

Pathways to Redemption: A Legal Analysis of Youth Rehabilitation Mechanisms in Pakistan

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ARTICLE INFO	ABSTRACT
Article History: Received: January 02, 2025 Revised: February 03, 2025 Accepted: February 06, 2025 Available Online: February 07, 2025	Another area of concern in the management of youth offenders in this respect of statutory framework in Pakistan is the aspect of rehabilitation, which requires further analysis and improvement. Thus, the nature of this research work involves the critically examining of the current legal structures and processes of youth offenders' rehabilitation in Pakistan. The paper uses qualitative methods in examining the different angles of the said legal provisions in order to analyze its effectiveness, the ways by which they were put into practice, and how they contributed to the rehabilitation process. This research concerns a critical analysis of legislation, agency policies and practices of the institutions based on legislation, in order to facilitate an identification exposure of the strengths and weaknesses of the current statutory provisions. From using interviews, case studies and thematic analysis, the research aims to explore the research questions of how young people experience, perceive and manage their lives when undergoing the rehabilitation process in Pakistan. The purpose of the analysis is to define the shortcomings and challenges of the legal regulations to learn about the problems that have to be solved to enhance the legislation. Topically, this study endeavours to provide more elaborative understanding of various socio-cultural, economical and systems factors that interact with the process of rehabilitating young offenders with the aim of reintegrating them into the society. The envisaged outcome is therefore development of a road-map for improvement and enhancement of legal provisions relating to youths in the crime circle of Pakistan. Therefore, this research aims at providing more enriched, comprehensive, and restorative youth offender rehabilitation models that will help their integration into the useful Pakistani society.
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Introduction

The criminal justice system handles youth offenders as an independent group because of their physical development alongside exposure to outside forces and their ability to change. Societies explore different methods to handle youth criminal activity while combining principles related to justice with equality and fairness policies. The rehabilitation programs for juveniles in Pakistan have started to receive official attention yet the effectiveness of regulations designed to solve this issue continues to be a concern. Youth rehabilitation policies encounter multiple barriers during implementation because of inefficient systems and public discrimination and limited funding (Franqui, 2023).

Youth justice relies on rehabilitation as its core concept since it acknowledges fundamental development disparities between young people and adults. International law stipulates this principle through UNCRC since Pakistan became a party to it in 1990. Youth offenders deserve treatment through processes which focus on both their society-centered reintegration and their capacity to reform according to international legal standards (Khan, 2023). Complex issues emerge from the need to reconcile international obligations with the local statutory requirements together with pre-existing socio-cultural traditions.

The Juvenile justice system in Pakistan relies on the Juvenile Justice System Act of 2018 together with complementary legal instruments to handle youth criminal conduct. The JJSA served as national law to maximize juvenile justice system efficiency which involves moving away from incarceration and toward reformed justice solutions. The introduction within this Act included the creation of observation homes as well as juvenile rehabilitation centers and dedicated diversion programs and probation services. The JJSA provides a solid framework yet its practical execution runs into obstacles because of weak institutional resources and inadequate court official and law enforcement training and scarce available funds (Hilal et al. 2023).

Rehabilitating youth offenders poses both legal and social difficulties when seeking to keep the youth system effective. The barriers created by societal stigma together with discrimination against juvenile offenders stop their successful return as law-abiding citizens from happening. Social barriers which impede youth rehabilitation become more intense through economic challenges and learning deficits and the lack of community support structures. Young offenders enter multiple periods of social exclusion which leads them to repeat their crimes.

Analyzing Pakistan's official systems for youth rehabilitation practices remains essential for determining beneficial aspects and potential improvement areas. The examination needs to examine both societal elements as well as economic influences and institutional factors which determine the effectiveness of such systems. The analysis should investigate how international examples can fit within Pakistan's special social setting together with its legal framework (Faraz et al. 2023).

The research examines youth rehabilitation programs in Pakistan from a legal perspective to assess their international compliance and effectiveness in addressing juvenile offenders' complex requirements. The discussion examines rehabilitation through legal and institutional elements together with social structures for understanding how statutes should be improved to achieve their rehabilitation goals. This research investigates routes toward rebirth to contribute to reforms in juvenile justice systems which should focus on nurturing change rather than punishing offenders.

Youth offending and rehabilitation within Pakistan demonstrates a dramatic transformation throughout history because the juvenile justice system adapted from punishment to rehabilitation practices. The country applied a retributive justice model in its juvenile delinquency management since past times because societal norms together with cultural perspectives shaped the approach. Punitive approaches deprived young offenders from beneficial rehabilitative practices through adoption of severe penalties that hindered their path towards reform (Talha et al. 2023).

In the starting era of Pakistan there were no dedicated laws or institutions which addressed the unique needs of juvenile offenders. Youth offenders received identical treatment to adult criminals because Pakistani justice neither established separate juvenile courts nor built rehabilitation centers for underage offenders. The method violated both the development needs of these young persons and the emerging juvenile justice guidelines worldwide (Khosro & Kousar, 2022).

