

1. Teenagers need adequate information.



Laura

2. Teenagers need their fears and anxieties addressed.



Nathan

3. Young people need reassurance they are not to blame.



Nasreen

4. Teenagers need you to watch and listen to them carefully.



Laura

5. Young people need to know their feelings are accepted.
6. Teenagers need help with overwhelming feelings.



Marcus

7. Young people need to be involved and included.



Adam

8. Teenagers need to carry on with routine activities.



Marcus

9. Young people need to see other people grieving.



Marcus's mum

10. Young people need opportunities to remember.



Emily