

## **Bill of Rights for Children Whose Parents Are Separated**

1. The right not to be asked to “choose sides” between their parents.
2. The right not to be told the details of the legal proceedings going on between their parents.
3. The right not to be told “bad things” about the other parent’s personality or character.
4. The right to privacy when talking to either parent on the telephone.
5. The right not to be “cross-examined” by one parent after spending time with the other parent.
6. The right not to be asked to be a messenger from one parent to the other.
7. The right not to be asked by one parent to tell the other parent untruths.
8. The right not to be used as a confidant regarding adult matters.
9. The right to express feelings, whatever those feelings may be.
10. The right to choose not to express certain feelings.
11. The right to be protected from parental “warfare.”
12. The right no to be made to feel guilty for loving both parents.