

FOR TEENAGERS...

FOR YOU TO USE YOURSELF OR PASS ON
TO A GRIEVING FRIEND.

THIS IS A SECTION WITH IDEAS FROM TEENAGERS WE HAVE WORKED WITH THAT THEY
HAVE FOUND HELPFUL. GO TO WWW.WINSTONSWISH.ORG.UK TO DOWNLOAD A PDF OF
THIS SECTION AND EITHER PRINT IT OUT OR E-MAIL IT TO A FRIEND. YOU ALSO HAVE
PERMISSION TO PHOTOCOPY THIS SECTION.

LOSS

SAD

IT'S
ONLY
ME.

ANGRY

WHY?

memories

RIP

alone

UPSET

freaked
out

Winston's Wish
the charity for bereaved children

FOR TEENAGERS...

WHAT CAN I DO FOR MYSELF?

WE WORK WITH BEREAVED TEENAGERS IN FAMILIES, THROUGH INDIVIDUAL WORK AND IN GROUPS. THEY TELL US WHAT HAS HELPED THEM MOST. SEE IF SOME OF THEIR IDEAS WOULD BE GOOD FOR YOU TO TRY.

"HAVING ADULTS I CAN TALK TO. SOMETIMES IT'S VERY DIFFICULT WITH MUM OR DAD - WHO ELSE COULD YOU TALK TO? TEACHERS, FORM TUTORS, FRIENDS, SCHOOL COUNSELLOR?"

"KNOWING WHAT HAS HAPPENED SO THAT I CAN TALK ABOUT IT WITH FRIENDS."

"IT HELPED ME TO LEARN MORE ABOUT WHY DAD DIED - FROM A HEART ATTACK. I THOUGHT IT WOULD HAPPEN TO ME AS WELL BUT NOW I KNOW WHAT TO DO TO HAVE A HEALTHY HEART."



"MUM DIED WHEN I WAS QUITE YOUNG AND I USED TO THINK I WAS FORGETTING HER. WHEN I TALKED TO GRAN AND MY DAD AND WE PUT THINGS OF MUM'S TOGETHER IN A MEMORY BOX IT FELT MUCH BETTER."

"MEETING OTHERS WHO HAVE ALSO HAD SOMEONE DIE - I FELT VERY DIFFERENT WHEN I WENT BACK TO SCHOOL AFTER DAD'S SUICIDE - NO-ONE ELSE KNEW WHAT THIS WAS LIKE AND THEY LOOKED AT ME DIFFERENTLY."

"IT'S OK TO HAVE FUN. IT WAS HARD AT FIRST BECAUSE I FELT GUILTY IF I STARTED LAUGHING AT SOMETHING. BUT IT FELT REALLY GOOD WHEN I STARTED PLAYING FOOTBALL AGAIN AND GOING TO PARTIES. IT DOESN'T MEAN I'LL EVER FORGET MY BROTHER."

"BEFORE DAD DIED HE SAID 'YOU WILL HAVE TO LOOK AFTER MUM NOW.' THAT WAS REALLY HARD AND FOR A WHILE I DIDN'T GO OUT WITH MY FRIENDS. NOW I KNOW IT'S OK AND MUM STILL WANTS ME TO HAVE FUN!"



I'M WORRIED I WILL JUST MAKE THEM UPSET IF I BRING IT UP. THEY ARE ALREADY UPSET UNDERNEATH AND THE DEATH WILL BE ON THEIR MIND. IT CAN BE VERY HELPFUL TO LET THE FEELINGS OUT WITH A FRIEND WHO CAN JUST BE WITH THEM. DON'T TRY TO DRY THE TEARS - A COMFORTING ARM ROUND THE SHOULDERS WILL MEAN MORE.

Winston's Wish
the charity for bereaved children

PEOPLE KNOW THE DEATH WAS BY SUICIDE - BUT MY FRIEND WAS TOLD IT WAS A HEART ATTACK.

THIS IS A VERY DIFFICULT SITUATION AS SOME FAMILIES FIND IT ALMOST IMPOSSIBLE TO SAY A DEATH WAS DUE TO SUICIDE AND TRY TO HIDE THE FACTS FROM CHILDREN AND YOUNG PEOPLE. SADLY, THE NEWS MAY COME OUT THROUGH NEWSPAPERS OR COMPUTER SEARCHES, BUT IT IS NOT YOUR RESPONSIBILITY TO SAY WHAT HAS HAPPENED. SUPPORT YOUR FRIEND AS MUCH AS YOU CAN BUT DO SAY YOU NEED TO SHARE THIS INFORMATION WITH A TRUSTED ADULT.

