



# Gateway to Success Parents' Newsletter

## Divorce in Our Teen's Lives



With the rise of divorce, teens are experiencing the effects of families separating. Although this may not necessarily signify a negative effect, parents are crucial in determining whether a teen has a positive or negative experience with divorce.

- **Help your teen understand the meaning of divorce.** Do not provide too much detail or information that is beyond what your teen can handle.
- **Keep schedules, routines, chores, rules, etc.** Although, it is likely that you will have to adapt your routines, maintaining structure helps a teen feel safe.
- **Involve the other parent.** Keep the other parent informed of your teen's activities, school-work, etc. Also, try to maintain professional communication with one another so that you can come to an agreement about the many parent-teen topics like rules and chores.
- **Don't use your teen as a "go-between".** Keep your child out of the communication process between you and the other parent. This can help decrease your teen from taking on responsibility and inappropriate roles.
- **Let your teen know that they can come to you** or to another trusted person with how they are feeling and what they are going through.

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For more information contact the Director of Pupil Services (626) 943-3410

July 2010