SIX BASIC PRINCIPLES OF TEEN GRIEF

1. Grieving is the teen’s natural reaction to a death.
2. Each teen’s grieving experience is unique.
3. There are no “right” and “wrong” ways to grieve.
4. Every death is unique and is experienced differently.
5. The grieving process is influenced by many issues.
6. Grief is ongoing.

Taken from Helping Teens Cope with Death
The Dougy Center – The National Center for Grieving Children and Families

SIX BASIC PRINCIPLES ABOUT CHILDREN AND GRIEF

1. Grief is a natural reaction to loss.
2. Each person’s experience is unique.
3. There are no “right” and “wrong” ways to grieve.
4. Every death is different, and will be experienced in differing ways.
5. The grieving process is influenced by a multitude of issues.
6. Grief never ends. It is something you never “get over.”

Taken from Helping Children Cope with Death
The Dougy Center – The National Center for Grieving Children and Families
SIX BASIC CONCEPTS OF GRIEF

1. Grieving is a natural reaction to loss.

2. Each student’s grief experience is unique.

3. There are no “right” and “wrong” ways to grieve.

4. Every death is different and will be experienced by your students in differing ways.

5. The grieving process is influenced by a multitude of factors.

6. Grieving never ends. It is something the student will never “get over.”

Taken from Helping the Grieving Student: A Guide for Teachers
The Dougy Center – The National Center for Grieving Children and Families