



Handling Separation Well



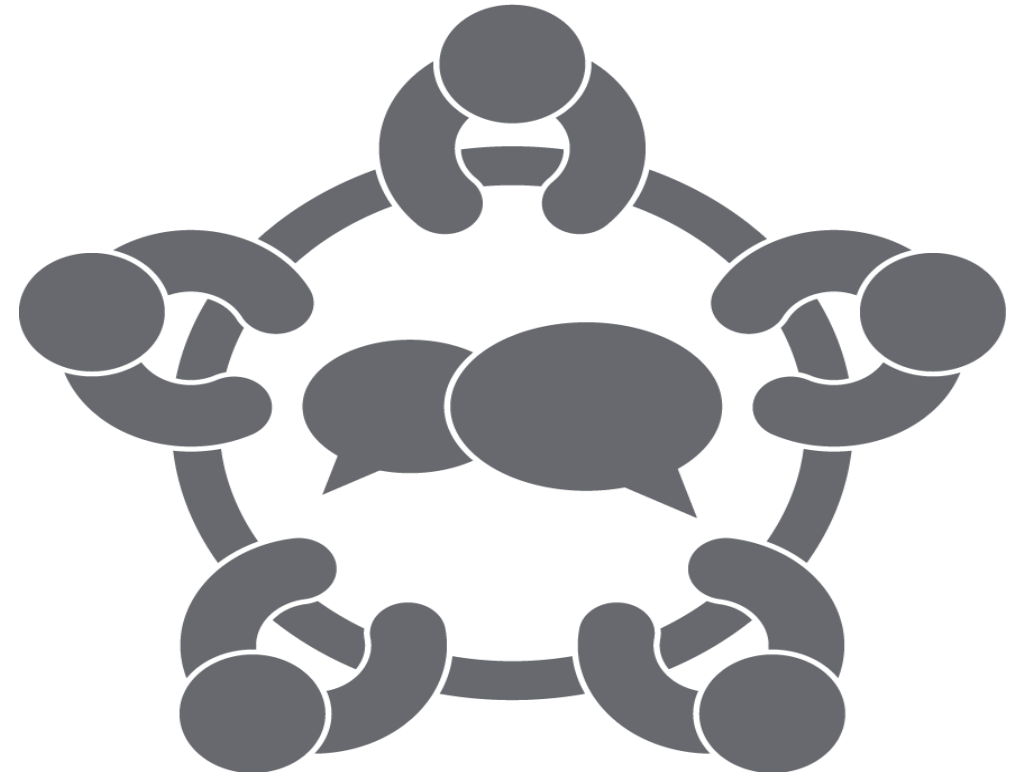
Over the last few weeks we have learnt about different kinds of relationships. Today we will look at how to deal with the *ending* of romantic relationships, especially those of our parents.

Instructions: Put today's date and this title in your book, and then **in your book** list as many reasons why relationships sometimes end.

This is our main question for today:

How far do you agree that young people worry about parental divorce and separation and don't really know what to do about it?

At the end of the lesson this will be our main written task, so keep this in mind as we work.



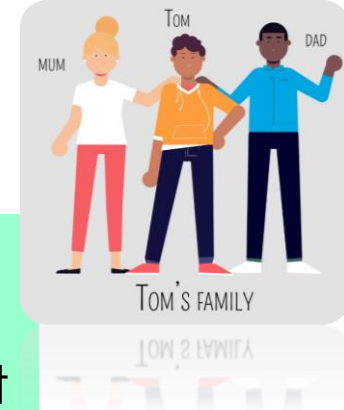
Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

Case Study: Tom

Tom is 13 and an only child. Two weeks ago his parents told him that they had decided to separate. This was a big surprise to Tom as his parents didn't argue much. They said that they had drifted apart and reassured Tom that they both loved him and that 'nothing would change' for him but hadn't really explained what that meant.

