

# GRIEF LOOKS DIFFERENT AT EVERY AGE...



**The Jewish Board**  
Health and Human Services for All New Yorkers

## Teens: Ages 13-18

### COMMON GRIEF REACTIONS



- Teens may question their identity after the death, and can be confused by how grief makes them feel
- Teens may look to friend groups to decide if what they're feeling is okay
- To avoid "upsetting" adults, they may keep quiet and to themselves
- Isolation may be a grief reaction at this age
- A fantasy that one could be with the person who died again is a common and normal grief reaction that does not necessarily mean your child wishes to die
- Teens can be impacted by new responsibilities
- May remain numb in order to keep functioning as usual
- Can be tired or restless, have difficulty concentrating, or other aches and pains

### APPROPRIATE WAYS TO SPEAK WITH YOUR CHILD

- Offer non-judgmental comfort and support
- Answer big questions with honesty
- Listen more than you speak
- Try not to say "I know how you feel" or statements with "at least"
- Leave time for thinking, and also check-in



### ACTIVITIES



- Journal feelings
- Plan together ways to honor the memory of their loved one
- Create a memory box/book/poster
- Write a letter to the person who died
- Celebrate their loved one by eating a food that they liked, listening to music they enjoyed, or doing an activity they liked, together

### THINGS TO REMEMBER

- Children's grief is based on one's culture, religion, and race
- Maintain a level of curiosity with your child's experience in grief
- There are no set stages; grief doesn't happen in any special order
- Grief and grieving changes over time
- Reach out to a professional if you or your child needs support



## Contact Us

Information and Referral  
griefsupport@jbfcs.org  
212.632.4692

Loss & Bereavement  
Program Referral Form  
<https://forms.office.com/r/KairvStjbJ>