Pakistan started changing its juvenile delinquency management approach when international human rights concepts connected to its legal system at an increasing pace. The global child rights movements together with Pakistan's endorsement of the United Nations Convention on the Rights of the Child (UNCRC) became essential elements toward creating fresh viewpoints. The evolving perspective toward juvenile offenders grew from multiple influences which established both the necessity to protect their specific needs along with their rights and their need for rehabilitation and successful reentry into society.

These reforms encountered various obstacles during their execution. The transformation of Pakistan's juvenile justice system met various significant obstacles during its development. The shortage of sufficient resources including budget and building infrastructure proved to be the primary obstacle for developing and operating specialized juvenile centers. The reform efforts faced a dual challenge because Pakistan did not have an adequate number of trained professionals who could provide appropriate care for young offenders throughout the entire criminal justice process (Haidar et al. 2023).

Discriminating public opinions about juvenile offenders along with rehabilitation efforts persisted to be an important obstacle. Several parts of society maintained their strong belief in punishing criminals rather than the new approach focused on rehabilitation. Societal opinions function as major obstacles for the rehabilitation of juveniles so their acceptance by the public remains a fundamental priority in contemporary reform efforts.

The country made significant progress toward developing rehabilitative and humane juvenile justice practices which changed Pakistan's legal as well as social framework. The Pakistani juvenile justice system moved from punishment-focused to rehabilitation-based practices in line with global trends as it improved protections for youth offenders in the country (Nazim et al. 2024).

The changes in legal standards together with rising domestic support motivated Pakistan to develop new measures for its juvenile justice system. The passage introduced new legislation to replace former harsh penal systems. Corrections authorities applied these reforms to build an international standards-conforming framework designed for juvenile protection with rehabilitation emphasis instead of punitive measures. Pakistan made significant strides by establishing juvenile courts along with police units for juvenile cases and implementing rehabilitation programs which became major achievements in the transformation of juvenile justice systems.

Multiple obstacles presented themselves during the execution of these reforms. Implementation of systemic changes to juvenile justice required Pakistan to overcome multiple obstacles. A fundamental problem stopped the establishment of specialized juvenile facilities because Pakistan faced limited budget and poor resources for infrastructure development. Young offender management required trained professionals who specialized in working with this population since they were absent at all levels of law enforcement and judiciary and rehabilitation sectors (Majeed et al. 2024).

Significance of the study in the context of Pakistani society

The way society viewed juvenile delinquency and rehabilitation serving as a major obstacle. Particular social groups maintained a deep-rooted preference for punitive justice as this attitude opposed current rehabilitative approaches. The reform effort requires the elimination of traditional negative beliefs people hold about juvenile offenders while building better cultural support and understanding toward juvenile reintegration.

The country's advancements in implementing rehabilitative and human treatment of young offenders created substantial changes in Pakistan's legal system and its social environment. The development of rehabilitative juvenile justice systems throughout Pakistan followed international trends as it became crucial to defend the rights and welfare of juvenile offenders across the nation (Khan et al. 2023).

Understanding youth offending and rehabilitation in Pakistan helps to reveal how the national approach to juvenile justice is evolving with its related social aspects. Traditionally Pakistan failed to solve juvenile delinquency cases because it maintained cultural traditionalism and punishment-focused approaches. The growing awareness about juvenile justice matters has produced substantial modifications in the legal structure together with public opinion toward these matters. Specialized courts were missing and minors needed enhanced legal protection based on findings within the study. Pakistan enhanced its juvenile justice system by adopting international human rights principles which identified current strengths and active areas for development. Juvenile offender research promoted changes in public perception which resulted in increased understanding of their needs by society (Qazi et al. 2023). The organization suggested establishing educational training centers together with vocational programs and psychological help services alongside community rehabilitation services.

Research Objectives

Examine the Legal Framework

- Assess all current laws and policies relating to juvenile rehabilitation in Pakistan with particular emphasis on the Juvenile Justice System Act, probation laws and constitutional provisions relevant to the matter.

Assess Implementation and Effectiveness

- The evaluation focuses on assessing rehabilitation framework execution within Pakistan to find instances where laws diverge from actual practices.
- An evaluation of juvenile rehabilitation centers together with diversion programs and alternative sentencing practices should determine their effectiveness in minimizing repeat crimes.

Identify Challenges and Barriers

- The study investigates three key barriers that affect juvenile offender rehabilitation - institutional, social and financial challenges.
- The pathway of youth rehabilitation encounters obstacles or support from law enforcement, judiciary and correctional institutions.

Compare with International Best Practices

- A comparison should be performed between Pakistan's youth rehabilitation methods and international benchmarks following United Nations Convention on the Rights of the Child (UNCRC) guidelines and additional effective systems operating in different legal frameworks.

Evaluate Societal and Psychological Aspects

- Researchers must evaluate community opinions about rehabilitated young adults who try to return to society as well as their rejoining difficulties.
- Evaluation determines how rehabilitation programs affect youth mental health while examining counseling and educational prevention strategies for reoffending.

