

Step 1 - Stop

What is parental conflict? Thought Prompt card



What is parental conflict?

Every family is different and no matter who is in your family, things can be tough sometimes. Every family argues and sometimes parents may argue about things like money or house work.

However, if your parents argue a lot, and the problem is not sorted out, it can be a sign of an unhealthy relationship and be upsetting for you to be around. You may feel confused and caught in the middle and not sure what to do. If you are worried about what is happening, it can help to:

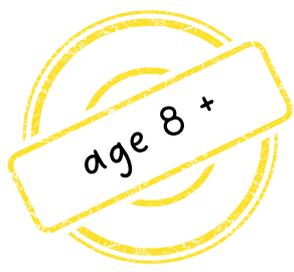


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Step 1 - Stop

What is parental conflict? Thought Prompt card



It is important to remember that these arguments are not your fault. Parents sometimes have disagreements and emotions can get out of control, but this has nothing to do with you or anything you have done. Healthy communication styles require practice and hard work.

Tip 1

Dealing with family conflict and arguments can be stressful and tense, even if we are not involved in the situation. When parents argue a lot it can be horrible listening in on the situation. Stay out of any arguments, especially if you are worried that it will not be safe. You can not control if someone else gets angry but staying calm can stop things turning into an argument.

Tip 2

There are many reasons why families argue. If a member of your family is going through something, it is okay if this is affecting you too. Your feelings are valid and it is important to talk to someone you trust about how you are feeling.

Tip 4

Speaking to someone you know well and trust can be a great way to vent about your current issues with your family. This could be a friend, relative, someone from school. There are also helplines that you can use if you do not want to talk to someone who knows you and your family.

Tip 3

If talking is hard, activities like writing in a journal, drawing pictures or making music can all help. Write down all of your thoughts and feelings. Draw and doodle, all this can really help you process family arguments and get a better understanding of how you feel. It can be especially helpful if you need a way to express yourself.

Here are some services that can support you.

In an emergency, you should always call 999.

Childline www.childline.org.uk
please call, chat online or email about any problem big or small. Call on 0800 11 11.

Kooth offers online counselling, advice and emotional well-being support for anyone aged 10-18 go to www.kooth.com



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Step 2 - Think

Your viewpoint quiz

Activity card



In every family there are times when parents do not get along. This is natural. We also know that some parents argue more often or for longer.

We would like you to think about how you feel when your parents argue or disagree. There are no right or wrong answers. You should just pick the answer which is best for you.

Do your parents shout a lot when they argue or disagree?

They shout a lot *	They shout a bit	They shout sometimes	They never shout
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scan the QR code to access the full version of the quiz



Do your parents ask you to take sides when they argue or disagree?

Always	Quite a bit	Sometimes	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do your parents argue or disagree?

A lot	Quite a bit	Sometimes	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you do feel any of these things when your parents argue or disagree?

I feel caught in the middle	I feel like they are upset with me	I feel like it's my fault	None
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How do you feel when your parents argue or disagree?

Upset	Scared *	Unsafe *	Helpless	Nothing	Something else
<input type="radio"/>					



What do your parents usually argue or disagree about?

How to discipline you	Money	Home chores	Family and friends	How the other parent behaves	Small things, like what's for dinner
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing games on electronics	Alcohol, drugs or smoking	Work	Something else	<input type="text"/>	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

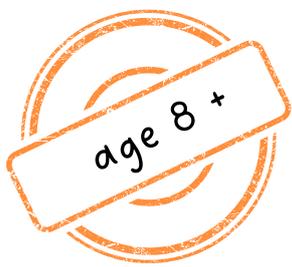
What to do next?



When you have finished answering the quiz, share the answers with the adult who asked you to fill it in or with an adult you trust. Your answers will help them to identify appropriate support to help to make change.



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Step 2 - Think

Child's roles

Activity card



In every family there are times when parents do not get along. This is natural. We also know that some parents argue more often or for longer and in that situation you may feel confused, scared, worried, caught in the middle and not sure what to do.

How to use this card:

1. Read below the different roles that children may take on when their parents argue.
2. Do you recognise doing any of these roles yourself?
3. If yes, share the answers with an adult you trust. There are also helplines that you can use if you do not want to talk to someone who knows you and your family.

