

# KIDS Youth Plan

Agreement containing the rights and voice of young people in divorce situations

NOT YOUR JOB, BUT  
YOUR OPINION MATTERS!



KIDS for children







## FOR ALL YOUNG PEOPLE WHOSE PARENTS ARE GETTING DIVORCED

**HEY!** You may have been told that your parents are getting divorced just recently or some time ago. And then you just have to put up with that. Not exactly chill! The divorce has quite an impact on your life. You want to decide things for yourself, and you also would like to have a say. This is logical, but you do have to agree on this with your parents. If your parents are divorced, you have to deal with two parents who live or will live in two different places. Sometimes that can be quite complicated. This Plan will help you with that.

When your parents get divorced, they also have to involve you in making arrangements that concern you. That's what the law says. So, as a child, you also have rights! Do you want to know what these rights are?

Take a look at these websites or page 16 of this KIDS Youth Plan:

[www.kiesvoorhetkind.nl/kids-in-divorce-situations](http://www.kiesvoorhetkind.nl/kids-in-divorce-situations)

When making the arrangements, both your parents and you will have your own wishes. A mediator or lawyer can help your parents to combine everyone's wishes into one good plan. By completing the KIDS Youth Plan, you can explain what's important to you, and your parents can try to take better account of your wishes for the Parenting Plan.

Maybe you have topics of your own that you'd like to discuss but aren't sure how? We're happy to help you with that. Do you see anything what comes to mind on the next page? And do you also want to write something about this in the KIDS Youth Plan?

### Tips for completion:

- Complete your KIDS Youth Plan in a quiet place where you'll not be disturbed.
- Take your time when completing the KIDS Youth Plan. It can sometimes be difficult to know right away what you want. This isn't a bad thing!
- Discuss the Plan with someone you trust, or who's already guiding you.
- For example, a KIDS professional.
- Ask your parents to take account of your Plan when preparing and/or evaluating the Parenting Plan.



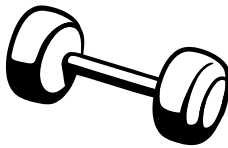
WHERE TO LIVE  
AT WHICH ADDRESS TO REGISTER  
BACK AND FORTH WITH YOUR STUFF  
RULES AND PARENTING  
SOCIAL MEDIA



YOUR OWN ROOM AND PRIVACY  
OFFICIAL HOLIDAYS AND VACATIONS



DOING THINGS TOGETHER  
SCHOOL AND SCHOOL CHOICE



SPORTS / HOBBIES



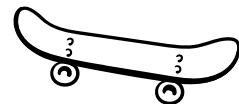
GOING OUT



EXAMS



RENTING A ROOM



FRIENDS



CONTRACEPTIVES

TATTOOS

ALCOHOL / DRUGS

NEW RELATIONSHIPS PARENTS

FINANCES

ANYTHING ELSE...?

## KIDS Youth Plan

You write down your wishes in a KIDS Youth Plan.

Then your parents will write down their new arrangements with regard to parenting, parental contact and finances in a Parenting Plan.

If your parents cannot work things out together, the judge will decide what's best and what's necessary.

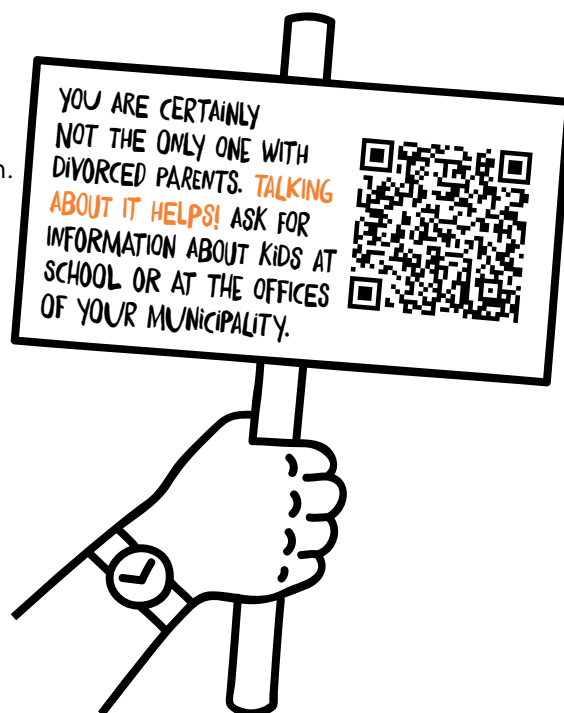
If a judge has to decide, he/she will always decide what he/she thinks is best for you.

Don't you know what all the words mean? That's very understandable.  
The annex contains a glossary in which we explain what the words mean.

### One more thing:

With the KIDS Youth Plan, we want to avoid the need for you to exercise your right to be heard. But if you feel that your voice isn't heard as far as your wishes and needs are concerned because of your parents' divorce then you have the right to contact the court and the judge. Would you like support or to know more about this? You can contact, for example, the Child and Youth Legal Advice Center.