Provide Policy Recommendations

- The writer suggests necessary legal reforms alongside institutional updates which would boost rehabilitation programs for young people in Pakistan.
- The author recommends that policymakers should change existing policies to make Pakistan's juvenile justice system follow international human rights and rehabilitation principles.

Literature Review

An analysis of global youth criminal behaviors and their approaches to rehabilitation

During history the worldwide matter of juvenile offender rehabilitation and youth reintegration proved challenging to tackle because of numerous different methods and evolving frameworks being utilized. The first approach toward handling juvenile delinquency in numerous countries essentially involved punishment rather than rehabilitation because society showed a preference for retribution over rehabilitation. Society adopted this position mainly because its supporters believed that harsh punishments would help prevent crime as well as maintain social stability.

Before modern times juvenile justice systems throughout various nations duplicated adult criminal procedures without understanding individual developmental requirements affecting young criminal offenders. When young people received identical harsh penal environments as adult offenders it worsened their behavioral issues while making them more prone to repeat criminal actions. During past legal practice juvenile offenders received adult treatment by the courts thus leading to negative consequences for their mental health and social growth and future potential (Malik, K. A., et al. 2024).

A transformative change emerged during history regarding global views of juvenile justice. The combination of advancements in both psychology and social work and intensive international rights advocacy caused numerous countries to understand rehabilitation as a necessary solution for juvenile delinquency. Rising evidence about rehabilitation efficiency for lowering youth offender repeat offenses alongside their successful reinteraction with society prompted this conceptual change.

The United Nations Convention on the Rights of the Child (UNCRC) together with other international treaties became essential for the major changes in juvenile justice systems. The United Nations Convention on the Rights of the Child (UNCRC) specifically stated that children inside the justice system required particular protections because they needed rehabilitation alongside reintegration and restorative justice processes. The worldwide adoption of international standards led countries to create separate systems for juveniles which would emphasize child welfare and rehabilitative solutions (Jabeen, T., et al. 2025).

Different countries executed numerous rehabilitation programs through various strategies. Rehabilitation efforts through these programs delivered education and vocational training together with counseling and community service and diverse forms of support targeting poverty and lack of education and family and mental health issues and other basic causes of juvenile criminal offenses. Rehabilitation programs targeted adolescents to teach essential life skills which would help them succeed lawfully after finishing their sentences (Manzoor, A., et al. 2025).

Overview of constitutional principles relevant to youth offender rehabilitation

The principles found in the constitution define how youth offender rehabilitation functions towards building a fair and efficient juvenile justice system. Such legal foundations of countries establish basic principles which direct the process of rehabilitating juveniles after they encounter legal difficulties. The principles demonstrate societal dedication to protecting adolescent rights while they make mistakes while enhancing their ability to rebuild themselves into productive members of society (Fatima, R., et al. 2024).

Constitutional and Legal Framework of Pakistan on Youth Rehabilitation

Constitutional Provisions

- Article 25 of the Constitution establishes that the law treats both juveniles and citizens equally.
- Article 37 under the Constitution requires States to establish humane living standards especially for groups such as juveniles.
- Article 10A establishes safeguards for juveniles to receive just legal trials when accused of crimes (Batoool, S. 2024).

Juvenile Justice System Act, 2018

- Establishes special procedures for handling juvenile offenders, including diversion programs, probation, and rehabilitation-focused sentencing.
- Prohibits the death penalty and life imprisonment without parole for juveniles.
- Introduces Juvenile Justice Committees to oversee alternative dispute resolution methods (Baig, K., et al. 2024).

Probation and Parole Laws

- Allow supervised release of juvenile offenders as an alternative to incarceration.
- Encourage rehabilitation through community-based programs and vocational training.

Child Protection Laws

- Various child protection legislation at the provincial level support rehabilitation efforts by providing shelter, education, and counseling for at-risk youth (Murtaza, A. 2023).

International Commitments

- Pakistan is a signatory to the UNCRC, which mandates special protections for children, including fair treatment in the juvenile justice system (Labiba, T. S. 2023).
- Aligns national laws with global rehabilitation standards to ensure humane treatment of juvenile offenders.

