

Your Rights **For children of divorce**

1. You have the right to ask to see each of your parents
2. You have the right for others to respect your need to love each parent and want both of your parents in your life
3. You have the right to speak on the phone with each parent as often as you like
4. You have the right to pay attention to one parent without being made to feel disloyal to the other parent
5. You have the right to refuse to send unkind message to one parent to the other
6. You have the right to refuse to serve as a messenger between your parents
7. You have the right to remove yourself from the situation if your parents are angry with one another or engaged in a conflict (as long as you are safe or tell a parent where you are going)
8. You have the right to seek help if your parents' behavior is inappropriate or dangerous
9. You have the right to ask for private time with each parent without the presence of his or her new partner
10. You have the right to see all of your grandparents even if your parents don't like them
11. You have the right to ask people (a parent, a grandparent or stepparent) to stop talking badly about your other parent or that parent's relatives. You can say: *"If you can't say something positive, please don't say anything about my [mom or dad]"*

12. You have the right to leave any situation (as long as it is safe for you to leave) in which people refuse to stop talking badly about the other parent
13. You have the right to ask to live with one parent or the other, but you cannot make that decision for yourself. Your parents must decide with the help of a therapist or a judge with input from you
14. You have the right to talk about your reasons for not wanting to see a parent
15. You have the right to keep things to yourself and have privacy (unless keeping a secret is not safe for you)
16. You have the right to refuse to take sides with either parent. You can say: *“Please talk to [mom or dad] about this and do not include me”*
17. You have the right to refuse to answer the questions “Who do you love more?” or “Who do you want to live with?” You can say: *“I don’t feel comfortable answering that question”*
18. You have the right to refuse to spy on or report on one parent for the other parent or anyone else
19. You have the right to talk about things that bother you with someone you trust like a grandparent, a teacher, or a therapist
20. You have the right to protect yourself from abuse by telling someone you trust if it occurs

And most importantly...

21. You have the right to have the best possible relationship with both parents even though you are growing up in two homes