

Safe Interactive Online Resources for Children and Youth

Here are 5 interactive, safe and fun websites for children and youth to explore the topic of Separation and Divorce.

[mindyourmind.ca](http://www.mindyourmind.ca)

This is an award winning site for youth which provides a place for youth to get information and tools to manage stress, crisis and mental health problems.

<http://www.mindyourmind.ca>

[KidshelpPhone](http://www.kidshelpphone.ca)

This website, aimed at slightly older children, provides information on all kinds of topics which may be troubling them, and invites them to call a free, confidential, and anonymous telephone helpline to speak with trained staff who are available around-the-clock. As part of that initiative, the site also features a separate page titled "Separation, Divorce, and Custody", and offers children information on common and basic separation/divorce issues alongside the invitation for them to call or e-mail the help line.

<http://www.kidshelpphone.ca/Teens/InfoBooth/Family/Separation,-Divorce,-Custody.aspx>



[KidsHealth.org](http://www.kidshealth.org)

KidsHealth.org is the #1 most-visited website for children's health and development. There is a Kids section, Parents section and Youth. At the bottom of each article, you'll find links to related features created for kids and teens. We encourage you to share them!

Perform a search on separation and divorce and read all about it.

<http://www.kidshealth.org>

[PBS Kids](http://www.pbskids.org)

Embedded amongst web pages of games and activities featuring familiar PBS characters, this website features an "It's My Life" section which provides (among other things) good basic information for children of divorcing parents. A unique feature is a "Dealing with Divorce" quiz that children can take.

www.pbskids.org/itsmylife/family/divorce/index.html

[Families Change](http://www.familieschange.ca)

Families Change. A fantastic and interactive guide for all family members involved in Separation and Divorce. There is a child section, youth section, parents and professionals section and parenting after separation section.

<http://www.familieschange.ca>

[Changeville](http://www.kidsbc.ca)

Are your parents separated, or getting a divorce? Learn about what to expect and how to deal with feelings you might have in a fun online world.

<http://www.kidsbc.ca>

Visit us at www.rrhc.on.ca for the all the links!