Messenger
takes information
between parents



Secret keeper
is asked to keep
adult secrets



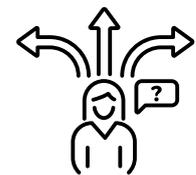
Fixer
tries to get the parents
back together



Peace Maker
tells each parent what
they think they want to
hear



Spy
feels pressure to report back
details about each parent



Peace Keeper
feels like they have to try
in some way to keep the
peace



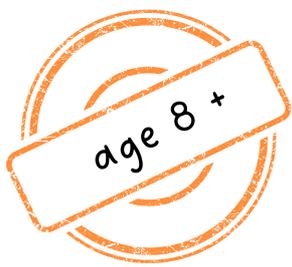
Judge
encouraged to decide which parent is right
and which parent is wrong in a situation



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Step 2 - Think

Positive and negative acts

Activity card



This activity will help you to identify the positive and negative behaviours when difficult conversations are needed. How you behave in these conversations has an impact on your relationships and finding the solution.

How to use this card

1. Assess behaviour clouds as positive (helpful) or negative (unhelpful).
2. Discuss your responses with a friend, teacher, or family member.
3. Reflect on whether you recognise the behaviours in yourself or others.
4. Share findings with an adult you trust or use helplines below for support. The helplines can be used if you do not want to talk to someone who knows you and your family.

Being respectful.
Treating the other person the way you would like to be treated.

Taking time out when things get heated.

Maintaining secrets and hiding feelings, thoughts and worries.

Always wanting to 'win' discussions and arguments.

Being critical of the other person directly to them or someone else.

Shouting and screaming over the other person to be heard.

Saying sorry or making a peace offering.

Thinking about what you can do differently in the future.

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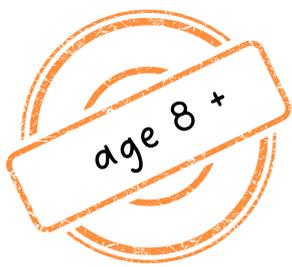
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Step 2 - Think

The behavioural iceberg Activity card



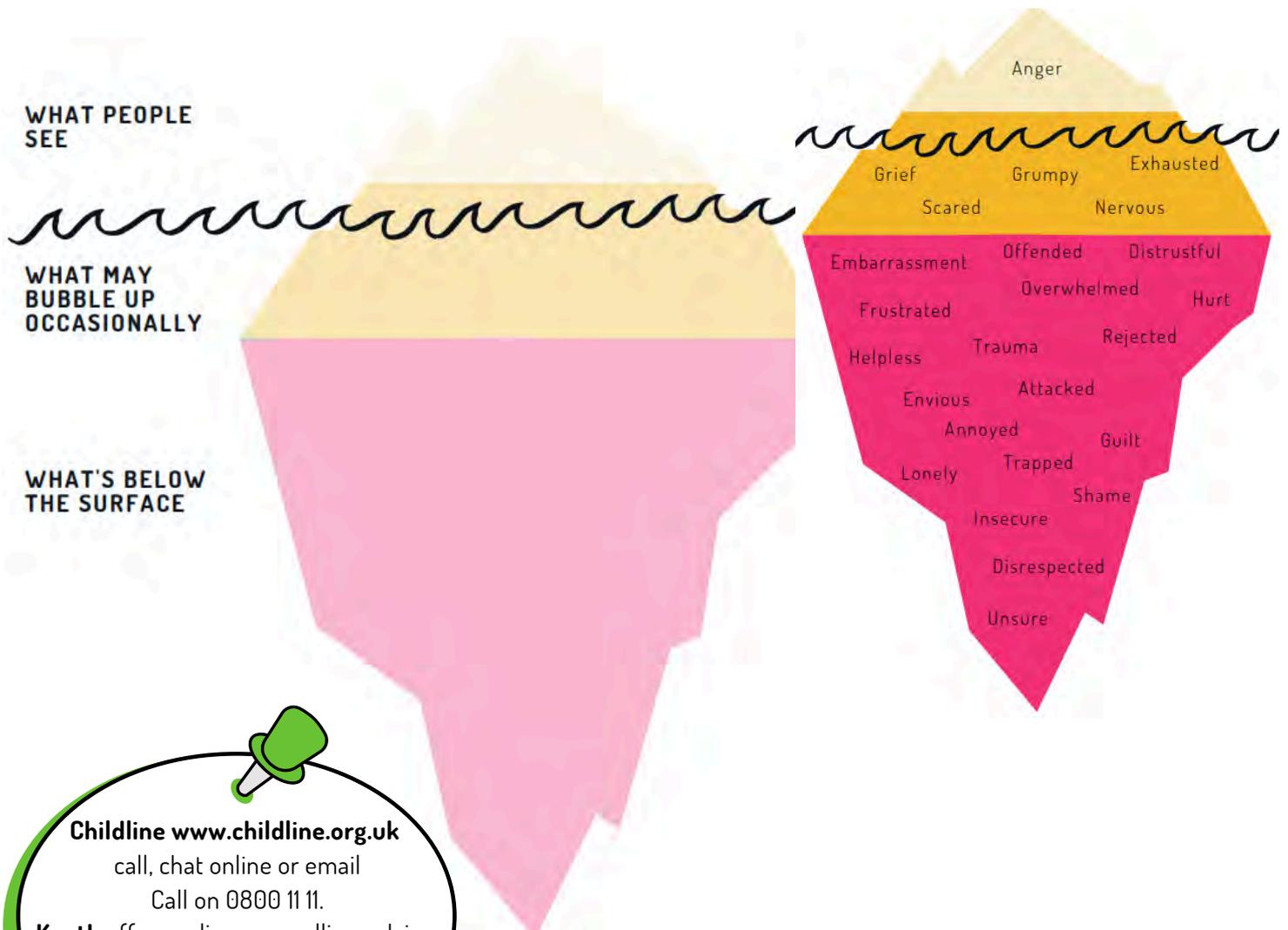
This card will help you to consider what is happening 'below the surface' which influences how you behave. An iceberg has only 10% of its total mass above the water while 90% is underwater, that 90% is what the ocean currents act on and what creates the "iceberg's behaviour".

