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## Security of convicted women in penitentiary units

**Abstract:** Security is one of the most important needs that a person has to meet. This has been well reflected in A Maslov's theory of hierarchy of needs. The term "security" itself is defined in the field of security studies. The term *Human Security* refers to the security level of each person. It is in this respect that it can be considered in social sciences, including at the social rehabilitation level.

Therefore, security concerns issues such as: socialization, social control, which directly affect the process of changes made during the period of imprisonment. Own research on the sense of security among women staying in prison breaks away from the common stereotype that acts of violence are common in penitentiary institutions. For many women, this is the first time that such a sensation has occurred, which is associated with the deprivation of this need in everyday life. Reinforcing the sense of security in the institutions by educating, motivating and controlling prison guards results in the fact that the process of social rehabilitation (in some cases socialization) leads to the emergence of a need for security among women serving prison sentences. The presented approach to the issues raised takes place in the field of social rehabilitation studies, although in many cases it uses terms derived from security studies.

**Key words:** prison sentence, penitentiary facilities, social rehabilitation, socialization, social control, security, hierarchy of needs theory, prison service.

## Security and social rehabilitation

Security issues have an interdisciplinary dimension, as many research disciplines within the social sciences deal with this matter. For several years, the term has been experiencing a renaissance, which is related to the development

of security studies. There are a dozen or so different definitions which often explain this matter quite extensively (Rosłoń, Troszczyńska 2017, p. 43). In addition, this matter must be taken into account in those studies that deal with rehabilitation and imprisonment. Necessarily, such a point of view is at the same time considered in the field of safety studies. This only shows the transdisciplinary nature of this matter. In this case, the security issue will be considered from the social rehabilitation point of view.

The fact that the concept of security can be considered because of the many parallel planes contributes to the fact that there is no single universal definition (Fehler 2002, p. 165). From the point of view of social rehabilitation and sociology, this issue should be considered in terms of people and not institutions. This is the biggest difference between security and pedagogical sciences. Despite quite a bit of confusion with the definition of security, there are several elements common to all planes that characterize this matter:

- a) Security must exist in relation to the surrounding environment in which certain social groups, individuals and state and local administration units operate;
- b) The interpretation of the concept of security must always be related to possible threats that may arise in the examined environment;
- c) The perception of security at all levels is always subjective;
- d) Safety is an area that varies in time and is gradual depending on the possibility of hazards in the studied environment;
- e) The security definitions built must always refer to the perception of threat by individuals, social groups or institutions and must be related to the need to meet their needs, motives for action in a given period of time (Fehler 2002, p. 165).

Taking into account the above variables, it should be assumed that the most appropriate definition of security will be the one by Stanisław Koziej: “the security of a given entity is that area of its activity, the content of which is to ensure its survival (existence) and freedom to pursue its own interests in a dangerous environment” (Koziej 2011, p. 19). This is the most widely used and universal definition of this issue. It should be added that the security of individuals as well as of entire social groups is related to the *Human Security* approach. The security issues treated in this way are part of pedagogy and related sciences, such as social rehabilitation (Klonowska 2018, pp. 77–78). In addition, this approach is conditioned by the theory of hierarchy of needs. According to this theory, safety is to be ensured as soon as physiological needs such as sleep, food or shelter are provided. It is worth noting that among the elements characterizing security there is a reference to the theory of hierarchy of needs by A. Maslow, which is also pointed out in the literature on the subject (Czupryński 2015, pp. 11–12). It should be noted that social rehabilitation and socialization activities largely begin with the proper use of needs. In the case of a large number of people, there is a deprivation of the need for security. Therefore, its motivation to have

it is a step towards socialization or social rehabilitation (Miler-Zawodniak 2012, p. 107). At the same time, it should be noted that through the theory of hierarchy of needs there is a correlation between social rehabilitation and socialization, and thus between security and socialization. There is also a correlation between the functions of social control and socialization. At this point, it is important to consider whether people in prison feel safe. The realization of this need is undoubtedly part of the issue of both social rehabilitation and socialization. For example, because in the previous environment in which the inmates functioned, it could not always be realized. The research presented in this text is aimed at indicating the way in which inmates sense the degree of security. Thus, the issues related also to the issues of security theory as understood by *Human Security*, which is a common part of the security science and rehabilitation, will be answered.