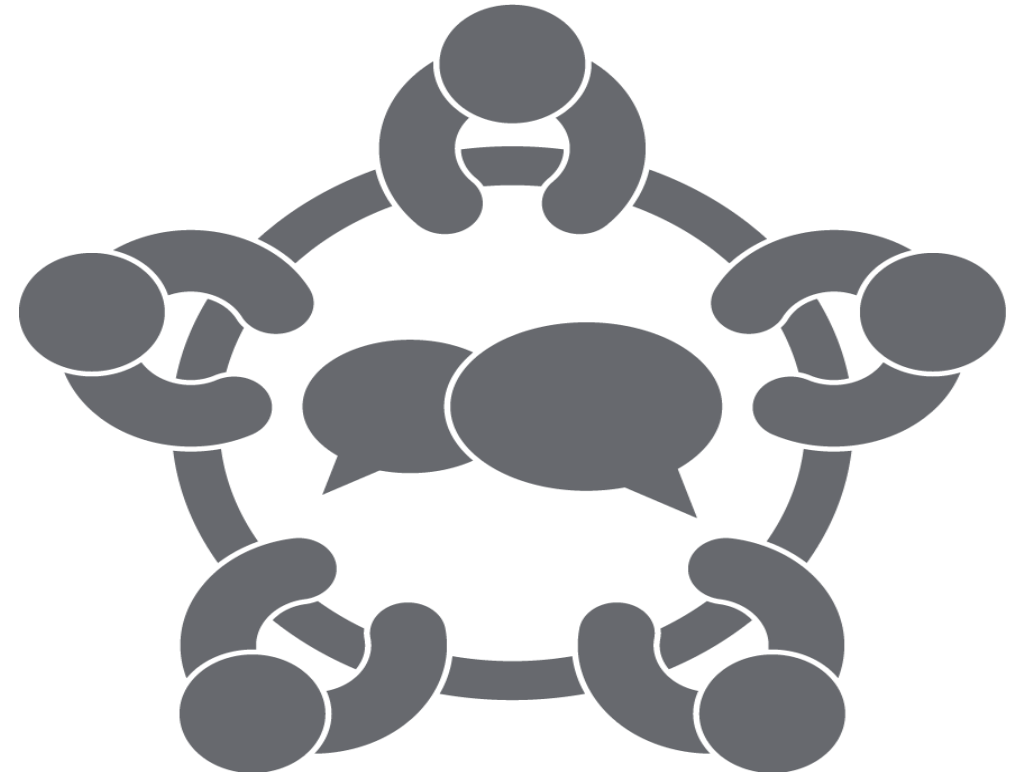
There had been lots of hushed talks between his parents. Tom knew that they were talking about plans for him and felt excluded. When his dad was away, he had heard his mum crying in the bedroom, so didn't want to make her feel worse by asking questions. Tom only has a few close friends at school and their parents are still together, so he feels he doesn't have anyone to talk to.



Instructions:

1. Read the case study above as a group.
2. In your book, draw a mind map with the word 'Tom' in the middle. Then around the outside, write down letters a)-c) and then next to them, write your responses to questions a)-c) below:
a) How do you think Tom may be feeling? b) What questions might Tom have at this time?
c) What support do you think Tom may need and do you know any examples of support that may be available to him?

How might young people respond to their parents separating?



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

Young people's responses to parents separating



The diagram on the left shows how young people often respond to their parents separating.

They may show signs of:

- 1) **Denial**: feeling overwhelmed and bewildered
- 2) **Anger**: feeling frustrated, confused and angry
- 3) **Depression**: longing for the past/feeling sad
- 4) **Bargaining**: attempts to alter the family situation by changing their behaviour
- 5) **Acceptance**: a sense of understanding and a general desire to move forward

Instructions:

1. Draw and label this diagram
2. **THINK!** If Tom is going through these stages how might his friends help him? **Write** your ideas in your book under your diagram.

Children's rights when their parents separate

On the next slide we learn about the rights of children more widely and see how this impacts young people's rights when parents divorce.

Instructions: As you watch, **make notes at the back of your book** for a quiz later!

Children's rights when their parents separate



What can you remember?

1. What is the name of the person who helps parents to reach an agreement without going to court?
2. Where did Rosie have contact with her dad at first?
3. What does a Family Court Advisor do?
4. Do children have to go to court if their parents make an application to court?
5. Can children make their own application to the court?



Instructions: Work with a partner to see if your notes can help you answer these questions in your book.

Answers!

1. What is the name of the person who helps parents to reach an agreement without going to court?
2. Where did Rosie have contact with her dad at first?
3. What does a Family Court Advisor do?
4. Do children have to go to court if their parents make an application to court?
5. Can children make their own application to the court?

1. A mediator
2. A contact centre
3. Speaks to children and reports to the court what the FCA thinks is in the children's best interests
4. No, the FCA tells the court the views of the children although they sometimes speak to the judge directly if they wish
5. Yes, if the court agrees, in rare cases they can apply and be represented separately

How did you do?? Check and amend with **green pen**

True or False??

1. The only way to make a relationship legally recognised is to get married.
2. There are more married couples than couples who live together.
3. If you live together for at least two years, your rights are the same as if married.
4. If you live together and have a child, your rights are the same as if married.
5. To sort out arrangement for children after separation you must go to court.

1. **False**, since 2019 all couples have the option to enter into a civil partnership.
2. **True**. In 2019, 39% of over 16s were married and 11% were living together.
3. **False**. Cohabitants rights depend on how property is owned and NOT time spent living together.
4. **False**. Unmarried couples do not have the same rights as a married couple.
5. **False**. Couples are encouraged to resolve matters between themselves without going to court.

