



## **Grief & Loss: Twelve Ways to Help**

1. **Offer opportunities to talk** about death and loss as they experience it in everyday life.
2. **Include youth** in rituals whenever possible and appropriate.
3. **Share** your expressions of sadness and pain.
4. **Be available** to listen.
5. **Pay attention** to a youth's behavior and let them know when you notice a change.
6. **Answer all questions** about death and loss as honestly as possible.
7. **Be willing to wonder** and explore answers to their questions.
8. **Face your own feelings** of grief.
9. **Do not isolate or insulate young people from grief.** Remember grief is normal.
10. **Continue to expect a young person to function.** Be firm, yet gentle and kind.
11. **Find help** for youth who need it. Refer to support groups or counseling as needed.
12. **Continue to be available** over time

Remember grief will be revisited throughout their lives. Reach out and continue to care, just as you are now!

### **Finding the Right Words:**

- I am sorry for your pain.
- I am sorry about \_\_\_\_'s death, and I'd like to help in any way I can.
- I am here for you whenever you need me.
- I can't know how you feel, but I want to help you in any way I can."

### **Expressions to Avoid:**

- ✗ I understand/know how you feel.
- ✗ Move on - get over it.
- ✗ You must be over it by now.
- ✗ You're doing such a wonderful job!
- ✗ It could be worse, you still have ....
- ✗ You'll be strong because of this.
- ✗ It was G-d's will.
- ✗ \_\_\_\_\_ is in a better place.