## Socialization and social control

The term “socialization” can be understood differently depending on the orientation, e.g. anthropological, sociological, pedagogical or psychological (Ciosek 2003, p. 38).

In sociological terms, “socialization is the process of the emergence, formation and development of the human personality. This process is updated, on the one hand, depending on the individual’s organism and in interaction with it, and, on the other hand, depending on and in interaction with the social and ecological conditions of life that exist in a specific, historically defined society” (Hurrelman 1994, p. 16).

In turn, psychological approaches define socialization as: “the process of internalization of values and norms, the process of introjection of parents’ superego, the process of formation of positive character traits, the process of formation of correct self-esteem and realistic level of aspiration, the process of formation of pro-social attitudes [...], the process of formation of cognitive structures, mainly moral” (Ciosek 2003, p. 38).

Taking into account the above, it can be concluded that socialization is a process of adjustment of an individual to social life, which M. Ciosek describes as “a process of gathering social experience, which consists of an individual’s knowledge of what society – more specifically, social groups and institutions – expect from them in certain situations, and what they can expect from other people and the society” (Ciosek 2003, p. 39). The individual components of the socialization process would be (according to this author): social knowledge (social values, norms and attitudes), the methods of its transmission, i.e. the mechanisms of socialization (the mechanism of external pressure, imitation and internal pressure), senders of social content and recipients of social knowledge transmitted (Ciosek 2003, p. 40–52).

According to K. Hurrelmann, socialization is the process of the emergence, formation and development of the human personality. This process is updated, on the one hand, depending on the individual's organism and in interaction with it, and, on the other hand, depending on and in interaction with the social and ecological conditions of life that exist in a specific, historically defined society. Socialization means the process by which a human being, with their specific biological and mental dispositions, becomes a socially mature individual, equipped with the ability to act dynamically throughout life to defend both the whole society and its individual elements (Hurrelmann 1994, p. 16). K. Hurrelmann also specifies the concepts contained in his holistic definition of socialization. According to him, personality is an organized structure of motivation, properties, traits, attitudes of operative competence, which is the biographical result of coping with the requirements of the environment and one's own organism (Hurrelmann 1994, p. 16), so the development of the human being can be described as a lasting change in the essential elements of the structure during the whole life. The second element of the socialization process is upbringing, K. Hurrelmann emphasizes that upbringing must be distinguished from socialization. Upbringing is much poorer in its scope compared to socialization. Upbringing is also an intentional process, it means the actions and activities by which certain individuals try to influence the personality development of other individuals by shaping them according to certain values (Hurrelmann 1994, p. 16). In defining socialization, K. Hurrelmann, focused on its essence in a profound way, showing it as a series of changes affecting the development of the human personality. During socialization, people develop different traits and types of personalities, which can change as they go through the successive phases of life. The human being acquires the ability to understand and deal with social situations. It is undeniable that the process of socialization is important for human development, and its course has a huge impact on their whole life. People are brought up in very different environments, and the norms and rules in them are often internalized by the individual. Socialization prepares people for harmonious social coexistence.

Social control is a system of negative and positive social sanctions, and agendas of groups, organizations and institutions that apply such sanctions (Sztompka 2002, p. 415). Social control is therefore directed to people who have not sufficiently internalized their culture's patterns. When during socialization the expected system of values and behaviors did not develop in an individual, the effectiveness of the system of social sanctions becomes decisive. In order for a social sanction to be applied, the deviant, criminal act must be detected, it must also be attributed to a given individual. It is important that not every deviant act is perceived in a negative way by the society. The extent of social sanctions depends on the social position of the perpetrator, how important the violated standards are and on the existence of mitigating or exclusionary circumstances. The application of sanctions may also be influenced by the perpetrator's behavior

after the act, their willingness to help the victim, repair the damage or express their remorse. Excessive or too hasty imposition of penalties can lead to dysfunctional consequences. People are afraid of punishment, both those corporeal and those affecting the psyche of the individual. An individual operating in a given society is afraid of rejection, ridicule, mockery, social isolation – this type of sanction is symbolic and strikes at the biological well-being of the individual (Sztompka 2002, p. 411).

