



Supporting young people when their parents separate

Your Direction is a five session workshop that brings young people together to talk about their parents' separation or divorce. Together we explore the challenges and highlight tools and skills that help.

Increasing young people's resilience, wellbeing and relationship skills

Developed with children's charity [Spurgeons](#), Your Direction combines the experiences of children whose parents have separated, with expertise from professional counsellors and parenting specialists. It is stuffed with practical tips that create lively discussions to help 12 - 30 year olds navigate their parents' breakup successfully.



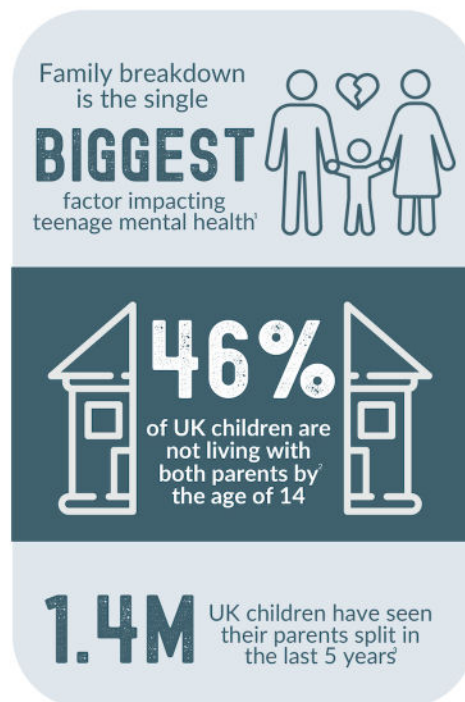
A space to explore and get tools you need to thrive and live a full life

Workshop Participant

Why Your Direction?

Children and young people are the greatest innocent victims when families break down. Its negative impacts can be significant and long-lasting if they aren't supported. Their mental and emotional wellbeing, academic performance and future relationships can all be affected.

Children's voices are often lost as parents try to deal with their own emotions and the logistics of separation. Hear from [teens and young adults on how family breakdown has impacted them](#).



Sources:
1. 2 Nov 2017 - Marriage Foundation: Family breakdown and teenage mental health
2. 14 July 2023 - Marriage Foundation: Source of family breakdown
3. 'What about me?' Reframing Support for Families following Parental Separation - Report of the Family Solutions Group

With over 25 year's experience supporting adults to recover from relationship breakdown we have seen how critical support for children, as well as the separating couple, is.



My parent's divorce is an event and not a defining feature of my life

Workshop Participant

yourdirection.info 

What's it like?

The workshop has five sessions that include a mix of videos and discussion. The content comes from relationship experts and other young people who have successfully navigated their parents' separation. It covers key topics including communicating well, understanding your feelings, dealing with change, letting go and thinking about the future. Hear from the workshop participants themselves in our Instagram Live session, [What is Your Direction really like?](#)



It is a safe place to share how you feel about your parents' divorce and to build skills to bring you more freedom and peace in your relationship with your parents

Workshop Participant

Who's it for?

Your Direction is just for the young people themselves to attend without their parents. It's a safe space where they can talk about their feelings with other young people who are facing similar situations.

It is available for two age groups, teenagers aged 12-17 and young adults aged 18-30.



It has been truly amazing and invaluable

Workshop Participant

About Restored Lives

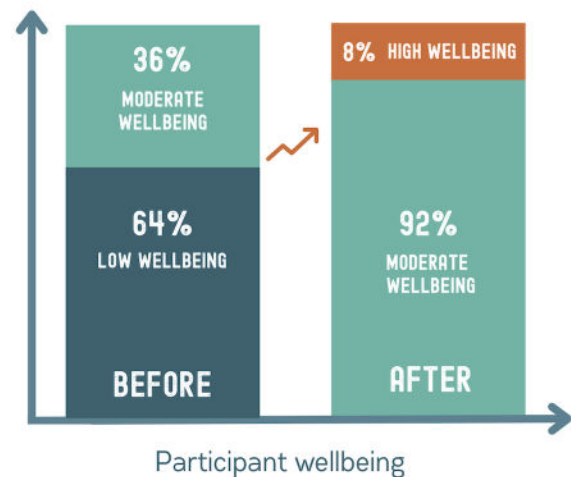
[Restored Lives](#) helps people recover from relationship breakdown by coming alongside them at the time of crisis and giving them skills to move on successfully. We want to reduce the negative impact of breakups on individuals, children and communities.

What's the impact?

Your Direction receives positive feedback from participants who report:

- Feeling validated, understood and less alone.
- Being more aware of their feelings and how to deal with them.
- Starting to set healthy boundaries.
- Understanding the importance of communication through active listening and expressing themselves.
- Focusing on their own development.
- Improved wellbeing in a crisis situation.

Wellbeing before & after Your Direction



We track participant wellbeing (using WEMWBS scores) at the start and at the end of the Your Direction workshops. 64% of participants had a low wellbeing score at the start but, everyone moved up to at least a moderate wellbeing score by the end, which is a significant improvement.

Spurgeons

Restored Lives

