Postcard Pointers: Mass Shooting Grief

- **Author** - Custom Resource by the Eluna Team

When responding to youth impacted by mass shooting grief there is often a series of complex factors contributing to these moments of human connection & support. As a caregiver, frontline worker, support professional, or camp partner - we recognize the need for resources that can be easily referenced and shared. Designed by Eluna's diligent programmatic teams, we are proud to present these pocket-size postcard pointers with top tips from the field of bereavement support.

You are welcome to [print](#) the Mass Shooting Grief postcard pointers and distribute freely or you can purchase a set of pre-printed postcards from Eluna to be shipped directly to you or a community organization.

**MASS SHOOTING GRIEF**

**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

To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center: sarahbehm@elunanetwork.org
Click here to see the full postcard pointer series

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