It is worth noting that the activities that fit into the context of social control are a tool to guarantee the safety of individuals and entire social groups. On the basis of the above information, it can be concluded that the system of social control is aimed at eliminating the deviant acts. When acts of this kind have a destructive dimension for the whole social group as well as for its individual members, it reduces their scale. Thus, the overall level of security is improved. This is particularly evident at the level of local community groups, where they influence their members through their high level of organization (Wolski 2018, p. 175–176).

Studies were conducted among the convicts, which showed that the symbolic meaning of prison, i.e. the feeling of rejection, exclusion from the community, and the withdrawal of autonomy, is more acute for them than the very fact of deprivation of liberty. A person staying in a penitentiary unit loses contact, closeness of important people. In their place, they try to find new important people from the social reality in which they function. They find it easy to socialize in criminal and deviant groups then. Among other prisoners, they find support and assimilate their cultural values. This situation leads to playing a criminal role, the individual internalizes the patterns and assimilates the values of the group, which leads to a deeper demoralization.

## Adaptation to prison conditions

Prison isolation is “disconnection from society in order to be punished for the crimes committed” (Orzechowska 2008, p. 47). This is a difficult situation, which is the result of a decision made by other people, i.e. it is an external coercion in its nature. A convicted person entering the prison environment is most often a formed person with certain personality traits, life experiences, and memory of connections with the environment to which they belonged – these factors may encourage or hinder the prison adaptation (Ciosek 2003, p. 211).

Forced imprisonment can be a source of frustration. Unsatisfied biological and mental needs cause deprivation (Waligóra 1984, p. 56). Deprivation of freedom evokes feelings of harm and negative emotions such as: anxiety, sadness, despair, helplessness, anger, hatred. These feelings cause conflict situations that adversely affect the psychophysical condition of prisoners. The accumulation of these

emotions often finds an outlet (discharge) through aggression and self-aggression (Nawój 1998, pp. 34–36). Therefore, according to M. Ciosek (Ciosek 2003, p. 211), multiple criminals with more experience and already learned adaptation mechanisms are better adapted to the prison environment, although they also undergo the so-called protective or regressive type of adaptation, consisting in lowering the level of aspirations in a situation of increased environmental restrictions and coming to terms with existing living conditions.

Imprisonment deprives the inflow of sensory stimuli, the possibility of individualized satisfaction of needs, information.

Adaptation to total conditions – according to E. Goffman (Goffman in: Derczyński et al. 1975, pp. 150–176; Ciosek 2003, pp. 212–213) – can take various forms:

- a) withdrawal from the situation – a type of adaptation consisting in cutting yourself off from your surroundings and concentrating on yourself, indifference to the affairs of others. This strategy can lead to an escape into daydreams and idealization, to egocentrism, prison infantilism, and even acute depersonalization and autism;
- b) rebellion tactic – taking the form of an uncompromising, overt attitude of resistance and hostility to staff (typical especially of the first phase of imprisonment) or a form of latent reluctance expressed in participation in subculture (both forms usually contaminate);
- c) domestication – this is a tactic typical for recidivists, consisting in creating opportunities for freedom of action and tolerable living conditions in prison. This type of tactics is most often used by mentally resistant prisoners or those accustomed to prison conditions, with a predominance of cognitive over emotional orientation, often psychopaths;
- d) conversion – this is an attitude of apparent submissiveness to the prison services, which is connected with the search for a situation that is as beneficial for oneself as possible (compared to the function of the “kapo” in concentration camps);
- e) cold calculation – is a combination of different ways of prison adaptation, mainly the technique of domestication and conversion. It consists in the prisoner making use of secrets, staff weaknesses and prisoner customs to obtain officially forbidden gratuities.

Jadwiga Sikora points out to the existence of yet another technique – the so-called mechanism of inhibiting the process of experiencing a difficult situation – consisting in avoiding thoughts and conversations about living outside bars, shaping an attitude of indifference to life outside prison and spending time on various activities (Sikora 1973).

