



SHARE
YOUR
IDEAS

WHAT HAPPENS AFTER THAT?

The mediator will meet with your parents at a separate time and make sure that your views and feelings are taken into account when they are making their decisions. You and the mediator will agree the best way to do this. Your meeting with the mediator is private (unless we think that it is necessary to protect you or anyone else who is at risk of harm and the mediator will only tell your parents about the things you want them to). Even if you don't want your parents to know what you have

talked about, your conversation will have been helpful to the mediator who is working with your parents.

WHAT SHOULD I DO NOW?

The letter that came with this leaflet offered you an appointment with a mediator. If you have brothers or sisters, they will probably have a letter too. If you would like to come, we would be very pleased to see you, whether on your own or with your brothers and sisters. If you do not want to do this, then that's fine too. Just ask your parents to ring and let us know what you want to do.



THIS
IS YOUR
CHANCE TO
HAVE YOUR
SAY

A VOICE FOR CHILDREN AND YOUNG PEOPLE IN MEDIATION

INFORMATION FOR CHILDREN AND YOUNG PEOPLE

m **mediation**
and more

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WHAT IS FAMILY MEDIATION?

When parents decide to live apart, things often have to change. Your parents may need to sort out arrangements for:

- How you will spend your time with each of them
- School and out of school activities
- House rules
- Holidays
- Communicating with each other and with you
- Any other changes that can happen

WHAT YOU SAY IS PRIVATE

IT CAN BE GOOD TO TALK

HOW DOES IT WORK?

At the mediation service a mediator is helping your parents to decide the best arrangements for you all. Mediators do not take sides, judge or blame anyone. They encourage parents to think about what they and their children need, how to be fair to everyone and to plan for the future.

HOW DOES THIS INVOLVE ME?

Your parents have agreed that it might be helpful for you to meet a mediator so that you can give your

views and tell the mediator how it is for you. Your parents are NOT asking you to make any decisions- that is their job - they just want to be able to take your views and feelings into account when making decisions for you.

YOU WILL BE ABLE TO:

- Talk to someone who is not part of the family
- Say what you think and feel about the changes in your family
- Share your ideas about how things could work in the future

NOBODY WILL TELL YOU WHAT TO SAY