

# Can you relate?

“Nearly 38 years later, I am still grieving the loss of my parents’ marriage. The divorce left me fragmented, vulnerable, angry, and, in some ways, homeless.”

“Children of divorce juggle hostile families for the rest of their life. All major life events that involve gathering family and friends become awkward, if not hostile, and logistically difficult. The school gave us four adjacent tickets for graduation - who is going to get snubbed? The wedding - who sits in the family pew and front table? A new baby arrives - who gets to stay in the guest room and who has to get a hotel?”

“I was the eldest child in step family situations on both sides. It was like being a second class citizen in my own family. On my mother’s side, a new child was born, and the entire family revolved around this new child.”

“My mom denies how painful the divorce was for my brothers and me. Once we grew up, she openly mocked the statistics demonstrating poorer outcomes for children whose parents divorced, because we didn’t suffer any of the social pathologies to which we were statistically more susceptible.”

*From [www.kidsdivorcestories.org](http://www.kidsdivorcestories.org)*

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## The Problem:

Too many people have been harmed by misguided choices they or their loved ones have made around divorce.

Too few of them get the chance to tell their story.

## How do we help?

By telling the truth about what happened to us.

## What you can do right now:

Sign-up for the Ruth Institute newsletter at [www.RuthInstitute.org](http://www.RuthInstitute.org) and receive a free PDF download entitled “You Were Loved Into Existence.”

The Ruth Institute is a global non-profit organization focused on preventing divorce and helping the millions of people who have been harmed by it. Founded by world-renowned author, speaker and academic, Dr. Jennifer Roback Morse, the Ruth Institute’s Resource Center provides decades of research and educational tools to support individuals and families harmed by divorce and the hook-up culture.

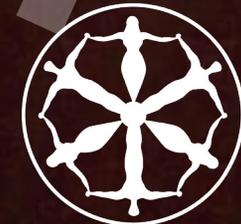
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# Children and Divorce



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# Compared to children raised with their own married biological parents, children of divorce are at elevated risks for the following:

Smoking.

Falling behind in math.

Getting sick.

Needing Ritalin.

Losing contact with grandparents.

Engaging in drug or alcohol abuse.

Engaging in criminal activities.

Getting divorced as an adult.

Not finishing college.

Doubting parents' religious beliefs.

Having persistent feelings of loneliness.

Dying at a younger age.

Having fewer close friends.

Suffering academically.

Not finishing high school.

Having a stroke.

Engaging in early sexual activity.

Having sleep problems.

Having less parental supervision.

Not attending church.

Feeling a lack of compassion from their church.

Having thoughts of suicide or violence.