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**T**he Canadian prison system is not functioning. There is no excuse for how bad things are. The Conservative Party of Canada cut or broke many useful tools that we could use to better our situation, improve our education (Ricciardelli *et al.*, 2014) and truly be given a chance. We need to have more job training for when we are released. We need to have access to all the non-governmental organizations for support to help prisoners once they are released reinstated. What do you expect a person to do when they are released after 10, 20 or more years, and they are not given any tools to rehabilitate and become a productive member of society?

### **OVERTIME**

There is no justification to pay people in federal institutions such terrible wages for prison labour. We are not talking a few bucks here and there. All anyone has to do is look at the pay of guards (Correctional Services Canada, 2018). The millions of dollars that will be saved every year from ending overtime for guards can go to improve prisoners' pay and prison conditions, as well as improve a system that is not functional.

### **LIFE SENTENCES**

There are no reasons to sentence people to a life sentence in Canada. It is a dirty tarnish on our nation when we use such outdated and cruel punishments. Canada must join the ranks of these countries and end these destructive sentences. Other countries like Portugal have abolished the life sentence (*ibid*). For a country to articulate that life sentences would violate their constitution is a lesson worth learning.

### **REFERENCES**

- Constitution of the Portuguese Republic (1989) "Art. 30, § 1: Limits on Sentences and Security Measures". Retrieved from <https://dre.pt/part-i>.
- Correctional Services Canada [CSC] (2018) *Agreement Between the Treasury Board and Union of Canadian Correctional Officers*, Ottawa. Retrieved from <https://www.tbs-sct.gc.ca/agreements-conventions/view-visualiser-eng.aspx?id=7>
- Ricciardelli, Rosemary, Hailey Crichton and Lisa Adams (2014) "Stuck: Conditions of Canadian Confinement", *Sociology of Crime, Law, and Deviance*, 19: 95-120.

## **ABOUT THE AUTHOR**

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