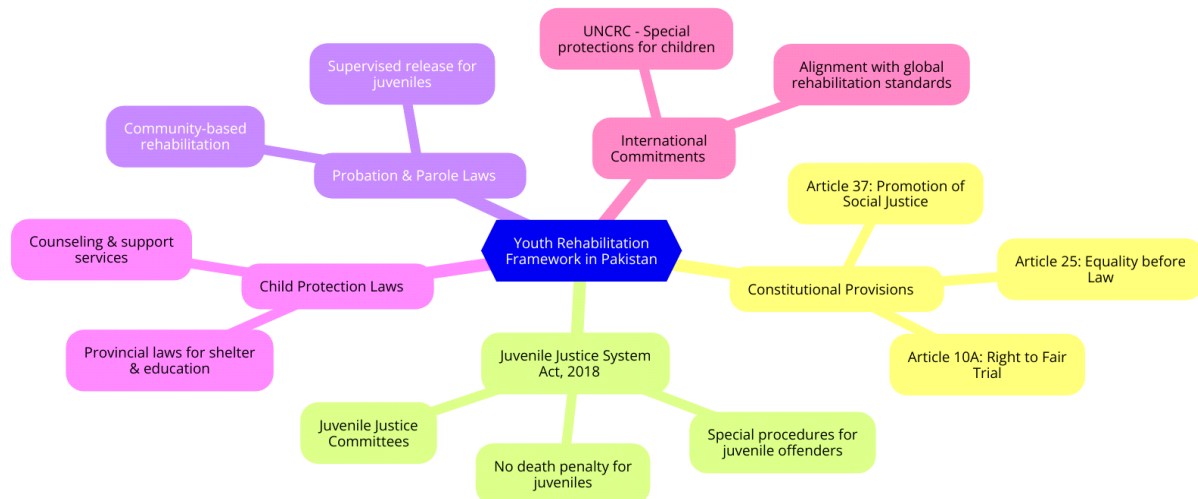


Figure 1: diagram of legal framework of youth Rehabilitation in Pakistan

One of the fundamental constitutional principles relevant to youth offender rehabilitation is the recognition of the distinct status of juveniles in the legal system. This principle acknowledges that children and adolescents, due to their age and developmental stage, should not be treated in the same manner as adults within the justice system. A proper treatment of young offenders demands dedicated judicial systems as well as distinct processes together with place of incarceration designed to respond to adolescents' specific requirements. Forensic authorities worldwide incorporated this principle because they agreed that juveniles display different developmental needs from adults which warrants distinct justice procedures for offenses.

Youth offenders must receive properly conducted trials combined with due process protections according to another fundamental constitutional principle. Juvenile offenders must receive three fundamental rights: legal representation and both open opportunities to present their case and trials which factor in their developmental abilities. The integrity of legal procedures and protection of youth participants depends on fulfilling these fundamental rights in juvenile courts. The protection extends to double jeopardy rules and stops retrospective law enforcements which prevent the unfair punishment of juveniles (Dilawar, M. N. 2024).

Another key constitutional principle that exists in juvenile rehabilitation work is the protection which shields people from cruel and unusual punishments. Under this principle states cannot execute individuals nor sentence them to die in prison with no chance of freedom for crimes performed when they were minors. These harsh penalties prove unfit for youthful offenders since young offenders demonstrate capacity for being rehabilitated. Every evaluation of constitutional

principles and youth rehabilitation depends on the best interest of the child as a foundation. All public and private welfare institutions waste no time in considering the child's best interests as their main priority. The principal advocates for youth offender rehabilitation through successful societal reintroduction instead of traditional punishment methods (Ajmal, M., & Arshad, M. 2024). According to this principal rehabilitation institutions must develop programs which serve educational as well as psychological and social needs of juvenile offenders.

Legal Framework of the USA on Youth Offender Rehabilitation

Under its juvenile justice system, the United States seeks to restore offenders through rehabilitation programs alongside accountability measures in order to maintain public security. Different states apply varying approaches to juvenile offenders due to the main legal bases which stem from federal and state statutes (Chhikara, D. 2023).

Key Legal Provisions and Laws

Juvenile Justice and Delinquency Prevention Act (JJDP) - 1974 (Amended 2018)

- The Act aims to steer juveniles away from detention toward rehabilitation services in the community.
- The Act protects minors by keeping them away from co-habitation with adults at correctional facilities.
- Addresses racial disparities in juvenile justice (Magee, G. 2024).

Individuals with Disabilities Education Act (IDEA)

- This act offers educational assistance to youth prisoners with disabilities.
- The act enables unique rehabilitation strategies to be formed based on the needs of incarcerated juveniles (Packrone, S. E. 2024).

Prison Rape Elimination Act (PREA)

- Ensures protection of juveniles in correctional facilities.
- The Act both prevents abuse along with ensuring proper rehabilitation programs.

Second Chance Act (2008)

- Provides grants for programs that help youth reintegrate into society.
- Supports education, vocational training, and mental health services (Coppola, F. 2023).

State-Level Juvenile Laws

- Different states maintain separate policies for juvenile detention and probation and rehabilitation practices.
- Each state features distinct legislation that permits juvenile offenders to face adult criminal prosecution for important offenses.

Juvenile Justice Model in the USA

The U.S. juvenile justice system operates under the "**Balanced and Restorative Justice (BARJ)**" model that contains three main features (Leamy, J. 2024).

Accountability

- The juvenile justice system requires offenders to demonstrate action accountability through reparative justice programs in combination with restitution and expressions of contrition.

Community Protection

- Government institutions achieve public safety through diversion programs and probation alongside electronic monitoring for reducing juvenile reoffending probabilities.