Instructions: Write **T** on one side of your whiteboard and **F** on the other. Then hold up the correct response to these statements all of which were mentioned in the video!

Sources of support for young people

nyas
gwasanaeth eiriolaeth
ieuenctid cenedlaethol
national youth
advocacy service

our mission

At NYAS we listen to what children and young people want, care about what they say and empower them to get their voice heard. We ensure their wishes and feelings are expressed and acted upon to improve their situation and help them build a better future.

We will never stop in our efforts to influence, lobby and campaign to bring about positive changes and ensure children's and young people's rights are upheld.

our vision

- Every child and young person has the right to be heard.
- Every child has a right to feel safe.
- Every child has the right to be involved in decisions made about them.

our values

Collaborative
We **work closely** with colleagues and partners to deliver an outstanding service to the children and young people who need us.

Accountable
We are **open, transparent and accountable**, taking responsibility for what we do.

Respectful
We **value and respect** each other and the people we work with, embracing diversity and nurturing trust.

Empowering
We **listen** to children and young people when they are not being heard, inform them of their rights and **empower** them to change their lives for the better.

naccc
The National Association of Child Contact Centres

www.nyas.net

[f NYAS.yv](https://www.facebook.com/NYAS.yv) [@NYASServices](https://www.instagram.com/NYASServices)

Registered Charity No. 112240

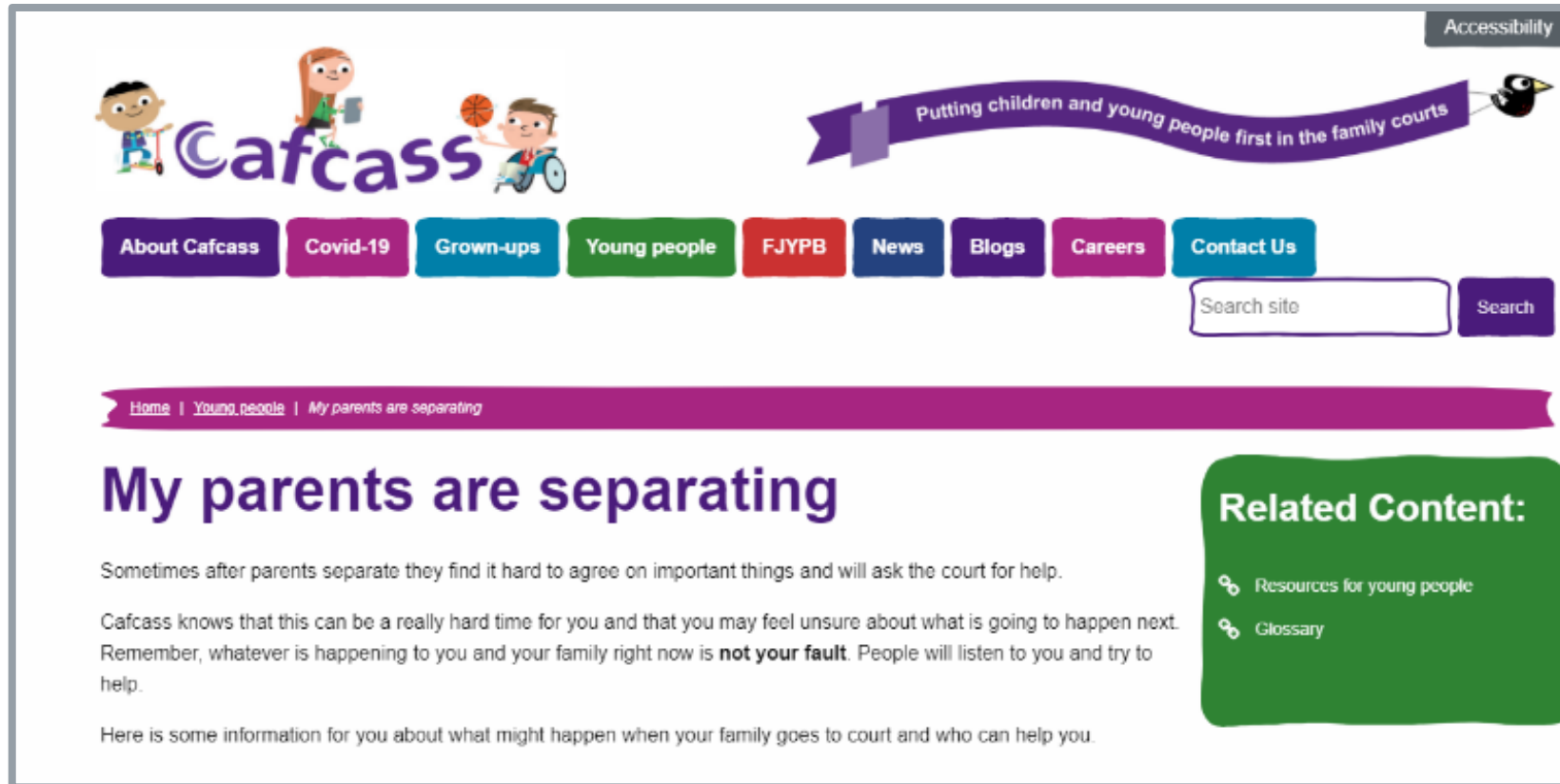
National Youth Advocacy Service

-offers support to all ages of people in vulnerable situations



Gingerbread
- charity that provides expert guides to help your children adjust to separation, providing tools to help parents support their kids

