

How to Help Adolescents Process Loss or Trauma

- It is important at this developmental stage, to remind adolescents that they are safe, even if they don't directly express concerns.
- Model healthy coping skills, by taking care of yourself and expressing your emotions.
- Encourage them to maintain connections with their support systems (friends, family, family friends, teachers, coaches).
- Maintain normal routines and expectations but be flexible when needed. "Would you rather set the table or put away the dishes after we eat?"
- Understand that adolescents may display a wide range of reactions after experiencing trauma or loss. Allow them to express their feelings without trying to change, fix, or take them away.

For adolescents who are struggling to manage the stress of a traumatic incident, help them create a personal plan. [Reaching Teens](#) – Downloadable planner for managing stress

Note. Adapted from: The Dougy Center

Additional Resources:

[Dougy Center](#) – Resources for supporting adolescents with grief

[Coalition to Support Grieving Students](#) – Resources for school staff on supporting students through grief