Competency Development

- An educational approach combined with vocational training alongside therapy and counseling produces productive citizens from juveniles (Alif, S., et al. 2024).

Rehabilitation Approaches in the USA

Diversion Programs

- Formal courts should not be involved at all so instead the program uses community service programs alongside counseling sessions and mentoring services.

Restorative Justice Programs

- The methodology enables offenders and victims to talk with each other in order to create accountability while healing takes place.

Juvenile Drug Courts

- The rehabilitation program treats young people who have substance abuse problems as an alternative to sending them to prison.

Mental Health Treatment Programs

- Juvenile psychological disorder patients should both receive psychological therapy and medical care (D'Agostino, A. 2024).

Education and Vocational Training

- Offenders build job-related abilities through these programs which help them re-establish themselves back in society.

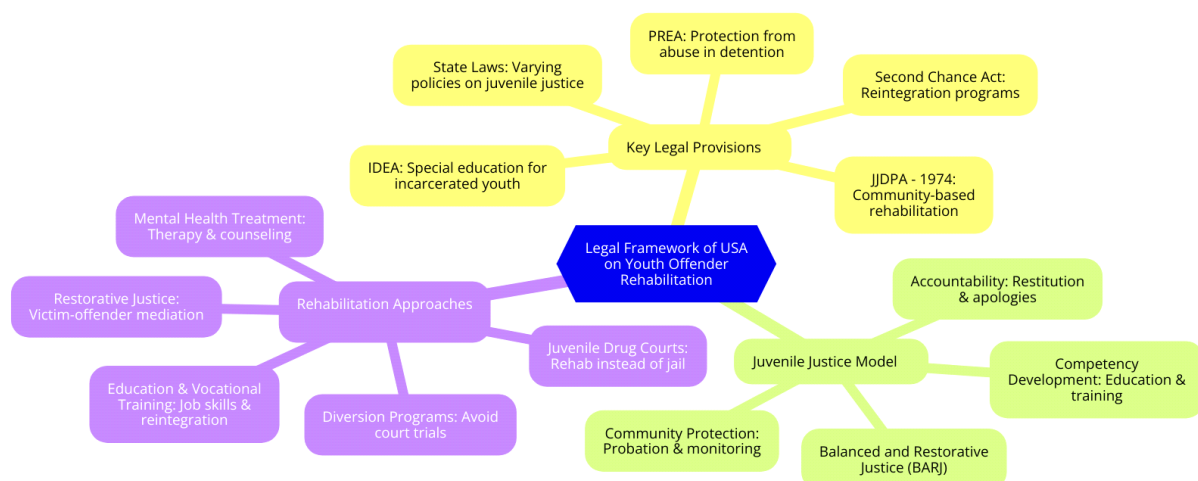


Figure 2: diagram of USA legal framework of youth Rehabilitation

Fundamental Rights Protecting Youth Offenders

Globally the juvenile justice evolution included essential rights and protections development for youth offenders as an essential element. This region has undergone historical shifts from giving youthful offenders adult-style treatment up to creating specialized protocols which protected their individual needs and sensitive circumstances.

Improved knowledge about youth psychology and restorative justice principles resulted in international recognition of protective measures needed for juvenile offenders. The emergence of this new approach stemmed from international conventions along with UNCRC being signed into treaties (Tanveer, F. 2024). The UNCRC gained central importance in defining child offender rights by encouraging rehabilitative treatment standards that match their development stage.

