

# Activity 1: The Role of a Family

## What makes a family?

*Family* can mean different things to different people. Family can be the people you have lived with and people who are related to you, or they can be people who are close to you and with whom you spend a lot of time.



What is the role of a family?

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What does my family provide me?

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There are many different roles that families can fulfill. For example, most of the time, families help to take care of you physically by providing you with a place to live, food to eat, and clothes to wear. They can also provide you with the emotional support that you need in different situations. When you are upset or happy, families are there to help listen to you and offer advice to get you through tough times or to celebrate good times with you. Families bring people a lot of joy. Family members can enjoy spending time with one another and do different activities that make them happy.



*List some activities you enjoy doing with your family.*

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2. 

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3. 

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4. 

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5. 

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This workbook can be very stressful to do. It is hard to think about different issues in your parents' divorce or separation, but don't worry! There are three different "Chill-Out Trainings" at the end of this workbook that you can learn to do when you are feeling upset or overwhelmed. You can use

them after doing some activities in this workbook or any time that you are feeling upset. The three Chill-Out Trainings are called Deep Breathing, Guided Imagery, and Progressive Muscle Relaxation (PMR). It is important to have a healthy way to cope when you are upset or stressed, and doing these trainings will help you feel more calm and relaxed.

The workbook will reference these Chill-Out Trainings to help you remember to do them in the future. Remember, you can use any or all of these trainings on your own whenever you want. You can even make a habit of using them every day to help you cope in a healthy way with whatever stresses you out. Check them out at the end of the workbook!

## Activity 2: The Meaning of Divorce and Separation

### What does divorce and separation mean?

Because you are older, you probably understand some concepts behind divorce and separation, but divorce and separation can mean different things to different people. They may not be the same for you and your family as they are for other teens and their families.



Here are my definitions of divorce and separation.

Divorce

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Separation

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To put it simply, divorce is when your parents are not married anymore and they are probably no longer living together. Separation is when your parents are either still married or were never married, but they are not together at the current time. Parents who are separated, whether they are married or not, may not get back together. This is a decision that your parents will make in the future.

### Changes with parents

Some teens think that one of their parents is going to leave and they will no longer have any contact with him or her. Divorce and separation do not always mean that you will never see one parent again. Things are going to change, but your parents will still be your parents. It is important to remember that your parents' divorce or separation will not change how they feel about you.



If you have a trusted friend or classmate who has parents who are divorced or separated, ask them what divorce and separation means to them or how they think their parents feel about them after the divorce or separation.