## 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.

□ Understand that I ☐ Ask me how I am feeling. ☐ Help me to find ☐ Please talk to me will not 'get over it' It may not be obvious new dreams of the about how to let the or 'put it behind me' future and make rest of my class and but with time I will plans other staff know what ☐ Make a plan with me for learn to cope with all has happened how I will come back to school the changes ☐ Let me know about groups for ☐ Give me a □ Understand that children and ☐ Help me to note that lets me ☐ Realise that it's hard for me to young people cope by leave class I have a lot to feel motivated. I who are also treating me briefly without deal with. I will may have difficulty coping with loss the same as having to explain keep up as meeting deadlines and change everyone else myself, if I feel best I can overwhelmed ☐ Talk to me about ☐ Please try what has happened. I ☐ Give me extra ☐ Arrange for me to may need more encouragement for all the get extra help with my information, advice and things I am managing to do

and keep me in mind

education about loss

work so I don't get

behind

