to engage
- Participants can join using a computer, laptop, tablet or smartphone with clickable links sent before every session
- Increased sense of anonymity
- Five weekly sessions, each lasting approximately one hour
My Wellbeing • My Safety • My Support • My Rights • My Ways of Coping
- Facilitated by two trained CYP Programme Facilitators throughout the programme

For safety and engagement, cameras must remain on throughout sessions.

Referral Criteria

Referrals accepted from parents/carers or professionals

- CYP aged 8-17
- Across England and Wales
- Affected by changes to prison release arrangements

You can make a referral by calling
Victim Support's Offender Release Helpline on
0808 168 9280 and choosing option 2



Session Content

Pre-group Assessment

Before joining Future Me, each child or young person will take part in a short one-to-one assessment with a facilitator. This provides an opportunity to understand their needs, answer any questions they may have, and ensure they feel comfortable and prepared to join the group sessions.

My Safety

Young people are encouraged to think about what helps them feel safe and secure, both at home and in the wider world. The session explores trusted adults, personal boundaries, and what to do if they are worried or need support, helping them feel more confident in knowing where to turn for help.

My Rights

Young people learn about their rights and the importance of having their voices heard. The session helps them understand privacy, confidentiality, and how they can express their views, ask questions, and be involved in decisions that affect them.

My Wellbeing

This session helps young people explore their thoughts, feelings, and emotions in a safe and supportive environment. We talk about the different emotions that can come with change and uncertainty, helping young people understand that mixed feelings are normal and that everyone's experience is unique.

My Support

This session focuses on the people and services that can offer support during difficult times. Young people are encouraged to identify their support networks, explore positive relationships, and recognise that they do not have to manage challenges on their own.

My Ways of Coping

This session explores healthy ways of managing difficult thoughts, feelings, and situations. Young people learn practical coping strategies, build confidence in their own strengths, and develop tools that can help them manage uncertainty and look forward to the future with greater resilience.