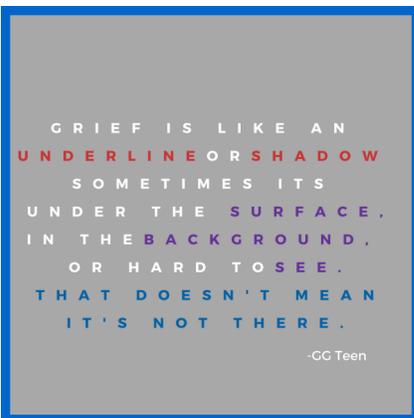
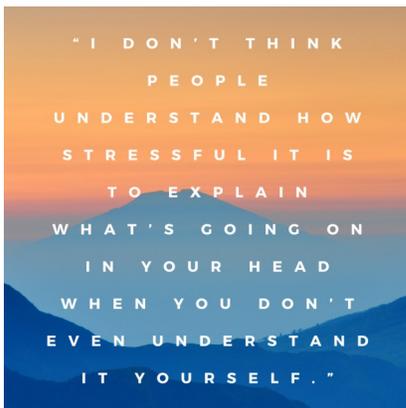




# Toolkit for Supporting Teens



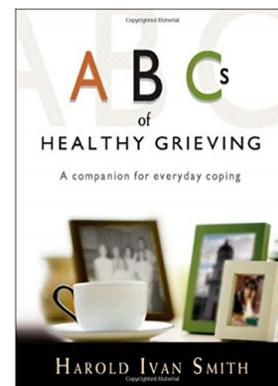
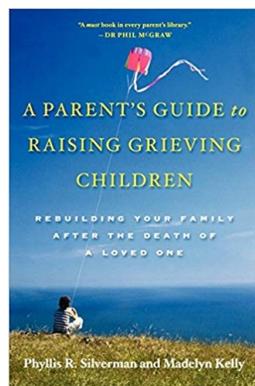
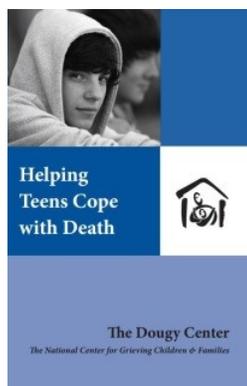
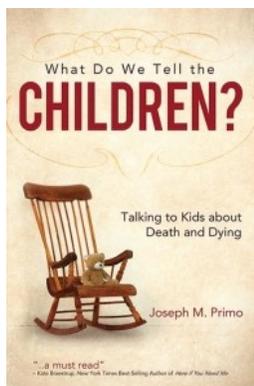
When a loved one dies, it can be difficult to work through all of the emotions we experience. When supporting a grieving teen, it is important to realize that there is little difference in supporting a teen than there is supporting an adult. While teens are also going through their own journey of finding themselves through grief, it is important to allow the teen to grieve in their own way and support for them throughout the process. This toolkit includes a booklist, helpful tips, and online resources that can help you support a grieving teen.



## *How Do I Support My Teenager?*

- **Listen** to your teen! Let them safely express their emotions, frustrations, fears, and anxieties. Telling them how they should feel is not helpful. Let them know that a range of different emotions is normal. Act as a sounding board and validate their feelings.
- **Encourage** them to find healthy outlets to cope with strong emotions! Try some of these activities with your teen: meditating, taking breaks, exercising, talking to a friend, painting, journaling, or listening to music.
- **Take** care of yourself first! You cannot support your teen until you support yourself. Instill good coping skills, develop a self-care plan, and express your emotions — this way you can become a role model for your teen.
- **Know** that grief comes in waves! You and your teen are going to have GOOD days and BAD days. That is OK! Allow your teen to grieve in their own unique way.
- **Foster** ways to remember your loved one! These rituals can keep your connection with your loved one strong. Try these activities with your teen: make a scrapbook, visit your loved one's grave, plant something in his/her honor, do their favorite traditions during holidays.

# Books to Support You



## Online Resources

- **What's Your Grief**— podcast & [www.whatsyourgrief.com](http://www.whatsyourgrief.com): created by two mental health professionals with 20+ years of experience in bereavement and grief. It is a good source of grief education for your grief journey and how you can support children and teens.
- **The Dougy Center**—[www.dougy.org](http://www.dougy.org): wealth of grief resources for children, teens, young adults, and adults. Access to the Dougy Center bookstore, which has additional resources for supporting children and teens.
- **Scholastic Resources** — [www.scholastic.com](http://www.scholastic.com): grief resources for children, teens, a of guardians of children & teens, and teachers. It is a good source of grief education that includes kid-centric online resources, supportive adult online resources, online support groups, and booklists for teens, children, teachers, and supportive adults.

## Quick Tips

- **Take care of yourself first**
- **Be patient & open-minded**
- **Keep connected with friends and family—  
Don't isolate yourselves**
- **No grief process is the same!**
- **Be available to your teen**
- **Check-in with other adults in their life—  
coaches, teachers, counselors, etc.**

