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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