

# COOL WITH CHANGE: YOUNG PEOPLE AND FAMILY CHANGE



"I went to my guidance teacher because of arguments between my parents and that. And she was, like, 'oh, right, we'll sort it out, and all that'"

*(Kirsty, 13)*



centre for research on  
families and relationships

[www.crfr.ac.uk/coolwithchange](http://www.crfr.ac.uk/coolwithchange)

# If you're looking for help and support because of family problems, here are some useful agencies:

## For children and young people

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### ChildLine - [www.childline.org](http://www.childline.org)

ChildLine is the free helpline for children and young people in the UK. Children and young people can call us **to talk about any problem** – our counsellors are always here to help you sort it out.

**0800 1111**

### It's not your fault - [www.itsnotyourfault.org](http://www.itsnotyourfault.org)

If you're going through a family break-up you might be feeling sad and confused. This website is for children like you, to help you understand and feel a bit better.

## For families

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### OktoAsk - [www.oktoask.co.uk](http://www.oktoask.co.uk)

OktoAsk is the free, confidential, telephone helpline for anyone caring for a child in Scotland. You can call about any problem, however big or small.

**0808 800 2222**

Family Mediation Scotland

Stepfamily Scotland

Relate Scotland

Scottish Marriage Care

One Parent Families Scotland

[www.familymediationscotland.org.uk](http://www.familymediationscotland.org.uk)

[www.stepfamilyscotland.org.uk](http://www.stepfamilyscotland.org.uk)

[www.relatescotland.org.uk](http://www.relatescotland.org.uk)

[www.scottishmarriagecare.org](http://www.scottishmarriagecare.org)

[www.opfs.org.uk](http://www.opfs.org.uk)