



The Horizon Newsletter

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Divorce effects on Childrens' Mental Health

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When your marriage enters a stalemate, divorce might be your final choice. All parents are worried about their future lives and custody arrangements, but the children's reactions to the divorce may be the most concerning.

The first year after a divorce. For the children, this is the most difficult time, as they can experience depression, frustration, anxiety, and denial. Children who are resilient recover easily and adjust to changes in their everyday life, and they become used to their living arrangements. Others, on the other hand, never seemed to return to normal. This small percentage of children may have ongoing issues even lifelong problems after their parents divorce.

Divorce has various effects on children depending on their age. Young children will be afraid that if their parents stop loving each other, their parents may ultimately stop loving them as well. Some children may also keep themselves liable for the divorce. They may be worried that they have misbehaved, or they may think they have done something wrong. Teenagers will become frustrated and find it difficult to adapt to the changes. They may hold one parent responsible for the breakdown of the marriage, or they may blame one or both parents for the family's chaos. In severe situations, if a divorce means less disputes and less tension, a child may feel reassured by the separation. Every circumstance is unique.

After a divorce, children often lose regular contact with one parent, usually the father. Owing to the stress of single parenting, divorce has an effect on a child's relationship with the custodial parent, most frequently the mother. According to a 2013 report, following divorce, mothers are often less compassionate and affectionate, resulting in children who are less disciplined.

Children from divorced families, regardless of age, gender, or culture, are more likely to experience psychological issues. They are more likely than children from two-parent households to have externalizing issues such as behavioral disorders, delinquency, and impulsive behaviour. Furthermore, after a divorce, these children may have more disputes with their peers.

When children are struggling with their parents' divorce, a referral to talk therapy or other supportive services may be recommended. Person and family counseling may be needed to assist the child in calming his/her emotions and adapting to the changes in family dynamics. Some societies also provide children's support groups. Support groups allow kids in certain age groups to meet with other children who may also be experiencing similar changes in family structure.

Sources:

<https://kidshealth.org/en/parents/help-child-divorce.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2817796/>

David and Goliath: A story of Democracy vs Autocracy

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On the day August 20th, 2020, there was a plane flying from Tomsk to Moscow, which was forced to make an emergency landing at Omsk. The reason was the poisoning of a high-profile Russian Politician and Activist called Alexei Navani, rumored to have been ordered from the Kremlin itself, under Putin. In February 2021, the Russian Supreme Court sentenced this man to jail, under trumped up charges of embezzlement, sparking mass protests. But who is this man, why was he poisoned, and why do his arrests spark mass protests?

To answer these questions, we must first articulate Vladimir Putin's political life, the main opponent of Navani. After serving as a KGB spy in Germany near the end of the Cold War, Vladimir Putin eventually climbed the political ranks to become the President of Russia, succeeding the unpopular Boris Yeltsin. Putin's government

would become infamous for waging aggression against possible new NATO members, such as Georgia and Ukraine. Putin's government also tended towards authoritarian nature, rigging elections at home and abroad so that selected candidates (Putin included) would have a better chance of winning, especially in Russia itself.

Putin also purged Russia's oligarchs in order to consolidate power at home, protecting those swearing blind loyalty to him and exiling those who didn't. He had previously purged the media so that it would not cover these actions and would portray him in a positive light. This all changed with the rise of Alexei Navalny, a politician who had become disgusted with the Putin regime and wanted things to change

Navalny made Youtube Videos and blogs where he based the corruption of the Putin Government and its allies, which immediately picked off the ground and gained popularity. He became a public icon for the people and a rallying symbol, becoming the embodiment of Russian Democracy vs Autocracy. The Government has accused him of corruption and even attempted to poison him, Navalny survived the poisonings and his popularity boosted even further. Now with the Russian Courts sentencing him to prison, and the Russian people in open protest, who knows what will happen next?

Sources: <https://www.youtube.com/watch?v=kHgl6um1BMc&t=374s>