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POSTCARD POINTERS

Supporting youth  
grieving a violent death



# Homicide Grief

Supporting youth  
grieving a violent death

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HOMICIDE GRIEF  
resources  
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## Pointers:

- Reassure youth that it isn't their fault & they are not alone
- Tell the truth using simple terms, *"Someone hurt \_\_\_ and they died. It can be difficult to understand why someone would cause harm like this. What questions are coming up for you?"*
- Reestablish youth safety & create a list of safe people & places
- Embrace feelings without judgment (anger, guilt, shame, etc.)
- Recognize potential for trauma response or prolonged grief
- Consider peer support groups & grief camps, such as Camp Erin
- Welcome questions & LISTEN! LISTEN! LISTEN!

## Things to avoid:

- Empty reassurances, such as "All things happen for a reason" or "It is going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all homicide grief is the same - let youth share their experiences
- Exposure to graphic content via media & adult conversations
- Imposing viewpoints, placing blame or trying to make sense of the death