

Children's Bill of Rights

We the children of divorcing parents, in order to keep a family union, establish fairness, ensure domestic tranquility, provide for our common discipline, promote our general welfare, and secure the blessings of love for ourselves and our posterity, do ordain and establish these Bill Of Rights for us - your children.

Article I Dignity of Character

- 1.1 *The right to be treated as an important human being with unique feelings, ideas and desires, not as a source of argument between parents.*
- 1.2 *The right to honest answers to questions about changing family relationships.*
- 1.3 *The right to ask questions and have them answered respectfully with age-appropriate answers that do not include blaming or belittlement of anyone.*
- 1.4 *The right to know and appreciate what is good in each parent without one degrading the other.*
- 1.5 *The right for exposure to proudly learn about both parents religious ideas, hobbies, interests and experiences.*
- 1.6 *I have the right to refuse to take sides against a parent.*
- 1.7 *The right to refuse to deliver unkind messages from one parent to another.*
- 1.8 *The right to refuse to serve as a messenger - carry notes, legal papers, money or requests between parents.*
- 1.9 *The right to refuse to spy or be interrogated about the private events in the other parent's home.*
- 1.10 *The right not to be treated as a matter of convenience or leverage between parents.*

Article II Expression of Love

- 2.1 *The right to love myself as a child of my parents.*
- 2.2 *The right to continuing care and guidance from both parents, to be educated in mind, nourished in spirit, and developed in body, in an environment of unconditional love.*
- 2.3 *The right to a continuing relationship with both parents, to receive love from and express love for both.*
- 2.4 *The right to express love and affection for each parent without having to stifle that love because of fear of guilt or disapproval by the other parent.*
- 2.5 *The right to develop continuing loving relationships with grandparents and other extended family members.*
- 2.6 *The right to love as many people as desired without being made to feel guilty or disloyal.*
- 2.7 *The right to be able to experience and enjoy regular and consistent parental contact, and entitlement to the truth of reason for not having regular contact.*
- 2.8 *The right to own and display pictures of both parents.*

Article III Sense of Security

- 3.1 *The right to have my best interest protected at all times.*
- 3.2 *The right to a sense of security and belonging derived from a loving and nurturing environment sheltered from harm.*
- 3.3 *The right to have a relaxed, secure relationship with both parents without being placed in a position to choose sides or manipulate one parent against the other.*
- 3.4 *The right to have one parent not undermine time or efforts with the other parent by suggesting tempting alternatives or by threatening to withhold activities with the other parent as a punishment for the children's wrongdoing.*
- 3.5 *The right to grow and flourish in an atmosphere free of exploitation, abuse and neglect.*

- 3.6 *The right to be a joyful person, insulated from the conflict, problems and disputes of parents.*
- 3.7 *The right to have a special place for personal belongings at each parent's residence.*
- 3.8 *The right to have a daily and weekly routine that is predictable and verifiable in a system understandable to the appropriate age.*
- 3.9 *The right to be shielded from adult duties and responsibilities or become a parent's special confidant, companion or comforter.*
- 3.10 *The right to contact the other parent and enjoy private conversations without worry of eavesdropping or recording.*

Article IV Freedom of Choice

- 4.1 *The right to be taught, according to developmental levels, to understand values, to assume responsibility for actions, and to cope with the just consequences of choices.*
- 4.2 *The right to know that parents' decision to divorce is not a child's fault or responsibility.*
- 4.3 *The right to live with each parent for extended periods as circumstances will allow.*
- 4.4 *The right to request to live primarily with the other parent.*
- 4.5 *The right to have special times with each parent doing activities that create a sense of closeness and special memories.*
- 4.6 *The right to discuss reasons for not wanting to see a parent.*
- 4.7 *The right to stay in contact with relatives, including grandparents and special family friends.*
- 4.8 *The right to participate and continue in sports, special classes or clubs that support personal interests free from guilt or shame.*
- 4.9 *The right to change access (visitation) schedules if it interferes with school activities or part-time work.*
- 4.10 *The right to participate in the choices of personal destiny.*

Article V Development of Self

- 5.1 *The right to parents that jointly discuss the problems and progress that nurture development.*
- 5.2 *The right to celebrate with both parents special events that are important to growth and accomplishment.*
- 5.3 *The right to express anger and sadness in ways that are appropriate to age and personality without having to give justification for feelings or cope with adult anxieties.*
- 5.4 *The right to have parents that listen to problems and concerns, as well as dreams and desires.*
- 5.5 *The right to talk with other adults (counselor, therapist or special friend) about personal concerns and issues.*
- 5.6 *The right to expect healthy relationship guidance and modeling from each parent.*
- 5.7 *The right to the same educational opportunities and economic support that I would have received had my parents remained together.*

Article VI. Time and Information

- 6.1 *The right to enjoy appropriate access (visitation) with each parent which well serve my needs and preferences.*
- 6.2 *The right to know what is good about the other parent.*
- 6.3 *The right to communicate with either parent as often as needed.*
- 6.4 *The right to have clear communications (even if only in writing) about medical treatments, psychological therapy, educational issues, accidents, illnesses and other important concerns.*
- 6.5 *The right to have consistent and predictable boundaries in each parent's home especially if the rules in each house may significantly differ from the other.*
- 6.6 *The right to know in advance about decisions including living arrangements, transfer times and locations, summer schedules, and special circumstances.*

- 6.7 *The right to have educational, religious, athletic and other necessary officials informed about changes in family status.*
- 6.8 *The right to have certain personal information about each parent kept private.*

Signature

Date

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