

A Young Person's Divorce Bill of Rights

I have a right to feel the way I feel about my parents' divorce.

I have a right to say what I think and speak up when things are bothering me.

I have a right to ask questions and get answers about our family's future.

I have a right not to feel guilty about the divorce.

I have a right to have a continuing relationship with both of my parents.

I have a right not to take sides. I'm free to be loyal and loving to both my parents.

I have a right not to hear my parents say bad things about each other.

I have a right to say no to a parent who tries to use me as a messenger or a spy or who gets me involved in my parents' disagreements.

I have a right to feel safe at all times.

I have a right to celebrate special days and holidays without worrying.

I have a right to find help if I need it.

I have a right to be proud of my family and to look forward to a happy future.