



For Children and Young People

With parents who are separating



Why are Mum and Dad splitting up?

Perhaps they have changed or they may have met someone else. Perhaps they argue all the time. What does not change is that your parents love you and care for you, even if they decide to live apart.

Is it my fault?

No it isn't your fault, you haven't done anything to make your parents split up, and you shouldn't blame yourself. Sometimes as with friendships, people change and no longer want to stay together. This is something that has been decided by your parents and it doesn't change the way they feel about you.

Why do I feel like this?

You may have all sorts of feelings at the moment. You may feel angry, upset, confused, lonely, sad, worried, happy or even relieved. Whatever you are feeling it is OK. It may help you to talk to someone about this.

Should I tell my teacher?

No, but it may be better if they are aware of what is happening. You could ask your parents to keep your teacher informed. The school will be able to arrange for you to speak to someone who is specially trained to support young people through difficult times.

Talking to my parents

If possible, talking things through with your parents will help you understand what is going on and let them know how you are feeling. It may help to make a list of all the worries and practical points that are important to you and share them in conversation or through a letter.

Is there anyone I can talk to?

You can talk to relatives or a good family friend. It's up to you if you want to tell your friends. You can also get support from 'Childline', the NSPCC helpline, or 'relate' offer young person's counsellors. It's good to talk with someone you trust. A problem shared is a problem halved.



www.separating-parents.org.uk



relate Lincolnshire

Tel: 0845 6046206

Website: www.relate-lincs.co.uk



Childline

Tel: 0800 1111

Email: info@childline.org.uk

Website: www.childline.org.uk

NSPCC

Tel: 0808 8005000

Text Phone: 0800 056 0566

Web Chat: www.there4me.com

Website: www.nspcc.org.uk/kidzone

Samaritans

Tel: 0845 7 90 90 90

Email: jo@samaritans.org.uk



Get Connected

Tel: 0808 808 4994

Website: www.getconnected.org.uk

Divorce Aid

Website: www.divorceaid.co.uk/child/teenagers.htm

The Children's Legal Centre

Tel: 0808 8020008

National Youth Advocacy Service

Tel: 0800 616101

Text: 0777 3334555

Email: help@nyas.net

NCHAction For Children

Website: www.itsnotyourfault.org



www.separating-parents.co.uk

relate
the relationship people

Lincolnshire
COUNTY COUNCIL