

TALKING

TOUGH TOPICS

It would be great if life was always happy and fun, wouldn't it? There are so many wonderful things in the world, but unfortunately there are also some horrible things that most of us have to face at some point.



DEALING WITH FEELINGS

When someone dies, things can feel really painful to start with but it's important to remember that things will get better. However, feeling better doesn't mean you're forgetting about the person who has died or that you love them any less. It's OK for you to laugh and have fun because there will be some days when you feel like that.

As time goes on there may be special occasions that are very difficult such as Christmas, Easter or birthdays. Try to think of ways that you can make those days special. Remember the happy times you shared together or share funny stories. You could also create a memory box – put in photos, stories or special items that remind you of the person you've lost.

KA! World

Living a healthy and an active lifestyle and caring for your physical, mental and spiritual well-being

LOSING SOMEONE SPECIAL

Have you ever had to deal with someone special dying? Maybe a parent, grandparent, brother or sister. Or perhaps it was an auntie, uncle, cousin or even a pet that passed away. Unfortunately, more than 24,000 children in Britain are bereaved of a parent every year (bereaved means that the person has died). Around 537,000 kids experience the death of a close friend of the family. That's around the same number as all the seats in Wembley Stadium filled nine times!



TALK ALL ABOUT IT

When something is bothering us, it really helps to talk to someone about it and share how we are feeling. If there is someone in your family you feel comfortable talking to, speak to them. If there isn't, you could try talking to your favourite teacher, Sunday school leader or a family friend.

If you don't find talking about your feelings easy, you could try showing how you feel by drawing pictures, making things out of modelling clay or writing things down.

EVERYONE'S DIFFERENT

Just like when people are dealing with serious illness, some people struggle with knowing how to act or behave when someone they love dies. The truth is there is no perfect way to deal with someone dying – everyone reacts differently. Sadness is an obvious emotion to feel but so are anger and fear.

It also takes different people a different amount of time to learn to cope with losing someone. Some people find that they feel different from their friends and this stops them talking and hanging out with them as much. Remember, though, you're still the same person and you need your friends' support. Find the people that you feel safe and comfortable around.



If you would like more advice on what to do if you lose someone you love, ask your teacher if there is a counselling service at your school. If there isn't, you could ask your teacher about Place 2Be – a counselling service that runs in 200 schools around the UK. They run one-to-one support sessions, lunchtime drop-ins and group work. Teachers can find out more at place2be.org.uk.

You could also visit winstonswish.org.uk and click on 'Young People' – Winston's Wish is a charity that is especially for bereaved children.