Prison isolation is a factor that directly influences the formation of neurotic conditions, hindering the education of the prisoners and reduces inmates' adaptability to living in an open environment (Bałandynowicz 1995, pp. 14–15). It may also exacerbate the psychopathological symptoms that occurred prior to

the imprisonment or cause symptoms that were not previously present. Self-harm is often a pass for promotion in the hierarchy of the prison subculture, which allows for the enforcement of previously unattainable demands among inmates and staff. It is also a manifestation of helplessness in the face of the depreciation of dignity, deprivation of basic needs, social degradation. Auto-aggression can also be a result of stigmatization by the group (Bartczak-Praczkowska, Barwińska-Gojawczyńska 2004, pp. 13–21.).

## The situation of convicted women

Currently in Poland, more than 2800 women are in prisons and detention centers. The largest establishments are located in Krzywaniec, Grudziądz, Czersk and Lubliniec. In recent years, there has been a continuous increase in the number of women convicted. In 2001 it was 2038 and in 2013 it was already 2832, which indicates a strong upward trend. The cross-section of crimes for which women are convicted is quite wide, but among the rarest are violent ones. According to statistics, the most common are thefts, drug possession, fraud, burglaries and crimes against life and health – including murder<sup>1</sup>. In many cases, women murder long-term partners, husbands and concubines who, according to the testimony, have often abused them and their children. Most of the qualifications for these acts are also crimes under emotional strain or in self-defense, and the average sentence for this crime ranges from 8 to 10 years in prison. In the past, women did not serve their imprisonment in separate prisons, but in the same facilities as men, only in specially designated wards. Currently, they are directed to separate totalitarian institutions, where there are no convicted men. As far as the specification of the punishment is concerned, women are primarily directed to establishments of the semi-open type, provided that safety reasons and the level of demoralization do not speak in favor of them serving their sentence in another establishment. The special treatment of women in prisons is also related to motherhood. The child's stay in prison with its mother is in accordance with the Declaration of the Rights of the Child (the child has the right to maternal care and family life). In Poland, there are two facilities for convicted mothers and their children: Penitentiary Facility No. 1 in Grudziądz (where the only maternity and gynecological ward and the Little Children's Home are located) and the Penitentiary Facility in Krzywaniec (where the Mother and Child's Home is located).

In the case of women who are deprived of their liberty and have children, the legislature has provided for assistance in Article 87\$4 of the Executive Penal Code. In order to enable a mother who is deprived of her liberty to exercise permanent

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<sup>1</sup> <http://statystyka.policja.pl/st/wybrane-statystyki/przestepczosc-kobiet/50869,Przestepczosc-kobiet.html> (accessed on: 13.06.2018).

and direct care of her child, mother and child homes shall be organized at the penitentiary facilities, where the child may stay at the request of the mother until the age of three, unless educational or health reasons, confirmed by the opinion of a doctor or psychologist, speak in favor of separating the child from the mother or of extending or shortening this period<sup>2</sup>.

Pregnant women and mothers are perceived in a special way in prison. This is due to their psychophysical and physiological distinctiveness during this period and the specificity of their roles (Reczek 1996, p. 225). According to the prison regulations, pregnant and nursing women, as well as mothers staying in prison with their children, are provided with specialist care – it is the doctor who determines the frequency of health services, and also gives recommendations on the diet or the number of walks and baths. Convicted pregnant women are transferred two months before the date of birth to the hospital gynecology and obstetrics ward in prison or detention center. In addition, nursing or pregnant women have the right to make additional purchases in the canteen and more frequent walks. Such convicts shall not be subject to disciplinary penalties such as imprisonment in an isolation cell for up to 28 days and shall not be deprived of the possibility of receiving food parcels or purchasing food items. With regard to direct coercive measures against visibly pregnant women, officers may only use physical force in the form of incapacitation techniques. At the request of women who take care of children under 3 years of age, with the consent of the Family Court, it may be allowed for them to take care of minors in specially created mother and child homes organized at designated prisons. Placing a child in such a home also requires the father's consent if he has full parental rights. In case of disagreement, the decision is made by the Family Court, taking into account the broadly understood interest of the child.

Women also have the right to benefit from a postponement of their imprisonment. This postponement may be granted several times. The assumption of such a derogation is that the child will be cared for on a permanent and direct basis. This provision aims at avoiding severe consequences for the child and the family of the convict<sup>3</sup>.

