

## Recommendations for Youth

*(Use this as a guideline -- amend and add to it as needed.)*

We thought this might be a good time for all of us to think about how to get through the next day or two. Here are a few suggestions on how we can support each other.

Put a little extra energy into friendships. Call each other more often for the next few days. If you had a good talk with someone today and don't know his or her phone number, get it before you leave school.

Eat decent food and try to get plenty of sleep.

Let your parents know what today has been like. Tell them what you'd like from them. Let them know how they can support you.

Look for ways to support each other:

- Check in with each other.
- Spend more time together.
- Do some fun things, too. Take breaks from the grief.
- Let the school counselor know if there is someone you're concerned about.
- Go see her or him if you're having a tough time -- especially if you're having nightmares, fears or thoughts that you just can't get to go away.
- There is a crisis hot line in *(your town)*, and the number is ( ). It is there for anyone who wants to talk about anything.

For those of you who go to the funeral...

It will be a *(church / graveside/ whatever)* service. Dress for the weather. *(Where will it be held? Will there be a viewing? Other information regarding this.)*

If you want to take flowers or cards, it is fine to do so. Even though it may feel awkward, when you are there it is helpful to go ahead to talk to the family. Saying that you feel bad about this, that you are sad, that you wish there were something you could do to make it better, any honest expression of how you are feeling is a fine thing to say. It is also fine to tell the family what one thing you admired or liked most about *(the deceased child)*. Share your favorite memory with them.

If you know other family members, it is better to talk to them than avoid him. We don't want them to feel further isolated. It is OK that you may feel awkward.

If you are going to attend the service, remember to follow the school procedure for bringing permission slips back signed by parents, which is *(state details)*. *(Are students are expected to return to school after the service?)* If students feel the need to talk to someone tomorrow, *(the school counselor)* will be available *(where?)*.