



How to Help a Grieving Teen: The Do's and Don'ts

Don't...

- Don't tell me what I "should" do
- Don't pretend you understand my grief
- Don't say "You need to cry", or tell me to act a certain way
- Don't tell me you are going to do something to help and then not do it
- Don't be pushy; allow me time to grieve
- Don't do things for me out of guilt; do things out of caring
- Don't say "I know how you feel" or "You'll get over it" or "You'll be alright" or "I know just what you are going through" or "Time heals all wounds" or "It's for the best"
- Don't expect me to take on the role or responsibility of an adult.

Do...

- Do think before you say things to me. If you don't know what to say, don't say anything at all. Ask me if you can give me a hug... I may say "no"
- Do listen to me when I talk, and understand when I can't
- Do always be there to give me support, even when it seems like I'm feeling better – it takes time.
- Do understand that I have so many feelings, including anger. Sometimes I get moody – don't take it personally.
- Do understand that I sometimes find it easier to talk to people my own age than to adults
- Do hug me if I need it or ask for it
- Do remember that this is a complicated time in my life. I am still a teenager. I want to grow up, explore who I am, and gain independence. Please let me...

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