

Here are some tips to help you deal with your parent's new friend:

- **Do NOT be mean to them:** Sometimes kids think if they are mean to the new friend they will just go away. This is NOT true.
- **Talk about it:** Go to your parent who has the new friend and talk about it. You can tell them how the situation makes you feel, what you like about the person, what you don't like about the person, and even what the parent can do to make things easier.
- **Try to be friends with them:** You may be having all sorts of feelings like jealousy, anger or sadness. Just remember the person is making your parent happy, so you should try and get along with them... you may even really like them when you get to know them.

## Who can I contact if I need help?

### Kids Help Phone

You can call their toll free number anytime to talk to an adult you can trust. Kids Help Phone is anonymous, that means they don't know your name, and you don't have to tell them if you don't want to.

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### Office of the Child and Youth Advocate

This group stands up for the rights of young people. Phone: 709-753-3888 or Toll Free: 1-877-753-3888

### Public Legal Information Association of NL

This is a group in Newfoundland and Labrador who give out information about the law. PLIAN has information they hand out and they also do presentations.

Phone: 709-722-2643

Toll Free: 1-888-660-7788

E-mail: [info@publiclegalinfo.com](mailto:info@publiclegalinfo.com)

Website: [www.publiclegalinfo.com](http://www.publiclegalinfo.com)

### Police

A police officer's job is to help people during an emergency, to stop people from breaking the law and to catch people who break the law. The ONLY reason to call the police is if there is a REAL emergency, like if someone is hurting you. If you need to speak to a police officer, you should go to an adult you trust, like a parent, teacher, or other family member and tell them. The telephone number for the police can normally be found in the first few pages of the telephone book.

## Contact Information

How to contact Supreme Court Family Division across the province:

**St. John's:** Phone: (709) 729-2258

**Corner Brook:** Phone: (709) 637-2227

**Gander:** Phone: (709) 256-1115

**Grand Bank:** Phone: (709) 832-1720

**Grand Falls - Windsor:** Phone: (709) 292-4260

**Happy Valley - Goose Bay:** Phone: (709) 896-7892

## Separation and Divorce: A Guide for Kids



Educating you about the Law



Supreme Court  
of Newfoundland and Labrador  
Family Division

Please note: The information provided in this brochure is general in nature and not intended as legal advice.

## What does separation, and divorce mean?

**Separation** is when two people living together decide that they shouldn't live together anymore. Usually, one person will move out of the home.

**Divorce** is when two people who were married decide that they do not want to be married anymore.

The decision to separate or get a divorce is an adult decision made by your parents. It is not your fault. Your parents may be separating or divorcing, but that doesn't mean they are divorcing you. Your parents are your parents forever.

You are not alone. Lots of kids go through the same thing you are going through now. They got through it, and you can too.

## Why does it happen?

Getting a divorce is very serious. Parents only get a divorce when they can't work out their problems. No matter what the parents argue about, the divorce is NEVER about the kids.

## How it affects you?

When parents divorce they will live in different homes.

Sometimes this means that you have to move or that you will have two homes. It might be a little hard getting used to living with two parents at two different places. Here are some tips to help make it easier:

- You should get two of the things that you use everyday, like a toothbrush, hairbrush, some clothes. That way you can leave some things at one house and some things at the other.
- Take a couple of your favorite things back and forth with you so you always have something special.
- Ask your parents to tell you when you are staying at each home so you can be prepared and know what's going on.

## Your Rights and Responsibilities

- Understand what is going on
- Ask questions
- Express your feelings
- Don't take sides
- Feel safe
- Feel loved



## Your Parents' Responsibilities

- Help you understand the divorce
- Let you spend time with both parents and extended family (if safe to do so)
- Not say bad things about the other parent
- Not ask you to take sides
- Listen to you
- Take care of you

## What you need to remember

- Your family isn't breaking up, it is just changing
- Both your parents love you
- The divorce is not your fault

## Parents' new friends

Sometimes one or both of your parents will meet a new special friend who they will spend time with. Your parent may also want you to meet their new friend. The new friend is there because your parent likes them. Sometimes it can be hard to think of a new person that might be joining your family. The person isn't there to replace your other parent.