In addition to this Plan, the website [kiesvoorhetkind.nl/kids-in-divorce-situations](https://kiesvoorhetkind.nl/kids-in-divorce-situations) contains all sorts of videos, blogs and information. You can also contact a KIDS professional for your questions or support.





ENTER YOUR  
DETAILS BELOW

Date:

Your name:

Your address(es):

Your place(s) of residence:

Your age:

**Ingevuld met hulp van:**

Name:

Position:

Contact details:

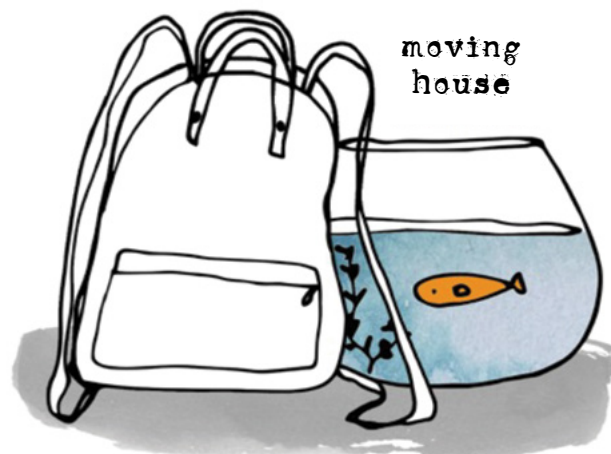
☐ I completed this Plan alone



## HEY! HOW ARE YOU?

You're not alone in what you're going through and how you feel about the situation between your parents. They also want to understand you. Therefore, it's good that you and your parents know how you actually feel about the divorce.

- ☐ I feel 🤪 😞 😊 😓 (circle what you feel) .....
- ☐ I think .....
- ☐ I worry about .....
- ☐ I'd rather not disappoint anyone because .....
- ☐ I find it difficult that .....
- ☐ I'm troubled by .....
- ☐ I have silly thoughts about .....
- ☐ Anything else .....



## Dear parents:

## KIDS Youth Plan

You're getting divorced, or you're already divorced. All young people with divorced parents have certain wishes. I check mine below.



- ☐ You're important to me, and I want to love you both.
- ☐ My wish is that you act normal to each other.
- ☐ Please don't argue in front of me and solve this together.
- ☐ Please don't talk bad about the other person. This doesn't do me any good, and I don't like it.
- ☐ Will you continue to share fond and fun memories of the past with me?
- ☐ I'd rather not pass on messages from you; please do this by email/text message or something like that.
- ☐ I'd like to be seen and heard and hear that you'll love me forever.
- ☐ I'd rather not have to keep any secrets from you.
- ☐ I don't need to be extra spoiled because of the divorce, but I do enjoy time together every once in a while.
- ☐ Both of you will forever be my parents.
- ☐ Both of my families are my family. They'll always be, and I want to keep seeing them.
- ☐ I'd rather not have to choose when you disagree about something. I try to understand things, but I don't need to know everything.
- ☐ Do you understand if I have to get used to everything for a while?
- ☐ Great if you both come to my school, performances, competitions and other moments that are important to me and that both of you are proud of me.
- ☐ When you get a new boyfriend or girlfriend, I may not find it fun and easy right away. I'll probably manage to get used to changes, but it will take time and understanding.
- ☐ Please discuss adult things, such as your own financial issues, with each other instead of with me.
- ☐ I or my friends would rather not see everything you guys put on social media.
- ☐ I'd like to feel welcome and at home with both of you.
- ☐ Will you give me some space? My own commitments and obligations will only increase in the future and this may affect my choice to be with either of you. Please don't take it personally.
- ☐ There's a lot of information, support and help out there for parents and for children. For me, it's important that you both give permission if I want to go to counseling or seek help.
- ☐ Will you assess whether the KIDS Children's Plan and Parenting Plan still suit me after a while? I'd also like to continue to share my wishes and needs with you.



## Dear parents:

## KIDS Youth Plan

You're getting divorced, or you're already divorced.  
These are **my** additional personal wishes:



- ☐ If I miss one of you, I want to be able to call, text, be allowed to see you whenever I want, if possible at that time.
- ☐ My wish for the care arrangements/visitation arrangements (when I'm with whom and for how long) is:

- ☐ My wish for switching from one parent's house to the other is:

- ☐ I hope that things can stay the same for me as much as possible. I'd like it if:

- ☐ I'd rather not move house but if we have to move then my wish is:

- ☐ I'd like to stay in the same city / village.

- ☐ If I have to go to another school then my wish is:

## KIDS Youth Plan

☐ I prefer not to have the changeover at school.

☐ If I get a new bedroom, I want to turn it into my own place.  
Give me a little privacy too.

☐ I'd like to bring my own things, such as my phone, tablet/notebook and the like, from one house to the other.



