

Do Now

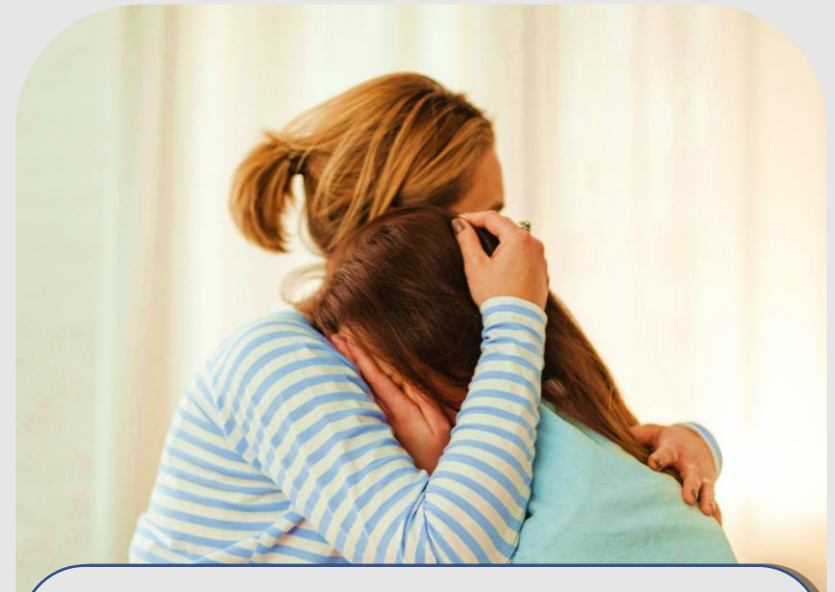
Managing divorce and separations and loss



Chrissy is 17 and her parents are getting divorced. Her mom is feeling very stressed about it – although the divorce is amicable, Chrissy will be off to university soon, and her mom's very concerned about living on her own and managing her finances.

'It's so much more expensive to be single nowadays.' Her mom complains. 'I don't want to be lonely. What am I going to do?'

Discuss: What percentage of UK marriages do you think end in divorce?



Why do you think the UK has a high rate of single parents?

I think the UK has a high rate of single parents because...

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Learning outcomes:

Explain ways to safely and responsibly manage changes in personal relationships including the ending of relationships from separation, divorce and bereavement.



Divorce: The legal dissolution of a marriage.

Bereavement: Suffering the loss of a person we care about.

<https://www.youtube.com/watch?v=Zj089JLYdMA>

In the UK, 42% of marriages end in divorce. This is actually a lower rate than it has been in recent years, which may be because it can be very expensive to get married – and to get divorced, which means people can be more likely to think twice about either of these life events.

The most recent data we have about the proportion of single-parent families is from 2023, which shows the UK had 3.2 million lone-parent families, representing 16% of all families. 85% of these were lone-mother families and 15% lone-father families.



Did you know?

There are many reasons why the UK has a high rate of single-parent families, including advancements like IVF, which allow women to have children alone and also a lack of stigma towards children being born outside of marriage.

Watch the clip up to 12.25

<https://www.youtube.com/watch?v=bXIoOLICIk8>

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ANSWERS:

Statistically, children whose parents divorce have an increased risk of ADHD.

Statistically, girls whose parents divorce have an increased risk of anxiety.

Mental health can be impacted through less contact with their fathers, as statistically many fathers then see their children less.

Children have to learn to be more resilient than their peers whose parents are still together.



Statistically, children are more likely to struggle with their grades at school.

Statistically, children are more likely to suffer behaviour and concentration issues at school.

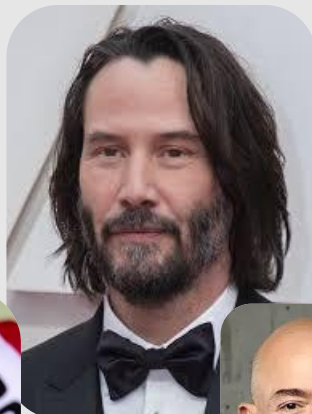
If a parent is promiscuous, a child is more likely to display this behaviour eventually too.

If parents divorce before age 15, it makes the children more likely to have divorce one day too.

Most researchers would agree that divorce and separation of parents isn't great for children and can have an impact on their behaviour, both in the long and short-term.

However – that is not to say that there aren't many, many examples of people whose parents separated who became extremely successful, succeeded at school or in their careers and now are in very long-term relationships themselves, which they have remained in (despite many ups and downs).

How many of these famous faces do you recognise below?



Managing divorce and separations and loss



Useful helplines and charities:

[Teen Line | Teens Support hotline - Connect, talk, get help!](#)

Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

Childline – Free support for anyone under 19: 0800 1111 or [childline.org.uk](https://www.childline.org.uk)

Kooth – Free, safe online counselling and support for young people: [kooth.com](https://www.kooth.com)

The Mix – Support for under 25s: 0808 808 4994 or [themix.org.uk](https://www.themix.org.uk)

YoungMinds – Mental health advice for young people: [youngminds.org.uk](https://www.youngminds.org.uk)



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>