

TIPS FOR SCHOOL

- You are not alone. Every class, form and year in any school across Ireland will have students from separated homes.
- Trust a friend and talk to them about your parents separating.
- Tell someone on the school staff. He or she will be supportive, not intrusive.
- It is normal to find concentrating in school difficult with all that is going on. Talking about some of your concerns with a parent or another adult will help with this problem. It will take time.
- If you are close to exams, see if it is possible to do some study in your local library or to stay for after-school study.
- Stay involved in any sports or after-school activities.
- Keep up with your friends – don't stop seeing them.
- If extra responsibilities, either before or after school, are affecting your schoolwork, then your parents will want to know.
- Do the 'energy exercise' every now and then and keep a check that things stay balanced.
- Having parents that are separated is nothing to be ashamed of or embarrassed about.