

# Death and Teenagers

* Already a time of significant change and confusion
* **Care a lot about what people think of them – implications of being seen as weak/different**
* Understand death fully yet not the life experience to go with this
* Privacy and control are big issues
* Want to know why/ what happened, who is to blame
* React with emotions, boys more acting out than talking
* **Sense of fairness is important- challenges views about justice, fairness, predictability, safety**
* Anxiety can lead to tiredness, being sick/run down
* **Can be overwhelming- may find normal feelings like anger/blame/guilt harder to talk about**
* Look for relief/releases
* Challenges hope
* Isolated feelings
* Hide their feelings

# What can be helpful

* **Be aware that our own way of grieving will be carefully watched**
* **Responding to questions with a question that helps get where they’re coming from might be useful**
* Not avoiding conversations or providing incredible explanations
* **Talk simply and truthfully**
* Be aware of mixed messages ( saying it’ll be fine and being very upset at the same time)
* Let them talk of through issues like unfairness, anger or blame
* Equally we don’t have all the answers
* **Provide reassurance whilst acknowledging the lack of fairness/ sadness**
* Promoting a belief that things will get better in time
* **Helping them to talk to their friends ( as well as family etc.)**
* Encourage as much as possible routine and safety
* Be attentive to triggers
* **Prepare for possible times the issue will come up**
* Can cope in creative/unusual ways
* **Think of how they would like to commemorate/remember**
* **Respect individual responses while encouraging them to stay connected**
* Take fears/anxieties seriously and listen carefully