

A Child's Bill of Rights

Through my parents' separation, these belong to me.

- 1 I have the right to love both of my parents, and to be loved by both, without having to choose between them.
- 2 I have the right not to be a messenger, and not to carry words back and forth between grown-ups.
- 3 I have the right not to hear one parent speak badly about the other.
- 4 I have the right to keep the people who matter to me — both sides of my family, my friends, my teachers.
- 5 I have the right to my own feelings, even when they are different from what a grown-up wants me to feel.
- 6 I have the right not to be asked to keep secrets, to take sides, or to report on either home.
- 7 I have the right to be a kid — to not carry grown-up worries about court, money, or the divorce.
- 8 I have the right to feel safe, and to tell a trusted adult whenever I do not.
- 9 I have the right to honest answers that fit my age, and to not be told more than I need to know.
- 10 I have the right to love and be loved freely — and to never have that love used as proof of anything.

THE PROMISE

The grown-ups who love me will protect these rights — even when they are angry with each other, and even when it is hard.

This belongs to the child. It is a promise between the adults in a child's life — not a court document, and not evidence in any case.