

TO A CHILD/YOUNG PERSON WHOSE PARENTS ARE GETTING DIVORCED:

## WHAT YOU NEED TO KNOW AS YOUR PARENTS WORK OUT YOUR AFFAIRS

### Talking about the divorce

You're allowed to ask and talk about the divorce. You may have all kinds of thoughts and feelings about it.

Your parents have decided to get divorced, but it wasn't because of you.

### The child welfare supervisor



The child welfare supervisor is there to help your parents work out your affairs after the divorce.

At the child welfare supervisor's office, they'll make an agreement on

- who's deciding about your affairs in the future,
- where you're going to live after the divorce,
- how you're going to see both of your parents.

It's up to the child welfare supervisor to ensure the agreement is in your best interests.



### The agreement



Your parents will decide together on matters relating to you, such as where you're going to live.

As they do this, your thoughts and wishes matter. You can tell them about these if you like. It's up to the adults to listen to you so that they can take your wishes into consideration.

Finally, they'll arrive at a decision about the content of the agreement.

You may find it difficult to tell your parents your thoughts if you're afraid they'll be upset.

### Your best interests



Your best interests are fulfilled when you feel safe and comfortable. Then you can focus on your own friends and things, playing and learning.

Your parents and other adults need to keep your best interests in mind while making decisions that may affect you.

Your parents may disagree from time to time. In those situations, you don't have to pick sides. You're entitled to love both parents equally.

### You have the right to know both of your parents

You have the right to know both of your parents even if you live with only one of them.

This right can be fulfilled in many different ways. You can spend time at either parent's place, for example. You can also meet the parent elsewhere, like at a hobby or activity. Calling or messaging with them is another good option.