



Books about Grief and Death for Teens

Educating Students on Grief

[Facing Change: Coming Together & Falling Apart in the Teen Years \(1995\) by Donna O'Toole](#)

This informative book helps teens understand their losses and discover creative coping strategies to deal with them. Includes: Recognizing and understanding loss, common ways loss is experienced, creative coping choices, charting, finding, and using a support system, things you can do to help yourself through grief, finding and using help from others, bouncing back - the art of growing through grief, resiliency - the art of grieving and growing, seventy-five coping strategies to help yourself, How to know you're making progress.

[The Grieving Teen: A Guide for Teenagers and Their Friends \(2000\) by Helen Fitzgerald](#)

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief. Fitzgerald adeptly covers the entire range of situations whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

[Healing Your Grieving Heart for Teens: 100 Practical Ideas \(2001\) by Alan D. Wolfelt, Ph.D.](#)

With sensitivity and insight, this book offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people embrace their feelings of loss, and seek and accept support when a loved one dies. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again. Included in the books for teens and kids are age-appropriate activities that teach younger people that their thoughts are not only normal but necessary.

[Healing Your Grieving Heart Journal for Teens \(2002\) by Alan D. Wolfelt, Ph.D.](#)

In light of how difficult it is just to survive the teenage years, the grieving process can be especially difficult and overwhelming for teenagers. This journal affirms the grieving teen's journey and offers gentle, healing guidance. In order to sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.

[How it Feels When a Parent Dies \(1988\) by Jill Kremetz](#)

Eighteen children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.



2231 Lakeside Dr. Bannockburn, IL 60015

(847)236-9300 info@willowhouse.org



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[Living When a Young Friend Commits Suicide \(Or Even Starts Talking About It\) \(1999\) by Earl A. Grollman](#)

In the last thirty years, the suicide rate among young people has tripled. In this book addressed to the young survivors of this epidemic, Earl A. Grollman, the internationally known lecturer, writer, and grief counselor, and Max Malikow, a psychotherapist and pastoral counselor, offer solace and guidance to adolescents who are confronted with someone of their own age who is contemplating or has committed suicide.

[Straight Talk about Death for Teenagers \(1993\) by Earl A. Grollman](#)

If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of *Living When a Loved One Has Died*, explains what to expect when you lose someone you love.

[Weird is Normal When Teenagers Grieve \(2010\) by Jenny Lee Wheeler](#)

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. *Weird Is Normal When Teenagers Grieve* is unique because it is a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one.

[When a Friend Dies \(2005\) by Marilyn E. Gootman, Ed. D.](#)

The death of a friend is a wrenching event for anyone at any age. This sensitive book answers questions grieving teens often have, like "How should I be acting?" "Is it wrong to go to parties and have fun?" and "What if I can't handle my grief on my own?" The advice is gentle, non-preachy, and compassionate. The revised edition includes new quotes from teens, new resources, and new insights into losing a friend through violence.

[You Are Not Alone: Teens Talk About Life After the Loss of a Parent \(2005\) by Lynne B. Hughes](#)

Loss is one of the most isolating experiences there is, and kids who have lost a parent feel especially different than those around them. Comfort Zone Camp was founded as a safe place for grieving children, and now this very special healing experience can reach an even larger audience of children and the people who care for them. Through frank and accessible testimonials, Lynne Hughes and the kids of CZC share the most difficult parts of their losses and offer their own experiences of what helps, what doesn't, what "stinks," and ways to stay connected to their loved ones.



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