



# Bill of Rights for Children of Separation and Divorce

## Every child has:

1. the right to be free from violence and abuse
2. the right to have a safe and stable environment
3. the right to express love to both parents
4. **the right not to be placed in the position of message carrier**
5. the right not to be asked to be the family spy
6. **the right not to be told negative information about their parent or parent's family**
7. the right not to be interrogated after a visit with the other parent
8. *the right to express or not to express his or her own feelings*
9. the right not to be exposed to conflict with the other parent
10. the right to remain a child and not a parent confidant
11. **the right to be told about family changes, such as moving house or contact arrangements**
12. the right to be connected to both parents' families, if safe
13. *the right not to be responsible for their parents' separation or divorce*
14. the right to be loved unconditionally