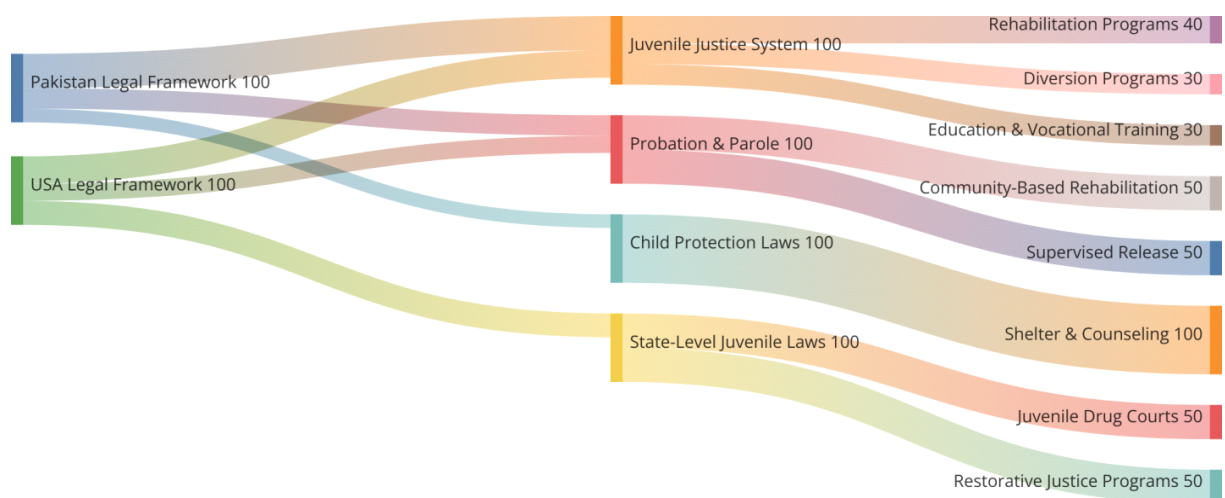


Figure 3: Diagram of comparative analysis between Pakistan and USA

Research Methodology

The analysis focuses on youth rehabilitation systems through comparative legal research by studying both Pakistan and the USA. This research investigates both comparable and divergent elements that exist between laws and treatment approaches and international obligations pertaining to juvenile justice systems. This study uses an organized evaluation of legal documents with judicial records and statutory components and policy execution to deliver critical analysis of these two jurisdictions. The research implements a qualitative design which allows an organized detailed assessment of the legislation and institutions and practical youth rehabilitation operations.

The study employs a **three-tier methodology** for research. The first stage of this research method examines **constitutional provisions** together with **statutory laws** along with **international legal commitments** that pertain to juvenile justice. The research analyzes similar and distinctive features within the legal protections and rehabilitation approaches and institutional frameworks between India and Pakistan through **comparative legal methods**. Empirical evidence involving government reports together with case studies and statistical analyses assesses the practical effects of rehabilitation programs when such data becomes available.

Data collection within this study includes both **primary and secondary resources**. Legal instruments from Pakistan include the **Juvenile Justice System Act (2018)** and **child protection laws** together with the **USA section JJDP (Juvenile Justice and Delinquency Prevention Act)** along with state-specific laws and Second Chance Act rehabilitation programs. The research uses academic pieces as well as legal periodicals as part of its secondary sources together with human rights documents and judicial analysis reports and United Nations observations on the **UN Convention on the Rights of the Child (UNCRC)**. Multiple resources work together to establish a complete framework for performing this legal comparison.

The study implements a structured method to assess fundamental rehabilitation elements used for juveniles. The research investigation studies foundational legal principles to understand how Pakistani centralized statutory security protocols separate from **United States Balanced and Restorative Justice (BARJ) standards**. Rehabilitation strategies between Pakistan and the USA are analyzed through the comparison of their **community-based rehabilitation, vocational training, diversion programs** and the use of **juvenile drug courts, mental health support and education-based rehabilitation**. The study evaluates international obligations because both countries support the UNCRC but implement different systems where the USA relies on state-level laws and Pakistan uses a federal structure that shows inconsistent provincial enforcement practices.

The research uses different analysis methods which combine content analysis toward legal texts combined with policy documents alongside **judicial case review** of landmark decisions and numerous visual displays including **mind maps and Sankey diagrams** and comparison tables to present legal systems and rehabilitation models. The applied analysis techniques guarantee both **systematic insights and clear visual** representation of the findings.

The study includes an assessment of both ethical concerns together with identified boundaries. The research keeps an unbiased and objective approach while conducting its comparative analysis. The analysis takes note of difficulties including scarce empirical evidence on rehabilitation results in Pakistan along with differences between state and federal court structures and disparities in data disclosure when drawing final conclusions.

This research uses legal comparison to evaluate the rehabilitation methods for youth between **Pakistan and the USA** through their respective laws and policies. This analysis of best practices from the two jurisdictions establishes recommendations to upgrade global youth rehabilitation programs.

Results, Analysis and Discussion

As an essential criminal justice system practice worldwide youth rehabilitation exists to successfully return juveniles to society as law-abiding citizens. Pakistan and the United States establish legal guidelines for youth rehabilitation which differ because of dissimilar legal frameworks and constitutional frameworks along with socio-political environments. A detailed examination of essential legal and constitutional elements in both nations take place to identify commonalities as well as distinctions together with the performance of youth rehabilitation strategies.

Constitutional and Legal Framework of Youth Rehabilitation in Pakistan

Constitutional Provisions

Several safeguards established by the Constitution of Pakistan exist to protect juveniles:

- **Article 25(3):** Establishes provisions for protecting juveniles allowing the state to develop laws securing their welfare and rehabilitation.
- **Article 37(c):** Ensures humane working conditions, minimum wages, and special provisions for children's welfare.
- **Article 10A:** Grants the right to a fair trial, ensuring juveniles receive due process.

Juvenile Justice System Act, 2018 (JJSA)

Pakistan introduced the Juvenile Justice System Act of 2018 (JJSA) to manage youth offenders since it replaced the former Juvenile Justice System Ordinance of 2000. The key provisions include:

- **Age of Criminal Responsibility:** Children under 10 years are not criminally responsible, and those between 10 and 14 years are subject to rehabilitation-focused intervention.
- **Diversion Mechanisms:** Introduces non-custodial alternatives, such as counseling, probation, and community service, allowing first-time offenders to avoid incarceration.
- **Juvenile Courts:** Establishes special courts for juvenile cases to ensure child-sensitive justice.
- **Rehabilitation Centers:** Mandates the creation of rehabilitation centers for vocational training, education, and psychological support.
- **Prohibition of Death Penalty and Life Imprisonment:** Juveniles cannot be sentenced to death or life imprisonment.

