



→ MEET OUR 5 SESSION WORKSHOP SERIES

# WHAT IS YOUR DIRECTION?

Family breakdown creates huge changes in a young person's life and is the single biggest factor affecting teenage mental health in the UK.

**Your Direction** helps young people find a healthy, positive way to process these changes and embrace the future. It is a free five-session online workshop for young people whose parents are not together. Built on real-life experiences and expertise from specialists, it creates a safe space for young people to quickly learn skills to successfully navigate their parents' separation. The peer group setting, supported by trained facilitators accelerates openness and normalises their situation. It builds self-confidence and increases wellbeing.

The separation of parents is a pivotal moment and, even though many parents work tirelessly to minimise the impact, it can be a divisive process, **Your Direction** offers people aged 12 to 17 and 18 to 30 years old, neutral, non-judgmental support in the midst of these changes reducing conflict and enhancing children's communication skills as well as giving them relationship skills for life.

**Your Direction** has been developed by Restored Lives, a leading UK charity that has helped thousands through relationship breakdown, in collaboration with national children's charity Spurgeons.

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Your Direction is such an incredible investment of your time and also your vulnerability. It can really transform the way that you look at yourself as well as the story that you have. **It really was amazing.**

*Abi, Workshop Attendee*

Hear her full story [here](#) 



# WHAT DO THE EXPERTS SAY?



**Dr Erin Turner**  
Consultant Psychiatrist

“Family breakdown can be a significant traumatic event for children impacting greatly on their mental health. The work done by **Your Direction** is excellent, offering specialised and effective support tailored to the needs of young people. I strongly recommend their workshops to anyone whose parents are now not together as it will give them confidence and resilience to support their mental health and their relationships with their parents.”



**Dr Eli Gardner**  
Clinical Psychologist

“I am aware of the woefully scarce resources available to children and young people struggling to come to terms with their parents separation. I am so impressed by the work on **Your Direction**, offering dedicated, effective and tailored support to children and young people. I would absolutely recommend it to anyone looking for support, reassurance and guidance during such a challenging time or even long after.”



**Dr Paul Turner**  
GP and Clinical Service Lead

“The **Your Direction** workshops offer excellent support, providing practical tools for emotional healing and building resilience and healthy relationships. I highly recommend this course to any young person needing support, reassurance, and effective coping strategies to enhance all their relationships in the future.”



## → OUR APPROACH

# HELPING YOUNG PEOPLE THRIVE & BUILD RESILIENCE

Each workshop session is a chatty mix of videos and small group discussions. Participants will hear from other young people, their experiences of family breakdown and what helped them. We share tools and skills for processing emotions, communicating well and dealing with change. These are all valuable life skills that build resilience and help young people thrive.

**Your Direction** is completely neutral about parent's separation. We do not seek information about the cause, reason or background. It is separate and independent of any mediation, financial and legal process. It is child-centric and focuses on the children's needs and issues.



The workshop is about the future, not digging into the past. It tackles today's challenges like 'how do I process my feelings?', 'how do I talk to my parents?' and 'how do I improve my future?'. The sessions are run by trained and experienced facilitators with all the appropriate safeguarding procedures in place. Whatever issues we face in life, everyone feels better when they meet others in a similar situation. **Your Direction** gives young people the chance to learn from their peers, support others and voice their feelings in a supportive, empowering environment.

To ensure **Your Direction** is a safe space for young people to speak honestly, we do not give feedback to parents on the topics or issues discussed. We have rules on confidentiality of not speaking about other people's issues outside the workshop. Our advice to parents is not to ask children lots of questions about what was covered in the sessions but give young people the space and ability to talk about issues when they want to raise them.

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I had the privilege of sitting alongside some amazing young people during the Your Direction workshops, who said that they had learned more self-awareness, top tips and skills for communication and were **hopeful for the future.**

*Natalie O'Shea, Divorce & Family Lawyer*

Listen to the full discussion [here](#) 



## → OUR IMPACT

# A BRIGHTER FUTURE

Children are the innocent victims when family structures breakdown. They have little say as a new form of family is created. The negative effect on young people is substantial often impacting on their own relationships and future. You can hear from young people about their experience of family breakdown [here](#).

We have been so encouraged by the positive feedback from the **Your Direction** workshops with wellbeing scores increasing substantially and multiple key life skills being learned.

## THE IMPACT OF YOUR DIRECTION

We monitor participant wellbeing (using WEMWBS scores) at the start and end of the **Your Direction**.

After completing the workshops, almost 90% of participants reported normal to high wellbeing, compared to just over half before!

9 out of 10 participants said Your Direction helped them talk to their parents in a more constructive way.

Participants also talk about key life skills gained such as recognising their feelings, improved listening to friends, being able to communicate their issues in more healthy ways, accepting their parents for who they are, resolving conflict and many more, all of which will be vital in helping their own long term relationships in the future.

## THE IMPACT OF FAMILY BREAKDOWN



Family breakdown is the single biggest factor impacting teenage mental health



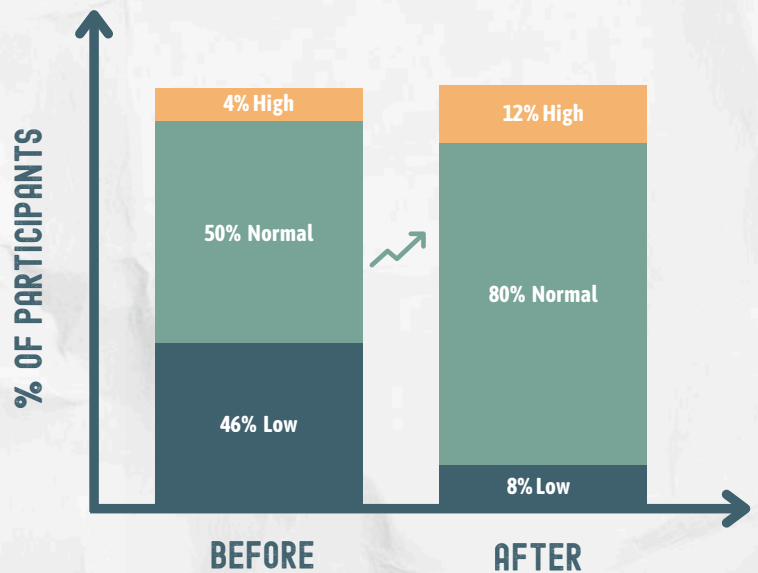
46% of UK children are not living with both parents by the age of 14



1.4 million UK children have seen their parents split in the last 5 years

Sources:  
1. 2 Nov 2017 - Marriage Foundation: Family breakdown and teenage mental health  
2. 14 July 2023 - Marriage Foundation: Source of family breakdown  
3. "What about me?" Reframing Support for Families following Parental Separation - Report of the Family Solutions Group

## WELLBEING LEVELS



→ GET IN TOUCH

# LET'S GIVE YOUNG PEOPLE A VOICE!

Registration for our next Your Direction workshop series is open. Sign up [here](#).

If you're passionate about helping young people overcome the challenges of family breakdown, we'd love to work with you. Please feel free to reach out to us about partnership opportunities. Want to become a facilitator and help young people directly? Get in touch about the opportunity and our next training sessions.

Do you know a young person that is in need of support but isn't sure how to move forward? They can reach out directly using the contact information below.



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