

# IS YOUR FAMILY CHANGING?

Lots of young people's parents separate each year. If your family is changing this might help you...

It's normal to feel sad, confused or angry if your parents separate. Talking to someone about how you are feeling can really help. Your family, friends or a teacher can help you.



Under the United Nations Convention on the Rights of the Child (UNCRC) YOU HAVE THE RIGHT to information and support to help you, and to say what you would like to happen if your parents go to mediation or court.



Sometimes parents don't agree. The grown-ups must listen to and take children's views seriously when deciding arrangements for them.

## CONTACT CENTRE



Not all parents go to court but if yours do, you will not need to go. Someone will ask you what you want and tell the judge. The judge will take your views into account. You can also have someone to speak on your behalf in court if needed.