Scan the QR code



How to Use This Card:

1. Scan the QR code to access the template with the iceberg image.
2. Use the emotions/feeling words and add to the blank iceberg image.
3. Are you surprised at what feelings/emotions are below the surface?
4. Do you think this changes your behaviour and if so why? Speak with an adult you trust. There are also helplines that you can use if you do not want to talk to someone who knows you and your family.



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Step 3 - Change

Healthy relationships
Thought Prompt card



Relationships are a big part of life whether they are with friends or loved ones. Being in a relationship can be exciting and should make you feel happy. A healthy relationship is when everyone feels respected, trusted, and valued for who they are. Turnover card to find out what makes a relationship healthy and supportive.

online
relationships

unhealthy
relationships

healthy
relationships



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Step 3 - Change

Healthy relationships

Thought Prompt card



Qualities of Healthy Relationships:



Respect

is thinking or treating someone with consideration, to appreciate them, their feelings and opinions.



Trust

is a belief that someone's dependable and won't let you down



Kindness

is treating others the way you want to be treated



Fun

is when you have fun together but not at the expense of others



Equality

is when no one misuses their power or skills to hurt or control others



Independence

is being able to do your own thing and have different groups of friends



Good Communication

is clear, honest, and respectful of others' feelings. The ability to work through disagreements and come to a calm understanding



Safety

you should always feel safe and respected

Signs of Unhealthy Relationships:

Person is getting you to lie or keep secrets

Person is ignoring your needs

You do not hang out with your loved ones as much anymore.

Person is threatening you that they will spread private information or photos

You feel unsafe or uncomfortable

You are being criticised for how you look, or having to change your appearance

You can not talk openly about things without feeling scared of what might happen, or being judged for what you have said.



Tips for Being Safe Online:



Giving away personal information can be dangerous



Do not send naked images or videos of yourself

Do not talk to people you don't know online



"Treat others the way you want to be treated". Would you want that to be said or shared about you?

To remove images shared online go to Report Remove at www.childline.org.uk/remove

TOP TIPS



Remember what you post online is there forever (even if you delete it!)



TOP TIPS

Visits www.childnet.com for more safety tips



<https://www.bromley.gov.uk/BromleyParentingHub>



Step 3 - Change

Family changes

Thought Prompt card



Changes in your family

There are lots of ways your family's life may change:

- New baby
- Moving house
- Someone in your family dying
- Problems with money
- Someone becoming unwell
- You parents getting a divorce or separating
- Getting a step-parent or joining a step-family

Change is not always easy. It might take some time for everyone to get used to new ways. No matter what is happening, there are things you can do:

Talk about it



Spend time doing positive things



Say what is important for you



Give yourself time

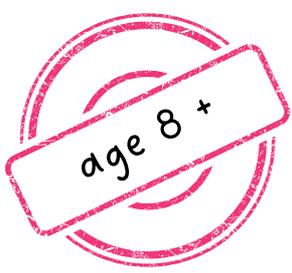
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Step 3 - Change

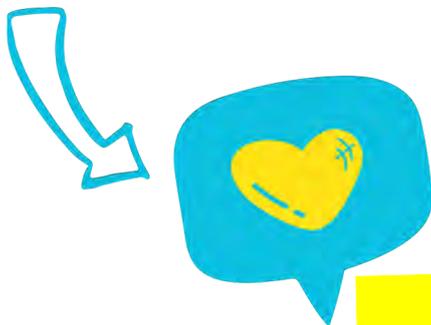
Family changes Thought Prompt card



There is no right or wrong way to feel when there are changes in your family. Some people might be relieved, but it is also natural to be nervous, upset or angry. If you are feeling ashamed or embarrassed by what is happening it can be hard to ask for help. No matter what is happening there are things you can do.