☐ If I have to deal with a new boyfriend/girlfriend of my father/mother, I find it important that:

☐ If I have to deal with the children of the new boyfriend/girlfriend of my father/mother, I find it important that:

☐ My wishes for vacations and holidays are:

☐ My wish for birthdays is:

☐ My wish for our pet is:

I don't have a pet

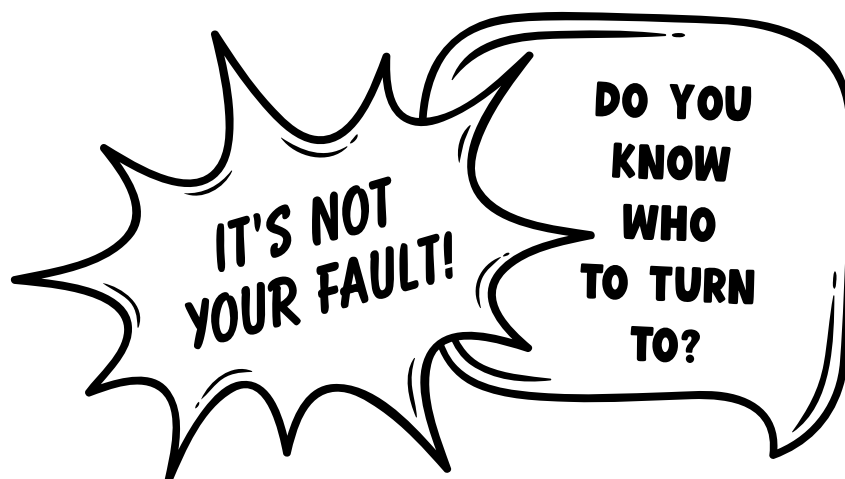


☐ I still have this question:

☐ My other wishes or anything else I want to say:



Don't forget that you chose to have me together!



## KIDS Youth Plan

- ☐ I have written down what I think is important in this KIDS Youth Plan and hope that you will take my wishes into account.



Your name:

Date:



Signature:

I have read the wishes and needs of our child

☐ yes    ☐ no

Parent's name:

Date:

Signature:

I have read the wishes and needs of our child

☐ yes    ☐ no

Parent's name:

Date:

Signature:





## CHILDREN'S RIGHTS IN DIVORCE SITUATIONS

Articles from the International Convention on the Rights of the Child (UNCRC) translated for children.  
The International Convention on the Rights of the Child contains all children's rights.  
Some of these rights are important if your parents are separating or are divorced.

### ARTICLE 3

Adults should make decisions that are best for you.

### ARTICLE 5

Your parents are responsible for properly guiding you until you're an adult.

### ARTICLE 8

You have the right to be who you are and to have your own family. Your name and where you come from, and your family should not be changed or taken away from you.

### ARTICLE 9

You have the right to regular contact with both parents unless it's bad for you.

### ARTICLE 10

If one or both parents live somewhere else, you have the right to visit and/or live with him/her.

### ARTICLE 18

Your parents are responsible for your upbringing. They should take care of you except when it's not in your best interest.

### ARTICLE 12

You have the right to give your opinion on the things that affect your life. The adults must take your seriously. They do decide, however.



## GLOSSARY

**Lawyer:** when your parents are getting divorced, they always need a lawyer. He or she can ask the court to pronounce the divorce. A lawyer is someone who takes care of anything that any or both of your parents would like to have arranged when they get divorced.

**Divorce:** when your parents were first married and then separate.

**KIDS:** KIDS stands for Children in Divorce Situations. KIDS is there for children and parents in divorce situations to provide information and professional guidance and help.

**KIDS Youth Plan:** a plan that contains the wishes, needs and rights of young people.

**Convention on the Rights of the Child:** this contains agreements on how countries should treat children and young people and what children and young people are entitled to.

**Mediator:** someone who helps parents who are getting divorced to make and write down all the arrangements made with each other. The mediator doesn't take sides and ensures that the arrangements are in the best interests of both parents.

**Right to be heard:** telling the judge what your wishes are and what's important to you. You can also send a letter to the judge. This is called a child's statement.

**Visitation arrangements/care arrangement:** the arrangements your parents make about when you're with one parent and when you're with the other parent and how you'll be taken from one parent to the other. You use the words visitation arrangements when one parent has custody. You use the words care arrangement if both parents have custody of you after the divorce. Custody means that parents are responsible for the education and care of their child(ren).

**Parenting Plan:** a plan in which parents write down arrangements for the children.

**Court:** if two people are married, the divorce can only be pronounced by the court. The court is a place where the judge decides on your parents' divorce and the care arrangement.

**Judge:** a judge is someone who decides what the division and care arrangement will look like if parents cannot agree on the arrangements.

**Divorce:** when your parents separate.

Do you still have any questions, tips or ideas with regard to the KIDS Youth Plan?

Please let us know: [info@kiesvoorhetkind.nl](mailto:info@kiesvoorhetkind.nl)

Several organizations that support the KIDS Youth Plan © can be found at:

[www.kiesvoorhetkind.nl/kids-in-divorce-situations](http://www.kiesvoorhetkind.nl/kids-in-divorce-situations)

**"Everything is just a moment in time and changeable. Keep talking to each other helps to be able to make difficult things easier and to cope with them. As a child, you always have the right to be heard. Adults are responsible and make the decisions."**

**Nelly Snels-Dolron**

Director of the Child and Divorce Expertise Center

