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

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