

How to Deal with Your Parents Separating as a Teen

# So your parents are separating?



## You are Not Alone

Even though things are changing with your parents, you are still surrounded by love and support. Your friends and family still care about you, even if things have changed in your life. If you're feeling confused or upset, don't be afraid to talk to your parents and ask them for clarity about how life will look in the future. You can also speak to your friends about what is happening so they can support you. You might also want to consider talking to a counsellor, or a friend who can help you deal with how you are feeling.

## Things are Going to Change

The way things used to be might not be the way they are now. You might find yourself living in two different homes, switching between parents on different days, or having new family dynamics with new parents or siblings. Easy ways to help deal with these new changes in your life are to take things one step at a time and to ask questions when you're feeling unsure about what's changing or what's next.



## It's Not Your Fault

It's important to remember that your parents separation or divorce is not your fault. No matter how things might seem, this is something your parents are going through themselves, and it's not because of you. Even though it may feel hard to understand right now, both of your parents still love you and will do their best to support you.



## Remember to Put You First

In the middle of all the changes, it's really important to take care of yourself this will help you feel more balanced and give you the space to heal at your own pace. It's totally normal to feel a whirlwind of emotions, like sadness, anger, or confusion. Let yourself feel however you are feeling and if you feel up for it try to talk to people about how you are feeling. Try to do things that make you happy and help you relax, whether it's hanging out with friends, playing sports, drawing, reading, or listening to music



## Give Yourself Time

Adjusting to change takes time, and it's important to remember that you don't need to have it all figured out right away. It might take weeks, months, or even longer for things to feel settled. The good news is, you're strong enough to get through this.