I JUST DON'T KNOW WHAT TO SAY.

YOU CAN'T MAKE THINGS BETTER BUT YOU CAN GIVE YOUR FRIEND SUPPORT JUST BY BEING THERE AND SAYING "I'M SO SORRY ABOUT YOUR MUM." YOU WON'T MAKE IT WORSE FOR YOUR FRIEND BY MENTIONING WHAT HAS HAPPENED.



I'VE NEVER COME ACROSS DEATH BEFORE. MANY ADULTS ONLY COME ACROSS A DEATH QUITE LATE IN THEIR LIVES. IT IS A SHOCK WHEN THIS HAPPENS AS A TEENAGER, ESPECIALLY IF THIS IS THE DEATH OF QUITE A YOUNG PERSON OR ONE OF YOUR FRIENDS THROUGH SUICIDE. IT IS VERY DIFFERENT TO A DEATH IN OLD AGE OR DUE TO AN UNTREATABLE ILLNESS - WITH A SUICIDE DEATH, SOMEONE HAS CHOSEN TO DIE AND THIS IS VERY DIFFICULT TO UNDERSTAND.

IS IT BEST TO PRETEND THAT NOTHING HAS HAPPENED?

SOMETIMES YOUR FRIEND WILL WANT TO BE LEFT ALONE AND GET ON WITH THINGS AS NORMALLY AS POSSIBLE. THIS IS A HEALTHY WAY OF COPING AND ALLOWS SOME NORMALITY BACK INTO LIFE. BUT IT IS ALWAYS GOOD TO LET YOUR FRIEND KNOW THAT YOU KNOW WHAT HAS HAPPENED - EVEN IF YOU SIMPLY SAY "I KNOW YOUR DAD DIED AND HOW IT HAPPENED. YOU DON'T NEED TO TALK ABOUT IT - BUT I AM HERE IF YOU EVER WANT TO TALK."

FOR TEENAGERS...

HOW CAN I HELP MY GRIEVING FRIEND?

IT CAN BE VERY DIFFICULT KNOWING WHAT TO SAY AND TO BE AROUND SOMEONE WHO HAS EXPERIENCED THE DEATH OF SOMEONE CLOSE. ADULTS FIND IT DIFFICULT TOO, SO DON'T FEEL BAD ABOUT THIS. THESE ARE SOME OF THE REASONS THAT MAY MAKE YOU FEEL YOU WANT TO AVOID A FRIEND WHO IS GRIEVING.

WHAT IF I CRY?

YOU MAY CRY. YOU WILL BE THINKING ABOUT WHAT IF THIS HAPPENED TO SOMEONE IN YOUR FAMILY AND HOW QUICKLY LIFE CAN CHANGE. YOUR TEARS WILL ALSO SHOW HOW MUCH YOU FEEL FOR YOUR FRIEND. BUT REMEMBER, IT IS THEIR EXPERIENCE - YOU ARE WANTING TO SUPPORT THEM.

WHAT IF THEY CRY?

TEARS ARE OK AND A NORMAL WAY OF GRIEVING FOR BOYS AND GIRLS AS WELL AS MEN AND WOMEN. PEOPLE OFTEN FEEL BETTER AFTER THEY HAVE CRIED.

IT MAKES ME TOO WORRIED TO THINK ABOUT MY OWN PARENTS DYING.

AS A TEENAGER YOU ARE PROBABLY THINKING ABOUT WHEN YOU LEAVE HOME AND PERHAPS YOU ARE HAVING LOTS OF ARGUMENTS WITH YOUR PARENTS. BUT WHEN THE PARENT OF A FRIEND DIES SUDDENLY, YOU MAY LOSE ALL CONFIDENCE IN YOUR PARENTS BEING AROUND AND FIND YOURSELF WANTING TO CHECK HOW THEY ARE. IT IS NORMAL TO FEEL THIS WAY, BUT TRY ALSO TO FOCUS ON YOUR FRIEND: THEY ARE ACTUALLY LYIVING WITH THE DEATH OF A PARENT.

MY FRIEND SAYS SHE WANTS TO DIE TOO. WHAT CAN I DO?

THIS IS SOMETHING YOU CAN'T HANDLE ON YOUR OWN. LISTEN TO WHAT YOUR FRIEND IS SAYING BUT TELL HER THAT IT IS REALLY IMPORTANT THAT AN ADULT KNOWS HOW SHE IS FEELING. MANY MORE PEOPLE HAVE THOUGHTS ABOUT SUICIDE THAN TAKE THEIR OWN LIVES. IF YOU ARE WORRIED ABOUT YOUR FRIEND, IT IS REALLY IMPORTANT TO GO AND TALK TO AN ADULT YOU TRUST.