## Security of convicted women – own research

Taking the above into account, it should be considered whether due to prison isolation, adaptation to prison conditions and the rehabilitation process to which they are subjected, convicted women feel safe. The survey was conducted

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<sup>2</sup> Executive Penal Code, adopted on June 6, 1997, p. 283.

<sup>3</sup> <https://www.sw.gov.pl/aktualnosc/zaklad-karny-w-krzywancu-kobiety-w-warunkach-izolacji-penitencjarnej> (accessed on: 13.06.2018).



on a sample of 2843 women in prisons in Poland. These included units from Bydgoszcz, Gdansk, Katowice, Koszalin, Kraków, Lublin, Łódź, Opole, Poznań, Rzeszów, Szczecin, Warsaw and Wrocław. The research was carried out according to strict procedures to ensure its proper implementation in the period from 21st to 23rd March 2018. Details of the time and the manner of organizing the examination were set by the directors of the units in consultation with their respective district directors of the Prison Service. The directors of the units also undertook to control the efficient and safe conduct of the research, in which all convicts, including working convicts, were to participate. The women have been informed about the confidentiality and anonymity of the studies in which they take an active part. The research was conducted in designated rooms – such as common rooms, in groups adapted to the conditions of the room. The officers responsible for their course supervised its proper conduct, paying attention primarily to the individualism in filling out the questionnaires and making sure there are no consultations on the answers with other detainees or officers.

An important part of the research conducted in the field of social sciences is to establish a research hypothesis. According to Tadeusz Kotarbinski, it constitutes all the claims only partially justified. Therefore, the hypotheses are a kind of conjecture by which certain data are explained (Plich, Bauman 2001, p. 46). This means that proving or disproving them is a must. For the purposes of the research, it was assumed that women in Penitentiary Facilities feel safe. Thus, the basic needs, as expressed by A. Maslow in the theory of hierarchy of needs, are realized in their lives. In the context of security studies' understanding of *Human Security*, satisfying this need causes that all aspects related to providing security to inmates are functioning in practice. It is worth recalling that in the case of Penitentiary Facilities, prison officers and educators and guardians are responsible for this state of affairs. In the case of social rehabilitation, the results of the research indicate the success of the personality modification process.

The research conducted assumed the following research hypotheses:

- a) Convicted women do not feel any major threats to their own safety;
- b) Convicted women feel safe in their relations with prison officers;
- c) Convicted women trust the prison officers in most cases.

These are complemented by detailed hypotheses:

- a) In penitentiary units there are incidents that can reduce the sense of security, and the perpetrators of such incidents are usually other women, but prisoners feel safe both in their cells and outside them;
- b) Relations between women prisoners and prison officers are well enough for them to feel safe;
- c) The women detainees trust prison officers to such an extent that they report situations that pose a threat to them.

Fourteen questions were created on the basis of the above hypotheses. The first six are metric records, the purpose of which is not only to determine the age

and marital status of the prisoners, but also issues important from their point of view, such as: qualification group, type of prison facility. These were followed by questions related to the hypotheses presented above. They concerned such issues as:

- a) Determining whether there were any threats to the detainees during their imprisonment;
- b) Determining whether the perpetrators of the events were Prison Service officers, women prisoners or men prisoners;
- c) Classification of the event committed responsible for the emergence of insecurity in prisoners;
- d) Determining whether they witnessed a prohibited act and what its nature was and whether it was committed by prison officers, women prisoners or men prisoners;
- e) Determining whether the subjects feel safe in the residential cell and outside it;
- f) Determining whether inmates report a security risk to prison officers.

Based on the above questions, it is possible to determine what degree of security is perceived by women prisoners. This is of great importance both from the point of view of social rehabilitation, and security studies, from the point of view of *Human Security*.

