



It depends on the type of marriage.



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## Can divorce be good for kids?

**D**ivorce affects about 1 million children each year in the United States. An old saying is that parents should stay together for the kids, even if the parents are not happy.

- ✓ Sixty one percent of Oklahomans think that parents who don't get along should divorce.
- ✓ Thirty percent think that couples who are not in love anymore should divorce.

It has been found that when parents hurt each other through abuse or frequent arguing (known as high-conflict marriages), a divorce can be better for the kids. But most marriages that end in divorce are not high-conflict marriages.

Many divorces in the United States happen when couples feel that they are not in love or are unhappy together. These couples believe they would be happier apart. Many parents do not want to model an unhappy marriage for their kids, so they choose to divorce. However, the kids may not see the marriage as unhappy. They are often surprised by the divorce and do not understand why it happened.

Many couples experience tough times, but are able to turn their relationship around and find happiness together down the road.

So, if you're thinking about what is best for your children, honoring your commitment to your marriage is more likely the right choice.



### An unexpected divorce can hurt kids in many ways:

Acting out

Teen pregnancy

Health problems

Low self-esteem

Mental health problems as an adult

Getting in trouble with the law

Dropping out of school

Low income

To learn more about healthy relationships and marriages, go to [okmarriage.org](http://okmarriage.org)