FOR TEENAGERS...

HOW TO MAKE A MEMORY JAR

EACH DIFFERENT COLOUR IN YOUR MEMORY JAR WILL REPRESENT A MEMORY THAT YOU HAVE OF THE PERSON THAT DIED. WHETHER HAPPY OR SAD THEY ARE IMPORTANT MEMORIES TO YOU. YOU MIGHT THINK OF HOLIDAYS YOU USED TO HAVE AT THE BEACH AND CHOOSE THE COLOUR YELLOW. OR IF THEY WERE ANGRY A LOT YOU CAN REPRESENT THAT WITH THE COLOUR RED.



STEP 1: BEGIN BY THINKING OF FIVE MEMORIES OF THE PERSON WHO DIED THAT YOU WANT TO CAPTURE IN YOUR MEMORY JAR. ASSIGN A COLOUR TO EACH MEMORY. COLOUR THE MEMORY JAR TEMPLATE ON THE RIGHT WITH THE COLOURS YOU HAVE CHOSEN, AND WRITE THE MEMORY NEXT TO IT.

STEP 2: FILL A JAR RIGHT UP TO THE BRIM WITH SALT, MAKING SURE IT IS JAMMED FULL. THIS GIVES YOU THE EXACT AMOUNT OF SALT NEEDED. THEN TIP THE SALT OUT OF THE JAR INTO FIVE PILES. EACH OF THESE PILES WILL REPRESENT A MEMORY, SO YOU COULD MAKE THEM EQUAL IN SIZE, OR IF YOU HAVE A MORE SIGNIFICANT MEMORY, PUT MORE SALT IN THAT PILE.

STEP 3: PICK A COLOURED CHALK AND START TO RUB IT INTO THE SALT OF ONE PILE. AS YOU RUB IT IN, THE SALT WILL BEGIN TO TURN THAT COLOUR. KEEP RUBBING UNTIL IT IS THE COLOUR YOU WANT – THE LONGER YOU RUB, THE MORE VIBRANT THE COLOUR!

STEP 4: ONCE YOU HAVE COLOURED ALL FIVE PILES OF SALT, CAREFULLY TIP THEM INTO THE JAR. YOU CAN DO THEM IN STRAIGHT LAYERS, OR DIAGONAL ONES, IN THIN STRIPS OR LARGE ONES, IT IS TOTALLY UP TO YOU. ONCE YOU HAVE FINISHED, PLACE A COTTON WOOL BALL ON TOP AND SCREW THE LID BACK ON.

DRAGGING A COCKTAIL STICK UP THE INSIDE OF THE JAR CREATES A GOOD EFFECT. EXPERIMENT FIRST AND SEE WHAT YOU COME UP WITH.

THINGS YOU WILL NEED:

- * A JAR (JAM / PASTE / BABY FOOD ETC)
- * PACKET OF TABLE SALT
- * COLOURED CHALKS OR PASTELS
- * COTTON WOOL BALL

MEMORY JAR

IN MEMORY OF:

FIVE MEMORIES
I HAVE:

MUSIC CAN HELP WITH GRIEF IN SEVERAL WAYS.

- ★ *CONNECTING WITH FEELINGS. YOU MAY BE WORRIED THAT YOU CAN'T CRY AND YET YOU WANT TO. MUSIC CAN HELP YOU TAP INTO YOUR EMOTIONS, AND HELP YOU TO CRY IF THIS IS WHAT YOU NEED TO DO.*
- ★ *MAKE CONNECTIONS WITH THE PERSON WHO HAS DIED BY MAKING A PLAYLIST OF THEIR FAVOURITE MUSIC AND PLAYING IT WHEN YOU WANT TO THINK ABOUT THEM.*
- ★ *YOU MAY JUST WANT TO SIT FEELING QUIET AND SAD – LISTEN TO GENTLE MUSIC, BREATHE SLOWLY AND RELAX.*
- ★ *IF YOU WANT TO FEEL REALLY PHYSICAL LISTEN TO LOUD ENERGETIC MUSIC, MOVE TO THE MUSIC, PLAY AIR GUITAR, PLAY THE DRUMS WITH WOODEN SPOONS ON YOUR PILLOW.*

FOR TEENAGERS...

HOW CAN MUSIC HELP GRIEF?