

## **EVAN'S QUICK TIPS**

- 1. Kids should be asked—not told—how they feel.**
- 2. The only thing good about having feelings cooped up inside is getting them out.**
- 3. Realize that all your feelings are okay.**
- 4. Get lots of love from your parents.**
- 5. If you have to go to a therapist or support group, try to have fun and get something positive out of it.**

## **EVAN'S QUICK TIPS**

- 1. Not everyone gets divorced.**
- 2. There are lots of different reasons why people get divorced. Find out why.**
- 3. Learn from your parents' mistakes.**
- 4. Talk to grown-ups whose marriages have lasted.**
- 5. Take risks.**

## **EVAN'S QUICK TIPS**

- 1. Be polite. You don't have to like your parent's girlfriend or boyfriend, but you do have to be civil.**
- 2. Have an open mind. Most people have a good side if you give them a chance.**
- 3. Know that no one can replace your parents. Ever.**
- 4. Be honest about how much time you want to spend with this person.**
- 5. If you're uncomfortable, invite a friend over so you don't have to be alone with your parent's new boyfriend or girlfriend.**

## **EVAN'S QUICK TIPS**

- 1. Don't take your parents' problems on your shoulders.**
- 2. Tell your parents how you feel so they can reassure you.**
- 3. If you really feel guilty about having done something bad, just try to be a better kid from now on, which will make you feel good and help make things go more smoothly in your family right now.**
- 4. Give yourself a break.**
- 5. Remember you're just a kid. No kid is responsible for their parents' divorce.**