

HOW TO HELP A FRIEND WHO IS GRIEVING



Say something

Let your classmate know that you know what happened. Tell them that you care about them. Saying something is better than saying nothing.



Understand

Sometimes your classmate will not want to talk about things. That's okay. Respect their wishes.



Cry and Laugh Together

It's okay to be honest about how you are feeling. It can be reassuring for your classmate to know they are not alone.



Respect

Your classmate may feel like being alone. That's okay. Let them know you are there but give them the space they need too.

Not sure what to do?



Talk to your parents or a trusted adult about how you are feeling so they can come up with some other ideas to support you too!