



What can you do when a Teen is Grieving?

- Provide information that is simple, honest, and concrete.
- The teen may not want to talk about the death, in this case being present and available can feel very supportive.
- Let go of your own expectations about how you think the teen should be grieving. We all grieve differently. Teenagers tend to want to go be with their friends, play sports or other activities even if a death has occurred.
- Ask for help from a professional (such as a therapist or doctor) if you need it.
- Teens needs can change frequently. When you're unsure how to help it's good to ask "What would be most helpful to you right now?"
- Many teens feel pressure to take on the role of an adult. It's important for them to be able to be teens and know that there's an adult in their life who will make the hard decisions and keep them safe.
- Let the teen's teachers and school counselor know about the death. These staff members can provide additional support during the school day.
- Be aware that grief can manifest itself behaviorally and physically. Listen and respond in a non-judgmental way.
- Grief is a process that spans a lifetime. Assure children that it is normal to re-experience a loss especially at important passages in their lives.
- Teens need many creative outlets for expression, including physical activity.
- Remember that teens are incredibly resilient. With your help they will be able to move through the healing process feeling understood and supported.

For questions or referrals, please call YoloCares: (530) 758-5566