

Has someone important to you died?

Ideas to help your teacher support you

People cope in all sorts of ways when someone dies. Often teachers want to help you in your grief, but aren't sure how. Here are some suggestions from other bereaved young people about ways your teacher could support you. Tick the ones you think would help at the moment, and give it to your teacher to help start the conversation.

Please talk to me about how to let the rest of my class and other staff know what has happened

Ask me how I am feeling. It may not be obvious

Understand that I will not 'get over it' or 'put it behind me' but with time I will learn to cope with all the changes

Help me to find new dreams of the future and make plans

Make a plan with me for how I will come back to school

Give me a note that lets me leave class briefly without having to explain myself, if I feel overwhelmed

Understand that it's hard for me to feel motivated. I may have difficulty meeting deadlines

Help me to cope by treating me the same as everyone else

Realise that I have a lot to deal with. I will keep up as best I can

Let me know about groups for children and young people who are also coping with loss and change

Arrange for me to get extra help with my work so I don't get behind

Talk to me about what has happened. I may need more information, advice and education about loss

Give me extra encouragement for all the things I am managing to do and keep me in mind

Please try
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