

# Safe Storytelling

eluna

RESOURCE CENTER

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Grieving the death of a person in your life is part of your personal story - one that you can decide when and where to share. In preparation, it can be empowering to explore different levels of sharing and boundaries that work best for you. When deciding what details to share, the **Eluna Resource Center** has put together this graphic with tips and sample scripts based upon age, relationship, & setting. Remember that you have control over what to share and when – this is your story.

"My mom can't be here."  
"My dad died suddenly."  
"I don't want to talk about it."

You may decide to share fewer details when the people are much younger in age, there is little or no trust, and/or you are in an uncomfortable or strange environment.

*\*You may also choose to not share details at anytime for any reason with no explanation.*

"My mom was very sad and made her body stop working. I feel..."  
"Someone hurt my dad and he is no longer alive. It's hard on me because..."

You may decide to share some details with older children/teens, if there is some level of trust in the relationship, and/or you feel comfortable in that environment.

"My mom died by suicide. She was depressed and didn't know how to get help. It's been hard on me because..."  
"My dad was hit by a bullet and died. In my family he was always...."

You may decide to share extra details with adults you trust in a comfortable and safe environment.

*\*Always remember that you have control over what you share and when. You do NOT have to share if you don't want to.*

## Safe Storytelling Tips:

- Practice by writing or drawing your story in a private journal or diary.
- Start by sharing your story with one trusted adult and role-play different scenarios.
- Even if you share very few details about the way that someone died, you can still share several details about your feelings, what that person meant to you, and how their death has changed your life.
- Be kind to yourself: It's okay to feel that you may have shared too much or too little. Storytelling will look and sound different each time based upon many factors!