

CHILDREN'S BILL OF RIGHTS IN DIVORCE, SEPARATION & NEVER MARRIED PARENTS

1. I HAVE THE RIGHT TO LOVE AND BE LOVED BY BOTH OF MY PARENTS, WITHOUT GUILT, PRESSURE, DISAPPROVAL OR REJECTION.
2. I HAVE THE RIGHT TO BE PROTECTED FROM MY PARENTS' ANGER. I HAVE THE RIGHT TO BE KEPT OUT OF THE MIDDLE OF MY PARENTS' CONFLICT, INCLUDING THE RIGHT NOT TO PICK SIDES, CARRY MESSAGES, OR HEAR COMPLAINTS ABOUT THE OTHER PARENT.
3. I HAVE THE RIGHT TO HAVE A REGULAR DAILY AND WEEKLY ROUTINE, ONE THAT IS NOT FILLED WITH UNPREDICTABLE DISRUPTIONS, CHAOS, OR UNPLEASANT SURPRISES.
4. I HAVE THE RIGHT TO NOT HAVE TO CHOOSE BETWEEN MY PARENTS. IT IS MY RIGHT TO NOT BE EXPECTED OR GIVEN THE POWER TO CHOOSE WITH WHOM I WILL LIVE. HAVING TO MAKE THIS KIND OF CHOICE WILL ALWAYS HURT SOMEONE, AND THEREFORE, ME.
5. I HAVE THIS RIGHT EVEN WHEN I AM A TEENAGER. I CAN NEVER CHOOSE BETWEEN MY PARENTS.
6. I HAVE THE RIGHT NOT TO BE RESPONSIBLE FOR THE EMOTIONAL NEEDS OF MY PARENTS.
7. I HAVE THE RIGHT TO REASONABLE FINANCIAL SUPPORT FROM MY PARENTS.
8. I HAVE THE RIGHT TO APPROPRIATELY EXPRESS MY FEELINGS TO MY PARENTS.
9. I HAVE THE RIGHT TO NOT BE EXPECTED TO MAKE ADULT DECISIONS.
10. I HAVE THE RIGHT TO REMAIN A CHILD AND NOT REPLACE A PARENT, OR TO ACT AS AN ADULT COMPANION, FRIEND OR THERAPIST TO MY PARENTS.
11. I HAVE THE RIGHT TO LIKE AND LOVE AS MANY PEOPLE (SUCH AS STEPPARENTS AND RELATIVES) AS I WANT TO WITHOUT GUILT AND WITHOUT BEING MADE TO FEEL DISLOYAL.
12. I SHOULD NOT BE ASKED TO REPLACE A PARENT WITH A STEPPARENT OR MADE TO CALL ANYONE "MOM" OR "DAD".
13. I HAVE THE RIGHT TO SEE AND LOVE MY SIBLINGS, STEP-SIBLINGS, GRANDPARENTS AND EXTENDED FAMILY.
14. MY PARENTS NEED TO REMEMBER THAT I DID NOT CHOSE THEM AS PARENTS. THEY CHOSE EACH OTHER. ANYTHING THEY SAID ABOUT THE OTHER PARENT IS SAID ABOUT HALF OF ME.