



School, Friends and Social Media



Deciding who to tell

Think about who you trust and feel safe with, and remember you can share as much or as little as you're comfortable with.

Support Available at school

Your school has people like teachers, counsellors, or wellbeing staff who are there to listen and support you.

Dealing with social media

It's okay to take a step back, ignore comments, or control what you share if things start to feel overwhelming online.

Protecting Privacy

You have the right to keep your situation private, so set boundaries and only share personal details with people you trust.



umbrella

→ FAMILY LAW

Deciding Who To Tell

Deciding who to tell about your parents' divorce is a **personal** choice, and ultimately it is up to you to decide how to do it and who to tell!

You might choose to tell a close friend, a trusted adult, or a small group of people who make you feel safe and supported.

People you may choose to tell:

- A close friend
- A trusted adult
- A small group of people who make you feel safe and supported.
- A close family member

When deciding, it's **important** to think about who will listen without judging and respect your privacy, as well as who you feel most **safe** and comfortable with telling.

It's completely okay to take your time and only share when you feel ready. *You shouldn't feel pressured to tell anyone*, and should only do so when you feel **comfortable** and **sure**.

Remember, you can also choose how much detail you want to share, whether that's a simple explanation or something more in-depth with details you feel safe with sharing.

Reminder: You don't owe everyone around you an explanation.



Support Available At School



TYPES OF SUPPORT AVAILABLE:

Emotional Support:

- access to a school counselor or wellbeing officer
- a trusted teacher
- safe spaces within the school

Schools are the place where you spend most of your time, and would hence have staff and resources available to be able to help you through difficult family situations.

Academic Support:

- more flexibility with tasks and deadlines in school
- extra support from teachers - special assistance/tutoring

Social Support:

- friends are a great support system available at school
- encouragement to remain involved at school



A little rhyme to remember:



When things feel hard and days feel tough,
There's support at school – that's enough.
Talk, ask, or reach – you're not alone,
Help is here, and you're never on your own.





Social Media



How do you deal with it?

Navigating a big change like a divorce is already a lot to handle, and sometimes the digital world can make everything feel even more overwhelming. It is important to remember that your social media should be a space

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that makes you feel good, not stressed. You are always in the driver's seat of your online life, this means it is perfectly okay to take a step back and log off if the 'noise' becomes too much.



You don't have an obligation to share what is happening at home or to respond to curious comments from others. By setting boundaries, choosing what to keep private, and ignoring anything that feels heavy, you are taking an important step in looking after your own peace of mind. Remember, your digital well-being is just as important as your real-life well-being.

When faced with this situation, use **The P.A.U.S.E. Plan**

P : **Protect your privacy** *You don't have to share your story or answer personal questions.*

A : **Adjust your settings.**
Mute or restrict any accounts that make you feel stressed.

U : **Unplug from the noise.**
Take a digital break to give your mind some quiet time.

S : **Set your boundaries.**
Don't feel pressured to reply to messages immediately.

E : **Ease the pressure.**
Log off and focus on yourself if things feel like too much.



protecting Privacy

Why is this important?

Your family situation is personal, and you have the right to keep parts of it private. You should never feel pressured to share details about your parents' divorce if you do not want to.

However it is also important for you to know that you have the right to keep the details of the divorce to yourself, and you can say no if you ever feel uncomfortable sharing information with certain people you are not so close with. You should never feel pressured to share details about the divorced if you don't want to.

When your parents get divorced, there may be people, including your friends, counselors, extended family and teachers who will want to know about your situation.

With family and friends

Firstly it is important to understand that they are not doing this with bad intentions, and they often ask you questions to help support you and help you through the divorce which may be difficult time.



Online

Avoid sharing personal information about the divorce, such as routines and private conversations. altogether. Be careful about what you post online including photos and messages about family issues.

Protecting your privacy can help you feel safer and more in control during a time when many things may already feel uncertain.

