



Mass Shooting Grief

Supporting bereaved
youth after a mass shooting

For more MASS
SHOOTING GRIEF
resources
scan here:



Pointers:

- Begin by asking what they know about the tragic event
- Clear up misconceptions & tell the truth with simple terms
- Limit media exposure & graphic conversations
- Model & empower youth to show their community support
- Explore feelings together & without judgment (anger, fear, etc.)
 - It's okay for adults to cry too!
- Return to healthy activities & routines when possible
- Consider peer support groups & grief camps, such as Camp Erin
- Revisit safety plans & create a map of safe people & places
- 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 grief & trauma responses are the same - let youth share their experiences
- Making judgments about the mass shooter(s) or trying to make sense of the shooting