

Someone in my life has died.
Here are ways you might be able to help me.

- ◇ Ask how I am feeling, I may be hiding how I am really feeling
- ◇ Treat me as you normally would
- ◇ Remember I may be finding life more difficult than usual, ask me if I need help
- ◇ Let the other teachers, especially supply teachers, know what has happened so they can understand too
- ◇ Ask if I need extra support with work, so I don't get behind
- ◇ Offer me some information or advice about groups and places for children and young people when someone has died
- ◇ I may need to leave class if I become upset, can you give me a note to leave without having to ask in front of everyone
- ◇ Try to understand that I may not 'get over it' or be able to 'get on with life', I am learning to cope with the changes
- ◇ Give me encouragement for all I am managing to do
- ◇ Give me time-wait until I am ready to talk



How my teacher can support me in school

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