

Teens Share Tips for Adults Supporting Grieving Children

The following words came from teens in one of our grief support groups as advice to adults

1 "Grieving means that I loved the person. It's normal."

2 "Allow me to feel what I feel... this grief thing may be totally new to me."

3 "Don't say 'I lost a friend when I was your age...' telling me how you feel or that you know how I feel is not comforting."

4 "Understand that it's okay for me to feel sad and to feel angry."

5 "Listen to me and don't try to fix anything. Even if what I say is irrational, listen anyway. Only give me advice if I ask for it."

6 "Know that life will never go back to how it was before, but I will eventually get back to where I can function better."

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