CHILDRENS BILL OF RIGHTS
For children whose parents are separated or divorced

1) THE RIGHT not to be asked to “choose sides” between parents

2) THE RIGHT not to be told the details of any 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 phone or when emailing, texting or the like.

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 confidant regarding adult matters.

9) THE RIGHT to express feeling, whatever those feelings may be.

10) THE RIGHT to choose to not express certain feelings.

11) THE RIGHT to be protected from parental “warfare”.

12) THE RIGHT to love BOTH parents equally.
Robert E. Emery, University of Virginia, 2013

Presentation: Rochester, NY