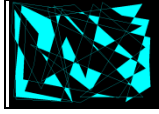


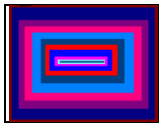
Grief and Loss Handout for Teens

During the lesson, write down any words that you are unsure about, so we can look them up and talk about them. _____

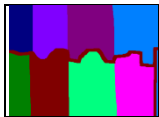
Answer the first question before the lesson starts. Wait until the end to answer the other questions.



1. How does grief and loss affect you?



2. List a protective factor that you have.



3. List a way you can cope better with grief or loss.

Which goals did you meet?

- To be more aware of grief and loss, and its effects on your recovery.
- To cope with grief and loss in healthier ways
 - To describe 2 ways you respond to grief and loss
 - To list a protective factor you have (that helps you avoid complicated grief)
 - To discuss how you can cope better with grief and loss
 - Optional: To rate your grief by completing a Grief Checklist