Other Relevant Legal Provisions

- **The Probation of Offenders Ordinance, 1960:** Allows juvenile offenders to be released on probation instead of imprisonment.
- **The Borstal Institutions Act, 1926:** Provides for the establishment of juvenile correctional facilities where young offenders receive education and vocational training.
- **Pakistan Penal Code & Criminal Procedure Code:** Contain provisions protecting minors from excessive punishment.

Constitutional and Legal Framework of Youth Rehabilitation in the United States

Constitutional Provisions

Although juvenile justice lacks explicit mention in the U.S. Constitution multiple amendments protect young offenders through their provisions.

- **Fifth Amendment:** Guarantees other protection besides self-incrimination while establishing proper legal processes for all individuals.
- **Sixth Amendment:** Grants the right to legal counsel and a fair trial.
- **Eighth Amendment:** Protects criminals from brutal and excessive punishments while shaping the way courts mandate punishment for young offenders.
- **Fourteenth Amendment:** Ensures equal protection under the law, preventing discriminatory juvenile sentencing.

Juvenile Justice and Delinquency Prevention Act (JJDPA), 1974

The JJDPA is the cornerstone of federal juvenile justice legislation. Key provisions include:

- **Deinstitutionalization of Status Offenders (DSO):** Status offenses (e.g., truancy, curfew violations) should not lead to detention.
- **Adult Jail and Lockup Removal:** Juveniles should not be detained in adult facilities.
- **Disproportionate Minority Contact (DMC) Reduction:** Requires states to address racial disparities in juvenile justice.

Supreme Court Precedents on Juvenile Sentencing

Several landmark Supreme Court cases have shaped juvenile rehabilitation:

- **Roper v. Simmons (2005):** Abolished the death penalty for juveniles.
- **Graham v. Florida (2010):** Prohibited life without parole for non-homicide juvenile offenders.
- **Miller v. Alabama (2012):** Banned mandatory life sentences without parole for juveniles.

State-Level Juvenile Rehabilitation Initiatives

Each U.S. state has its own juvenile justice system, with varying approaches:

- **Restorative Justice Programs:** Focus on victim-offender mediation and community service.
- **Youth Correctional Facilities:** Provide education, counseling, and job training.
- **Probation and Diversion Programs:** Allow non-violent juvenile offenders to avoid incarceration.

Table 1: Comparative Analysis: Pakistan vs. USA

Aspect	Pakistan	United States
Constitutional Protections	Explicit child protection provisions (Article 25(3), Article 37)	Indirect protections through due process and equal protection (5th, 6th, 8th, 14th Amendments)
Juvenile Sentencing	No death penalty or life imprisonment for juveniles	Death penalty banned; mandatory life without parole restricted
Juvenile Courts	Special juvenile courts established under JJSA	Specialized juvenile courts in most states
Rehabilitation Focus	Emphasis on rehabilitation centers, vocational training	Diversion programs, probation, and educational services
Diversion Programs	Limited but growing under JJSA	Extensive state-wise initiatives

Challenges and Recommendations

Challenges in Pakistan

- **Implementation Gaps:** Despite JJSA’s progressive approach, implementation remains inconsistent.

- **Lack of Rehabilitation Centers:** Few functional rehabilitation centers across Pakistan.
- **Limited Awareness:** Police, judiciary, and the public lack awareness of juvenile rights.

Challenges in the USA

- **Racial Disparities:** Minority youth are disproportionately impacted by the justice system.
- **State Variability:** Uneven application of juvenile justice reforms across states.
- **Over criminalization:** Juvenile detention remains high for minor offenses.

Recommendations for Pakistan

Youth crime is a critical issue in Pakistan, necessitating effective rehabilitation mechanisms. The existing legal framework addresses juvenile justice, but challenges remain in **implementation, access to rehabilitation programs, and post-release reintegration**. The document delivers detailed suggestions for youth rehabilitation improvement in Pakistan by establishing legislative changes together with institutional structures and community-focused initiatives.

Strengthening the Legal Framework

Amendments to the Juvenile Justice System Act (JJSA), 2018

- **Expand legal protections** to cover all minors consistently.
- **Increase clarity on sentencing alternatives** and post-trial rehabilitation options.
- **Establish clear guidelines** for diversion programs to prevent unnecessary incarceration.

Establishment of a National Youth Rehabilitation Policy

- Develop a **comprehensive policy** integrating legal, psychological, and social dimensions of rehabilitation.
- Incorporate **best international practices** in juvenile justice and rehabilitation.

Strengthen Legal Aid for Juveniles

- Enhance **access to pro bono legal services** for juvenile offenders.
- Introduce **specialized juvenile justice lawyers** in courts.

