

1.

# Teenage Grief:

thinking about bereavement  
and young people



2.

## The aims of this session...

- to increase your awareness of the issues surrounding bereavement and young people.
- to help you feel more confident about supporting bereaved teenagers and their parents or carers.
- to tell you about where you can go to get additional help.

3.

Everyone has to cope with  
change and loss...

For example:

- Moving - house and friends
- Starting school, college, work
- Examinations; job hopes
- Serious illness or disability
- Relationship breakdowns
- Redundancy
- Bereavement

## 4. Being a teenager

- Physical changes  
Changes to your body; hormones!  
Need more sleep but not tired at night
- Cognitive development  
Greater capacity for reasoning;  
Less empathy
- Emotional and social development  
Separating from parents or carers;  
Growing independence;  
More impulsive, self-conscious  
and self-centred;  
Idealism; Sexuality;  
Developing an identity.

## 5. Teenagers and loss

For example:

- Loss of childhood
- Changing school or college
- Starting work
- Changing relationships
- Leaving home
- Parental relationship breakdown
- Parental illness
- Bereavement
- Rejection and failure (with exams, jobs, driving test ...)