



What Teens Can Say to Help a Grieving Friend

Instead of saying this...

- "I'm sorry for your loss"
- "Don't feel sad, it'll get better"
- "Why haven't you been at school?"
- "Don't think about the death"
- "I know how you feel, my dog died last year"
- "Why aren't you talking about it?"
- "It must have been God's plan, he's in a better place"
- "It's been 6 months; shouldn't you be over it by now?"

Try saying this...

- "I'm sorry to hear your mom/dad/brother/sister died"
- "I'm not sure what to say but I want you to know that I care"
- "We have all missed you at school"
- "Are you thinking about or missing your mom/dad/sister/brother?"
- "I can't even imagine what it feels like to have a family member die"
- "I'm always here for you if you want to talk or not talk"
- "Do you wonder where they are now?"
- "What are things you do that help you when you feel sad?"

Please remember: Even though your friend may appear sad, they really need to stay connected to you and do the fun things you enjoyed together before the death. So, continue to invite them to participate in group activities, parties and social events.

Adapted from Ourhouse Grief Support Center

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