



# HIDDEN VOICES

**Family  
Estrangement  
In Students**



UNIVERSITY OF  
CAMBRIDGE  
Centre for Family Research

StandAlone 

84 students took part in our research study. This is a breakdown of some key findings about this group.

The key causes of relationship breakdown with mothers and fathers are...



Emotional abuse



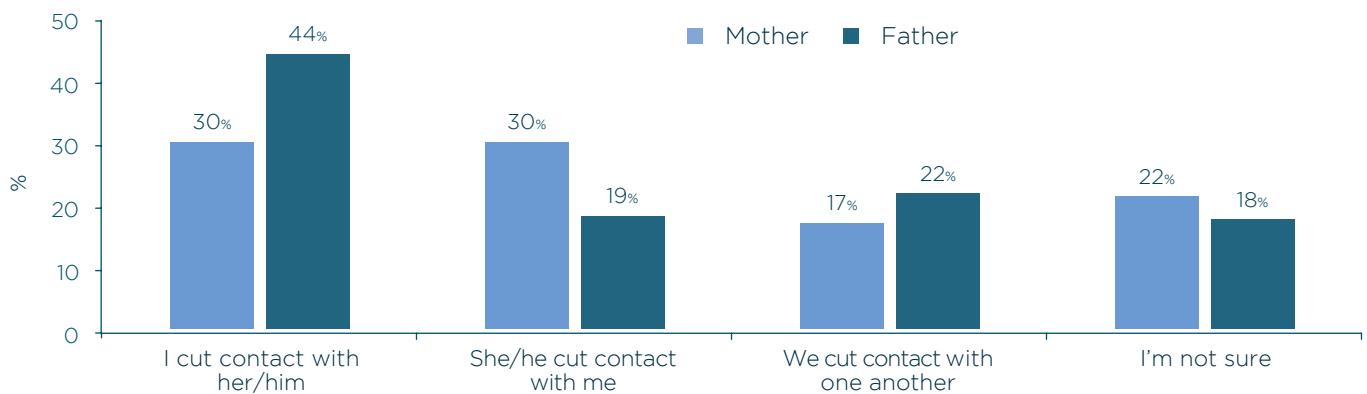
Mismatched expectations about family roles and relationships



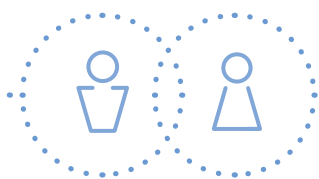
Clash of personalities and values

## Understanding estrangement

### How did your estrangement begin?



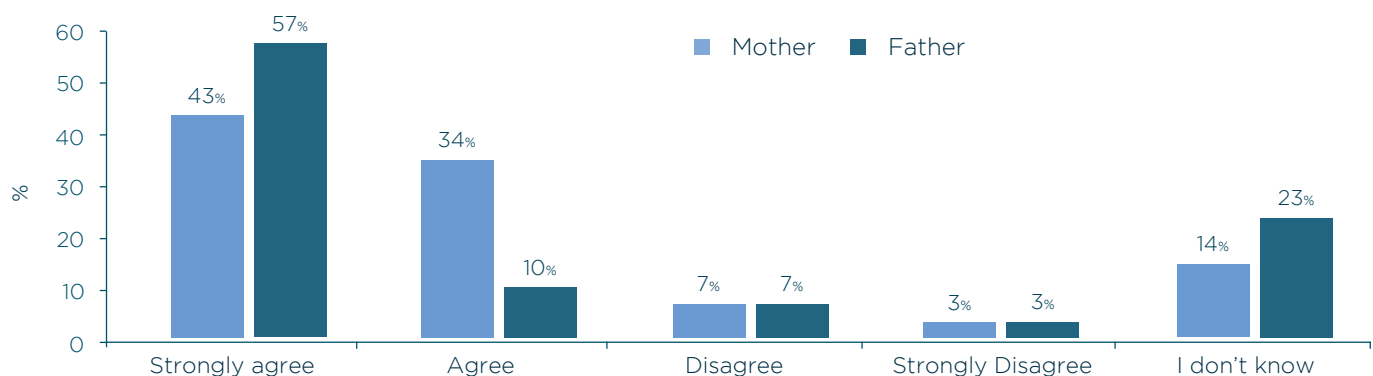
75%



have no contact whatsoever with their estranged mother and/or father

## Reconciliation

### “We could never have a functional relationship again...”



## Finding support

50%

of students had told their boyfriend, partner or spouse the full details about their family estrangement

50%

had told close friends some details

42% had told their close friends the full story



78%

had sought help from a counsellor or therapist



88%

had found this support very helpful

31%

had sought support from a teacher or lecturer

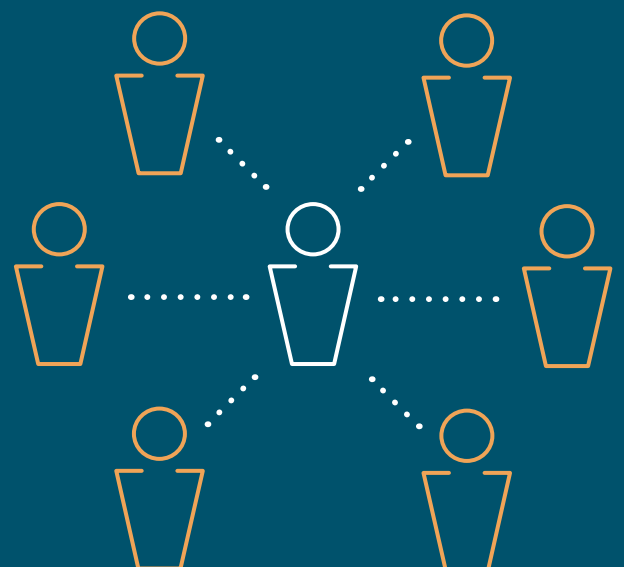
77% had found the support very helpful or somewhat helpful



68%

agreed or strongly agreed

that there was a stigma around family estrangement



36%

had sought help from a university student service

90% had found the support very helpful or somewhat helpful

