PRISONTOK GIRLIES

PTG Guide 01

COMMUNICATION GUIDE

clear, loving words through the walls ♡

Communication is the heartbeat of your relationship. Phone minutes are short, mail is slow, and video visits can feel rushed — so this guide helps you make every word count.

KNOW YOUR CHANNELS

- Phone calls: usually 15 minutes, often recorded and monitored. Set up an account with the facility's provider before you expect calls.
- Electronic messaging: check whether your facility uses TRULINCS (federal) or a state-contracted tablet service. Messages are reviewed and may take hours to deliver.
- Video visits: schedule early, test your device, and find a quiet, well-lit spot.
- Letters and cards: still the most treasured. Nothing beats something they can hold.

BEFORE THE CALL

- Keep a running note on your phone of things you want to share so you never blank out.
- Handle the heavy topics early in the call, not in the last two minutes.
- Decide in advance what you do not have the energy to discuss today. That is allowed.

CONVERSATION STARTERS

- What was the best part of your day, even if it was small?
- What are you reading, watching, or learning right now?
- What do you want the first month home to look like?
- What can I do this week that would make you feel close to me?
- Tell me one memory of us you keep coming back to.

WHEN THE CALL GOES SIDEWAYS

- Name the feeling instead of the blame: 'I feel scared', not 'you never'.
- Ask for a pause: 'Let's come back to this tomorrow when we both have more time.'
- End every call with something warm, even after a hard one.

MAIL THAT FEELS LIKE HOME

- ♡ Write like you talk — ordinary days are the good stuff.
- ♡ Check facility rules before sending photos, stickers, glitter, perfume, or colored paper.
- ♡ Number your letters so you both know if one goes missing.
- ♡ Send a prompt they can answer back: 'Draw me your dream kitchen.'

YOUR NOTES

write it out, girlie ♡

This week I want to tell them...

A hard thing I need to say gently...

One question I want to ask...

You are not just passing information. You are keeping a whole relationship alive with words. That is holy work, girlie.

♡