



Gateway to Success

Teens' Newsletter

Divorce in Families

As adolescents, you are learning about relationships and how to build healthy relationships. So when parents get divorced, it might be tough to integrate that information into what you would consider ideal relationships with your family, friends and loved ones. However, divorce has positive and negative consequences. Some divorcing families have contentious, argumentative, unhealthy relationships. A divorce can help to decrease the negative effects of those types of relationships. At the same time, children and teens experiencing divorce often feel sad, confused, angry and responsible. It's important to understand that these feelings are normal and that it's important to deal and cope with them. Here are some things you might consider if you and your family are going through a divorce.

- Find support. You may know of other teens or adults who have experienced their parents getting a divorce. Talk and vent to them about what's going on. Their perspective might help you understand and cope better.
- Use the coping skills that you already have. If you find yourself feeling sad and depressed, try to write it out or play soccer to get out your feelings. Finding healthy solutions to your feelings will decrease the sadness, stress, worry, frustration and anger.
- Keep in touch with your family. When you're a teenager in high school, you often have a lot of things going on in your life and it might be difficult to find the time to spend with your dad or mom. Make it a point to have dinner or hang out on weekends.
- It's hard sometimes not take sides but taking sides can create more confusing feelings. Tell your parents what you are comfortable hearing and talking about when it comes to the other parent or the divorce.



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

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