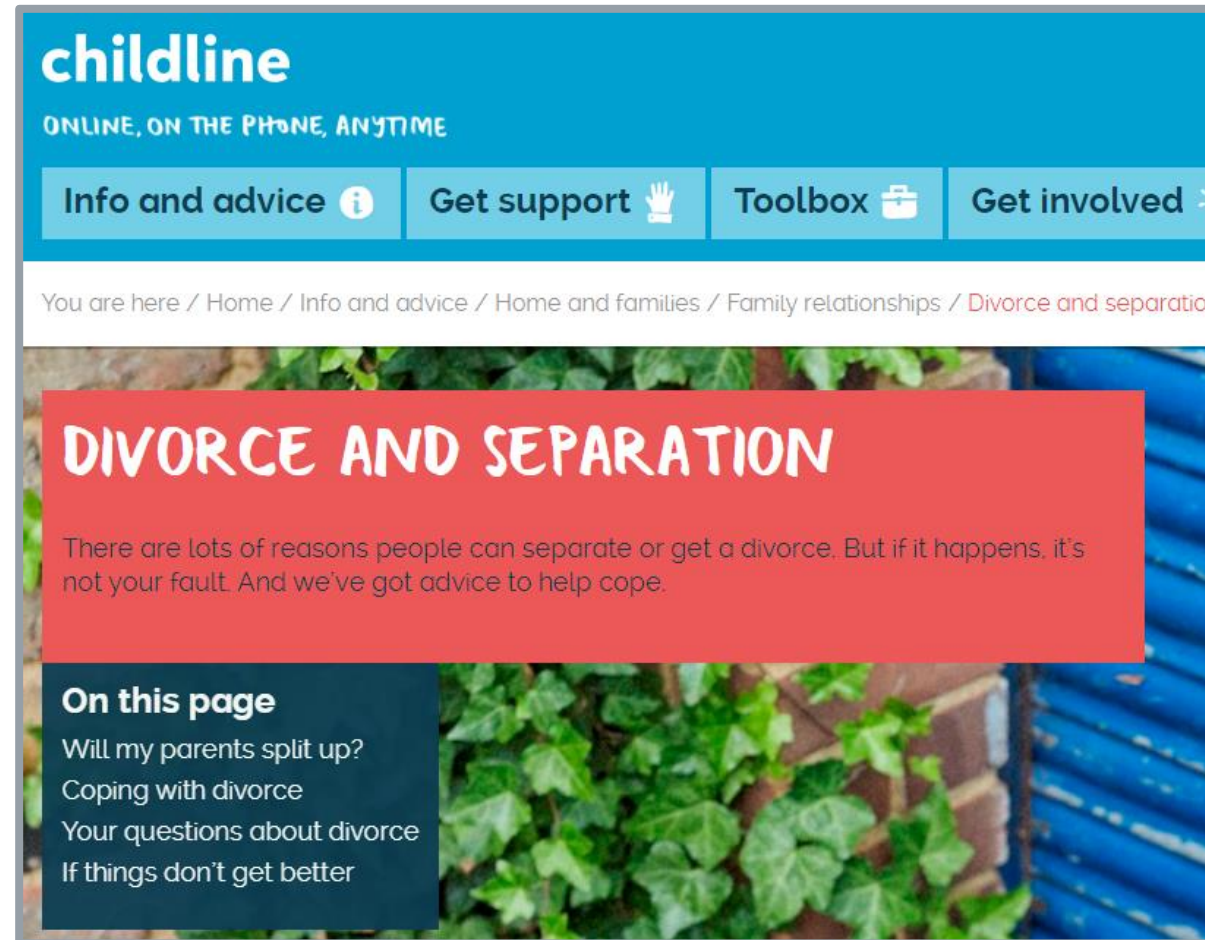
Sources of support for young people



Afcass

- Offers support about the welfare of children

Sources of support for young people



How far do you agree that young people worry about parental divorce and separation, without really knowing what to do about it?

What in particular do they worry about and why?



Instructions: Respond in your books to this **either as a paragraph of writing OR as a poster**, making sure that you explain what young people worry about and why, what they need to know and **how to find support**.