



Administrative Office of the Courts

Chief Justice Matthew B. Durrant
Utah Supreme Court
Chair, Utah Judicial Council

June 2016

Daniel J. Becker
State Court Administrator
Raymond Wahl
Deputy Court Administrator

Dear Child Advocate:

"The Longevity Project" compared the effects of divorce to the death of a parent and found that children were *more* adversely affected by divorce.

The Utah State Courts offers a free Divorce Education for Children class to assist children impacted by divorce. This class helps children to identify feelings common when a divorce happens and teaches them communication skills to express their feelings.

One mother commented, "I have been divorced for seven years. My child is now old enough to attend the class. She came home a different girl – so happy, cheerful, and pleasant ever since attending the class 3 weeks ago - wow! She didn't want to talk about the class much, but whatever it was about, it worked!"

Another shared, "Thank you so much for running this class. My children benefitted from coming and I think you are doing wonderful things for children who have to deal with really difficult circumstances."

One child remarked, "I learned that my parents decide why they want a divorce and I don't need to get caught up in it."

What one child wrote on the survey under the question what did you like best about the class? "Just laughing and knowing others go through the same thing."

The class is currently offered in the 1st District (Box Elder/Cache/Rich counties), 2nd District (Davis/Morgan/Weber counties), 3rd District (Salt Lake/Summit/Tooele counties) and 4th District (Juab/Millard/Utah/Wasatch counties). The class, which is free, is designed for children 9- to 12-years old (3rd–6th grades) whose parents are divorced or divorcing. Please note, the class is intended for children only and parents are not allowed to attend the class. **Pre-registration for the class is required.**

More information about these classes is available at www.utcourts.gov under the Divorce Education Class heading. Thank you for helping us to make a difference in children's lives by supporting this program.

Sincerely,

A handwritten signature in black ink, appearing to read "Laura Scott".

Judge Laura Scott
Third District Court
Chair, Divorce Education for Children Subcommittee

The mission of the Utah judiciary is to provide the people an open, fair,
efficient, and independent system for the advancement of justice under the law.

FREE Divorce Education Classes for Children Ages 9-12

Here are some of the responses from children who have attended the class and parents whose children have attended the class:

"I learned that my parents decide why they want a divorce and I don't need to get caught up in it."

"I learned the divorce is not my fault."

"My child is more confident in talking about her anger and more able to express her hurt."

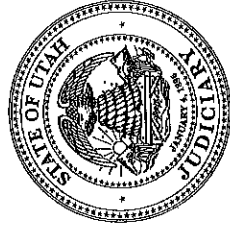
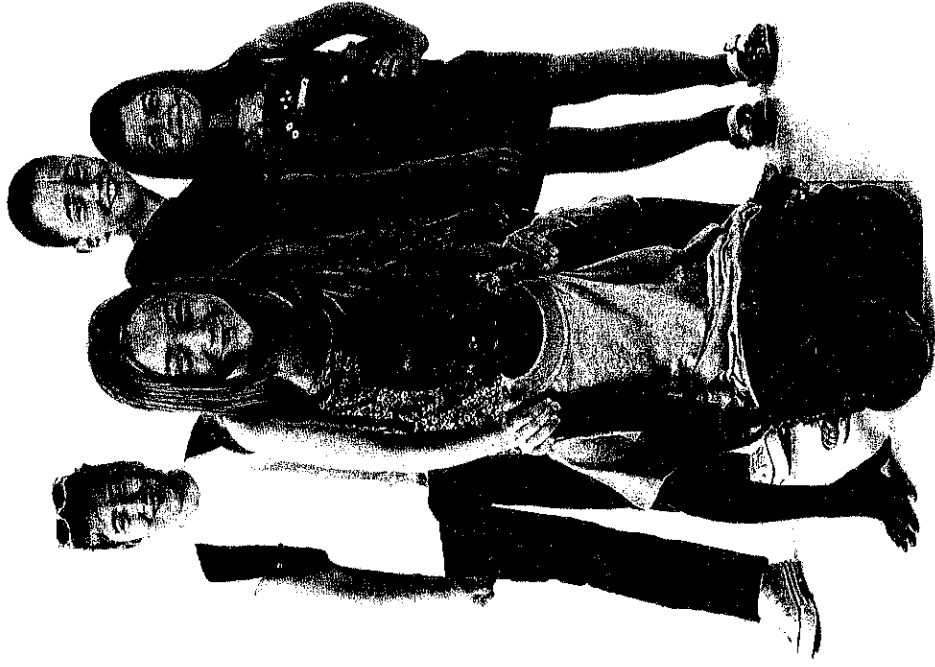
Why?
Children, as well as adults need information about the divorce process. The class helps identify feelings common to children in divorce situations, while teaching communication skills to empower children to express their feelings. The class covers the divorce process and explains that it is not the child's fault.

What?
A two hour class taught by experienced mental health professionals who address the most common issues of children whose parents are divorcing and discuss various coping alternatives.

When?
Classes are held twice a month in Salt Lake and once a month in Logan, Ogden and Provo. For a current class schedule, go to www.utcourts.gov/specproj/dived/children or call (801) 578-3897.

Where?
Scott M. Matheson Courthouse,
450 South State Street,
Logan Courthouse, 135 North 100 West
Ogden Courthouse, 2525 Grant Ave.
Provo Courthouse, 125 North 100 West

Cost?
There is no cost to attend. The classes are free of charge.



ADMINISTRATIVE OFFICE OF THE COURTS
450 South State Street
Salt Lake City, UT 84114

Classes are available in Logan,
Ogden, Provo and Salt Lake.

(801)578-3800 | www.utcourts.gov

Divorce Education for Children

When adults go through a divorce, there are programs available to assist them in making the transition, including a mandatory class offered through the Utah State Courts. But what about the children of divorcing parents? A gap exists between programs that are available for adults and classes available for children of divorcing parents. To fill this need, the Utah State Courts has developed a program called Divorce Education for Children.

Children's Class

A Divorce Education for Children class is available for children 9- to 12-years old (3rd, 4th, 5th and 6th grades) whose parents are divorced or divorcing. The class is presented twice each month in Salt Lake and once a month in Logan, Ogden and Provo. The program's curriculum provides children with skills they can use to better express their feelings to parents. Mental health professionals teach the class with the assistance from state court judges and commissioners.

The class is not intended as psychotherapy and participation in the children's class is voluntary. The class is offered free of charge.

Children often feel responsible for their parents' divorce. The course is designed to minimize the adverse effects divorce has on children by teaching them coping skills.

In 2014, 13,126 divorce cases were filed in Utah; 11,954 children were involved in those cases.

Divorce Education for Children—a subcommittee of the Standing Committee on Judicial Outreach—has developed this program.

To register for an upcoming class, return the attached form, call (801) 578-3897 with questions, or go to <http://www.utcourts.gov/specproj/dived/children-register.asp> to register online.

Pre-registration is mandatory

A confirmation will be sent prior to the class. Thank you for signing your child(ren) up for the class. We hope this will help with a smooth transition for your child(ren) during your divorce.

Please note, the class is intended only for children. Parents and others will not be allowed to attend the class.

Registration

Here's How to Register.

Please fill out the information listed below:

Residential Parent Name: _____

Children's Names and Ages: _____

Address: _____

Phone: _____

Email: _____

Class Date to Attend: _____

Send your completed form to:

Program Coordinator
Divorce Education for Children
Utah State Courts
P.O. Box 140241

Salt Lake City, UT 84114-0241
or fax to (801) 578-3843

or email: dec@utcourts.gov

To register online, go to www.utcourts.gov/specproj/dived/children-register.asp