



eluna

.....
RESOURCE CENTER

elunanetwork.org/resources

POSTCARD POINTERS

Support grieving youth



Grief Support for Bereaved Youth

For more
GRIEF
resources
scan here:



Pointers:

- Reassure youth that it isn't their fault & they are not alone
- Tell the truth using simple terms
- Embrace feelings without judgment (anger, guilt, fear, etc.)
- Model & encourage healthy routines & creative outlets (art, music, etc.)
- Hold space for quiet moments & activities that bring joy
- Create or order a grief care package with books, comfort items, etc.
- Consider peer support groups & grief camps, such as Camp Erin
- Check in regularly and over time
- Welcome questions & LISTEN! LISTEN! LISTEN!

Things to avoid:

- Empty reassurances such as "All things happen for a reason" or "It's 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 grief is the same - let youth share personal experiences
- Questions that produce judgment or trying to make sense of the death
- Silence - youth look to adults for ways to communicate & express feelings