## **Sense of security for convicted women – research results**

Analyzing the data obtained as a result of conducting research on the sense of security among women in penitentiary units, it should be concluded that most women feel safe while serving their sentences in isolation. Such a high percentage of women who declare that there are no threats while serving their sentences is most affected by the properly performed work of prison officers who watch over their safety and proper course of them serving their sentences. In all age groups and sub-groups, the vast majority of women prisoners would report events that pose a threat to their safety. The question of “Would you report a threat to your security or to the security of another inmate if there was a dangerous situation?” 67% of those surveyed said yes and 33% said no. Such results indicate the unquestionably correct work of the prison services, which through their behavior and duties gain the trust and favor of women prisoners.

The research has obtained data indicating the problem of low education of convicts, which may have an impact on the crimes committed and on life after serving a sentence. A certain dependence has been discovered in this area – the younger the women, the lower the level of education. It may be related to aversion to the schooling system, young women often do not see good education as an opportunity to find a decent job and earn money. In such situations, the penitentiary educators should talk to the inmates and explain to them the essence

of their personal development, gaining education and qualifications, which are absolutely necessary nowadays in finding a good job. For this reason, educators attach great importance to making women aware of the educational, schooling, targeted education or professional courses offered by penitentiary units.

Taking into account the marital status of inmates, most women are married – which may indicate a decrease in the value of the institution of marriage and family values. The research also shows that women who have common-law partners, divorcees and maidens are more likely to commit crimes than married women. This relationship may indicate a breakdown in the timeless value of the family. This result also indicates that women in permanent marital relationships are less likely to commit crimes punishable by imprisonment.

Research has confirmed the principle that women are most often placed in semi-open prisons unless security considerations state otherwise. On the rarest occasions women end up in open type units. It should be noted that the vast majority of women do not feel any threats to their sense of security. In penitentiary units, threats, insults and vulgarities are most common, and the perpetrators of such incidents are usually other women. It is common for prisoners to take or use things, like food and cigarettes, without the owner's permission. Despite numerous incidents of such type, the inmates feel safe both in their cells and outside them. Given the multitude of situations involving threats, vulgarisms or bereavement of items, it makes sense to involve women in the daily lives of the units and in physical activity – so as not to leave them with too much free time that has so far been misused. According to Article 135 § 1 of the Executive Penal Code, prisons organize cultural and educational activities, physical education and sports, and stimulate social activity of prisoners in order to create conditions for spending free time appropriately. In accordance with Article 136 § 1 of the Executive Penal Code, convicts may be allowed to form teams for cultural, educational, social and sporting activities, as well as to establish contacts and cooperate with relevant organizations and institutions.

The data obtained clearly indicate that women detained in Penitentiary Facilities, regardless of their type, feel safe. To a large extent the results are surprising. They contradict the belief that serving prison sentences in Polish penitentiaries is associated with a significant percentage of violence between women prisoners and between women prisoners and prison service officers. Such an opinion is caused by overcrowding in Polish prisons, which makes it impossible to maintain intimacy and the existence of informal prison structures often referred to as the “second life”. However, the issue of the lack of correlation between the results of the research and the conviction regarding a large scale of violence in penitentiary facilities requires appropriate research. It is important that the results obtained prove the high level of functioning of the prison service, as well as of the whole system responsible for ensuring security and conducting the rehabilitation process. It should be added that a high degree of perceived

personal security undoubtedly contributes to a change in the current model of life of people serving prison sentences. It is worth recalling that a large part of them during their stay outside of prison did not have this basic need satisfied. Indication that it is different is an important and difficult to overestimate element of social rehabilitation.

## Recommendations

The theses presented in this part of the text concern the improvement of issues functioning on the borderline of security and social rehabilitation. This should result in a higher level of security. At the same time, through education, it should be emphasized that meeting this need for oneself – as understood by A. Maslow – is an important element of life also outside of prison. It is through raising awareness and showing ways to behave that the process of social rehabilitation is carried out, resulting in a better life outside of prison and thus preventing a return to prison. Such an approach is completely identical to the statement by Lesław Pytka, who noted that “When designing programs to repair or improve the functioning of the social system of a particular country, its region, etc., one should start from the lowest level – the physical existence of particular people in their economic entanglements, go through other levels (shaping the well-being of individuals and groups) and arrive at their system of norms and values. However, it is necessary to move and think the other way, as proposed by the so-called idealists or utopists. It is necessary to start by providing internal repair of individuals and groups of people, deconstructing their habits of thinking and valuing the world through the vision of a «new order», implementing new socio-economic and anthropological solutions, moving away from the stereotype of the «being shaping the consciousness» to the opposite thesis” (Pytka 2010, p. 44). This quote indicates that by working at grassroots level, methods of doing things properly can be indicated. Following this path, one needs to define guidelines at the following levels:

