

Supporting Grieving Youth

What is Grief?

- A normal response to loss
- A natural part of the life cycle
- Unique and individualistic – everyone grieves differently. There is no right and wrong way to grieve
- A process that ebbs and flows, and has ups and downs
- A process that takes time, with no defined timetable

How to Support Youth:

- **Validate** and answer questions – youth often ask questions they are ready to hear the answers to
- Be as **honest** as possible – language is key
- **Provide** age appropriate **information**
- It's okay to not have all the answers
- **Give eye contact** and attention
- Help the youth **identify feelings**
- **Offer choices** when possible
- Establish and **maintain routines**
- **Talk** about and remember what has been lost - **encourage** the sharing of memories
- Be a good listener
- Take breaks and **practice healthy coping skills**
- **Model grieving** and asking for help
- Know you can't fix it



SAY

Social Advocates for Youth