Talk about it

Talking about your worries can help you to feel better and find new ways to cope. You could talk to your family, and adult you trust or to Childline.



Say what is important for you

Think particularly about the following issues:

- Time with friends
- School and after school activities (sport, drama, music, etc.)
- Time with other members of the family that you feel close to (e.g. grandparents)
- Contact with pets

Spend time doing positive things

Spend time doing the things you enjoy:

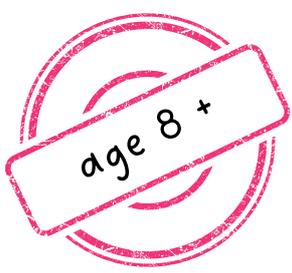
- talking to friends
- listening to music
- reading books or writing your diary
- physical exercise

Give yourself time

Do not expect to be the glue that keeps the family together. Your feelings and thoughts surrounding your situation are important. Remember to breathe and take each day as it comes.



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Step 3 - Change

Divorce and separation

Thought Prompt card

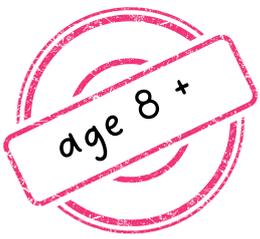


Divorce and separation



A divorce is when two people decide to end their marriage. Getting a divorce is a legal process, and it will usually include agreements about things like who will be staying where and what is happening with money. There is no right or wrong way to feel if your parents or carers are getting divorced. What is happening is not your fault. No matter how you are feeling, there are ways to cope.





Step 3 - Change Divorce and separation Thought Prompt card



Going through changes or arguments can feel stressful and upsetting, sometimes you might:

- be angry or upset at your parents
- miss how things used to be
- have to change schools
- move home
- be told you have to give up things you own for example say goodbye to a pet
- not get to see people you care about as much

There is no single reason that people break up. They might have grown apart or changed over time, or something might have happened that has changed how they feel about each other.



If you are not sure what is happening or why, it can help to ask. If you have got lots of questions, it might help to write them all down so you do not forget.



There are loads of ways to express yourself, and it can take time to find what is right for you. You could try writing a journal, doing something active, or trying a creative way to express yourself.



Make sure it is a person you trust and feel safe with like a parent, carer, or someone else in your family, teacher, sports coach or a member of staff at your school, doctor, school nurse or a school counsellor. It can really help to talk to someone you trust.

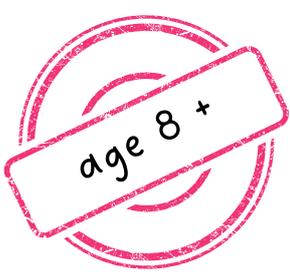


Make sure you are getting enough sleep and exercise, and that you are eating healthily. Try to keep a similar routine to what you have had before to help things feel familiar.



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Step 3 - Change

Looking after **YOU**
Thought Prompt card



How to look after YOU



It is so important to make sure you take good care of your body and mind every day. It is okay to talk about your emotions, thoughts and struggles as many of us face similar experiences. You need to figure out which self-care coping skills work best for you, learn how to use these coping skills and implement them in your regular routine. Try our Mood Battery activity to as a practical way to explore and express how the day is going. To access the activity template, please scan the QR code.

Anxiety

Overthinking

Body Image

Sleep

Self-Confidence & Self-Esteem

Low Mood

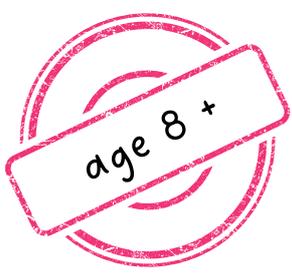


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Step 3 - Change

Looking after YOU

Thought Prompt card



Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!

BE ACTIVE

You do not have to be really sporty or competitive. Being active can include walking, swimming, yoga, skipping, skateboarding or dancing.

Try a few things to see what you enjoy. Being active has loads of benefits like:

- feeling less stressed
- helping your mind and body feel healthy
- keeping you focussed
- calming you down.

BOOST YOUR CONFIDENCE

No matter how low you feel, try to find one thing that you like about yourself. It could be your hair, your sense of humour, your taste in music, or football skills. Once you have made that start, you can begin to think of more things and create a positive image of yourself.

EAT BETTER, FEEL BETTER

Choose fresh fruit and vegetables and drink plenty of water. By looking after yourself this way, you will naturally feel better and have more energy.

TRY NEW THING EVERYDAY

It could be a small thing, from styling your hair differently to trying a new hobby. As you learn new skills, you will discover more gifts about yourself.

YOU
GOT
THIS



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