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.
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 ...)