

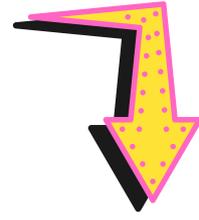
Step 3 - Change

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.

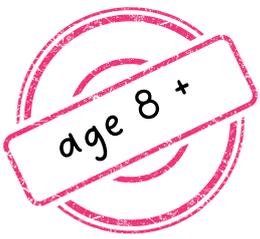
There is no right or wrong way to feel if your parents or carers are getting divorced. What is happening is not your fault. No matter how you are feeling, there are ways to cope.



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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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