

## What is the iKiDs program?

The Relationships Australia (SA) iKiDs program supports children and young people whose parents have separated or are in the process of separating.

In addition, we aim to build partnerships with schools by providing education, information and referral pathways that can assist schools, parents and students with the issues surrounding parental separation.

## Who is this for?

iKiDs (I Know, I Do) is a service specifically designed to support children and young people from pre-school to 18 years old, whose parents have separated. The focus is firmly on the issues affecting children and their relationships.

## What are the benefits?

Children are encouraged to share their experiences, to **know** more about what is happening in their family, and to **do** things that will assist them to develop confidence and adjust to their situation. The iKiDs program also assists carers to gain insight into what they can do, to better focus on their children's needs and support children in their family situation.

## Relationships Australia (SA) locations

192 Port Road  
**Hindmarsh SA 5007**  
T: (08) 8340 2022  
F: (08) 8241 5236

Office Suite 500a  
Westfield Shopping Centre  
297 Diagonal Road  
**Oaklands Park SA 5046**  
T: (08) 8377 5400  
F: (08) 8377 5411

Shop 8a Salisbury Cinema Complex  
Corner James and Gawler Streets  
**Salisbury SA 5108**  
T: (08) 8250 6600  
F: (08) 8285 4494

161 Frome Street  
**Adelaide SA 5000**  
T: (08) 8223 4566  
F: (08) 8232 2898

## Relationships Australia Bookshop

With over 30 years experience, Relationships Australia Bookshop provides specialised information and resources across a range of different topics and issues.

49a Orsmond Street  
**Hindmarsh SA 5007**  
T: (08) 8245 8111  
F: (08) 8346 7333  
E: [bookshop@rasa.org.au](mailto:bookshop@rasa.org.au)

[www.rabooks.com.au](http://www.rabooks.com.au)

iKiDs (Supporting Children After Separation) is provided by Relationships Australia (SA) and funded by the Australian Government.



## Supporting Children After Parental Separation In School Program



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[www.rasa.org.au](http://www.rasa.org.au)

## Parental separation can affect children at school

Parental separation can cause children significant distress due to loss, grief and change. This may influence children's behaviour and functioning at school.

Children who experience parental separation and divorce are generally resilient, but they are not invulnerable. Some children may become withdrawn and internalise problems, while in other children, this may result in emotional or behavioural problems.

Children often feel stigmatised, as they feel they are no longer part of a 'normal family.' Their relationships with their peers and engagement in the classroom may be negatively affected. The impact is greater on children caught in the middle of high parental conflict; and this is worsened if they have been exposed to family and domestic violence. These children are also at a higher risk of developing mental health problems.

Schools and teachers may also find themselves caught in the middle of parental conflict in a number of ways.

Our program is funded to support children, schools and parents in responding effectively to impacts and difficulties generated by parental separation.

Over 50,000 children are affected by parental separation each year

## Our program can provide a range of supports:

- Curriculum aligned classroom resources and activity workshops for all children, including puppet shows for younger age groups
- Therapeutic support groups for children affected by parental separation
- Workshops for teachers and school counsellors on the impacts of parental separation on children
- Psycho-education and information workshops for parents
- Information about resources and services available to families in the community.

Over 40% of all parental relationships end in separation and divorce

## Education programs

We provide age-specific classroom activities, seminars and resources to schools to help children understand and talk about separation and divorce as both a personal and social issue. By providing education, information and referral pathways we can assist schools and parents in supporting students to deal with the issues surrounding parental separation.

## Therapeutic groups

We run therapeutic groups for children who have been affected by separating parents. These groups can be developed according to the specific needs of your school, for example; culture, age and experiences.

## Workshops for teachers and parents

Our iKiDs team are available to run workshops and seminars for teachers and parents on the impacts of separation and divorce on children. We can also provide teachers with strategies to effectively support these children in the school environment.