- a) To raise awareness, i.e. to educate women serving prison sentences, of the need to ensure their own safety and the safety of their loved ones’;
- b) Making the women inmates are aware of, and report events that may cause damage to their health, property, etc. This is no bad thing; on the contrary, it can save lives and health;
- c) Indication of ways of obtaining help from institutions responsible for security (police, city guard, fire department, various kinds of helplines);
- d) Showing how you can get other people’s attention in case of an event resulting in a loss of security for yourself and your loved ones.

Such education should concern the most common events in relation to women, that is:

- a) Sexual violence;
- b) Physical violence;
- c) Taking away or using their belongings by other people without permission;
- d) Responding to threats, insults and vulgarisms.

Such incidents are most common during the course of a custodial sentence. If the research conducted shows that they may occur in prisons where there is a lot of control by prison staff, they may be much more serious outside of prison. In addition to the above aspects, it is a good idea to introduce first aid education. During their stay in the penitentiary, convicted women may receive such assistance from prison officers and educators. When living outside prison, such basic skills may be decisive for survival, for example because the ambulance or fire service may arrive after a longer period of time.

The issue of education will undoubtedly be reinforced by a strong sense of security during imprisonment. Thus, practice and theory will be combined. Therefore, women's sense of security during their imprisonment is of great importance for the entire process of social rehabilitation and, in some cases, even socialization. For this reason, the process should be strengthened, both by prison officers and inmates, both female and male. First of all, women need to know that they can count on the help of all employees working in the penitentiary, regardless of the incident. In addition, all efforts to maintain the anonymity of such information should be reinforced. In the area of maintenance of security by officers, it is necessary to develop a scheme to follow appropriate procedures. To this end, there should be constant monitoring of the work of prison officers through a system of individual cameras. These are the same solutions that are currently being implemented in the police (Borowski 2018). In the case of such a system, there must be a conviction among the prison service and the inmates that this is for reasons of care for their safety. In addition, the functioning of such monitoring must respect personal data and maintain anonymity in certain situations, such as the transmission of information about an incident compromising security. Another way to strengthen the existing sense of security is to introduce a reward system for prison officers. Financial and prestigious awards, such as diplomas or other forms of recognition from superiors, will increase the effectiveness of the performed duties.

I fully support Marek Konopczyński's conviction that institutions dealing with social individuals "should also provide real help, and not be limited to punishing and isolating them socially" (Konopczyński 2008, p. 18). For regardless of the prisoners' treatment of life behind the walls as a specific lifestyle, regardless of the existence of prison subculture, and regardless of the positions that deny the legitimacy of social rehabilitation, it is noteworthy that they are taking steps to genuinely attempt to re-socialize (or even, it should be said, to originally socialize) prisoners. Opposing the postmodern stagnation and the conviction about the loss of identity by human beings, as well as the reasoning that degrades human

beings and their products, M. Konopczyński proclaims the need to introduce creative social rehabilitation in correctional and penitentiary facilities, which he understands as “creative social rehabilitation activities carried out with the help of developed cultural-technical and supporting methods” (Borowski 2018, p. 20). According to this author, identity is not without the possibility of its modification: “It should, however, be based on the development of new parameters of human identity, and not only on attempts to extinguish and eliminate the existing ones” (Borowski 2018, p. 105). To sum up, the actions concerning convicted women should therefore focus on the following areas:

1. Education in the field of ensuring security for oneself in the prison as well as outside prison;
2. Educating in pro-social behaviors in terms of ensuring the safety of oneself and one's loved ones in the broadest possible aspect, including the ability to use the institutions responsible for them, the use of various types of hotlines and even the basics of first aid;
3. Reinforcing the high level of sense of security among women serving prison sentences by introducing a monitoring system modelled on the solutions introduced by the Police;
4. Rewarding and awarding prison officers for their exemplary penitentiary work in responding to events compromising the security of prisoners.

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