Institutional Reforms for Juvenile Rehabilitation:

Modernizing Juvenile Detention Centers

- Replace traditional **punitive models** with **education and vocational training**.
- Ensure **separation of juveniles from adult prisoners** in all detention centers.
- Develop **counseling and mental health support units** in juvenile facilities.

Expanding Juvenile Courts

- Increase the number of **specialized juvenile courts** across Pakistan.
- Ensure **fast-track trial mechanisms** to prevent prolonged pre-trial detention.

Establishing Alternative Rehabilitation Centers

- Youth rehabilitation facilities will operate as **skill development and educational centers** for their inhabitants.
- The organization should form alliances with both NGOs and private sector entities to operate **mentorship and reformation programs**.

Diversion Programs for Youth Offenders

Community-Based Rehabilitation

- Implement **restorative justice programs** where youth engage with victims and communities.
- Encourage **non-custodial sentences** such as community service and behavioral therapy.

Skill Development and Employment Opportunities

- Introduce **technical training and entrepreneurship programs** for juvenile offenders.
- Provide **tax incentives** to businesses that employ rehabilitated youth.

Psychological and Social Support Services

- The government should expand **counseling and de-addiction programs** for all youth who participate in substance abuse.
- The facilities housing juvenile correctional inmates need to receive enhanced funding for **state-based mental health services**.

Strengthening Post-Release Reintegration Mechanisms:

Employment and Education Support

- The system must maintain education programs for juvenile offenders when they complete their term.
- Employment centers should be developed to connect rehabilitated young people with job placement options.

Community Engagement and Family Counseling

- Conduct **family therapy sessions** to prevent repeat offenses.
- Encourage **community-based mentorship** programs for youth at risk of re-offending.

Reducing Social Stigma

- The society should launch awareness initiatives to eliminate social stigma directed toward adolescents after their rehabilitative process.
- Promote corporate social responsibility (CSR) initiatives supporting youth reintegration.

Monitoring and Evaluation of Rehabilitation Programs

Establish a Juvenile Rehabilitation Authority

- Monitor **effectiveness of rehabilitation initiatives** and recommend improvements.
- Develop **data-driven reports** on recidivism and rehabilitation outcomes.

Community and Stakeholder Involvement

- Engage **civil society, academia, and religious institutions** in rehabilitation strategies.
- There should be **independent bodies** that monitor conformity to juvenile justice laws.

Research and Policy Development

- The government should support **research initiatives** regarding youth criminal trends together with rehabilitation evaluation results.

- Encourage **academic collaborations** for evidence-based policy recommendations.

The policy for rehabilitating youth in Pakistan needs to adopt complete **multi-sectoral strategies** that combine **legal and institutional reforms with community-based programs**. Pakistan can cut youth criminal activities while giving young criminals opportunities for redemption by reinforcing legal frameworks and upgrading rehabilitation institutions alongside improved post-incarceration support.



Figure 4: Diagram of Recommendations for Pakistan

Recommendations for the USA

Restorative Justice Programs need increased consumption through victim-offender mediation initiatives.

Data-based policies should be implemented to maintain fairness throughout the system.

Enhanced rehabilitation services must offer improved educational and vocational programs to juvenile inmates.



Figure 5: Diagram of comparative analysis between Pakistan and USA

Conclusion

The rehabilitation process for juveniles in Pakistan and the United States takes different paths that eventually become connected. The legal system of Pakistan chooses institutional care and non-custodial measures as its main focus but the United States puts its main effort into diversion programs and restorative justice approaches. Reliable rehabilitation mechanisms alongside improved enforcement practices and fair treatment ensure the most effective juvenile justice systems in both Pakistan and the United States. A combination of the best juvenile correction system elements from Pakistan and the United States would establish an equitable rehabilitative framework for worldwide youthful criminal offenders.

Modern-day Pakistan needs an extensive method to handle its youth crime problems effectively. The Juvenile Justice System Act (JJSA) of 2018 establishes juvenile justice fundamentals yet fails to cover complete implementation steps or rehabilitation programs or post-release services. The development of a strong rehabilitation plan requires legal changes coupled with better institutions and community participation as well as structured programs for rehabilitation and reintegration. In order to achieve effective juvenile justice Pakistan needs to revise its JJSA legislation and create a National Youth Rehabilitation Policy with updates to detention facilities through added mental health support programs. A family of successful diversion and reintegration programs should include restorative justice programs as well as behavioral therapy alongside community service programs. Along with skills development and employment programs the government needs to create psychological support systems together with social welfare networks and actions to help juveniles transition back into society after detention.

Program rehabilitation success needs consistent monitoring together with sustainable policy creation for evaluation purposes. The juvenile justice laws need to be monitored through a collaboration between the Juvenile Rehabilitation Authority and civil society organizations and academic institutions alongside independent oversight groups. The government of Pakistan needs to develop new strategies to deal with youth offenders together with rehabilitation programs which combine education training and mental health support.

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