



Top ten things for teens to remember...

FAMILY SEPARATION A GUIDE FOR TEENS

www.youth.csa.gov.au

1. You're not alone. Around 11,000 teenagers are affected by family separation in Australia each year.
2. It's not your fault. Nothing you said or did made your parents decide to separate.
3. It's not your job to make things better for your parents. They are responsible for you, not the other way around.
4. Your parents are separating from each other, not you. Your father will always be your father and your mother will always be your mother.
5. You have the right to feel safe. If you don't feel safe, talk to someone you trust. *If you're experiencing violence call the police.*
6. You can still have a relationship with both your parents even if you don't live with one of them any more. You can visit them or stay in contact with them by phone, email or letter.
7. You have the right to express your views and have them heard.
8. Relationships break down for a number of reasons. Don't take sides or judge who is right or wrong, your parents' relationship is between them.
9. It is a good idea to get two of the things you need every day, like a toothbrush, hairbrush or clothes so you don't have to carry as much stuff when you travel between your parent's houses.
10. It is okay to get help if you need it. Talk to someone you trust. You can call Kids Help Line on 1800 551 800 or use the contacts in the back of *Family separation – a guide for teens*.

