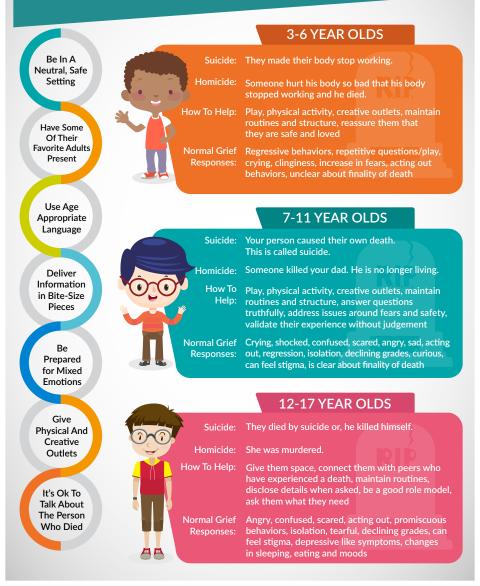
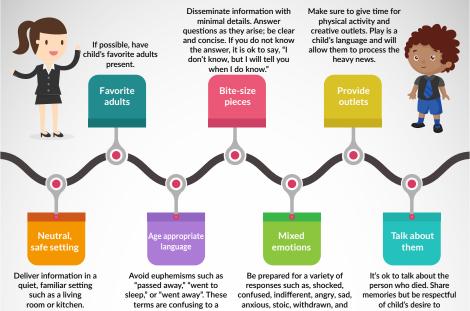
TALKING WITH CHILDREN AND TEENS ABOUT SUICIDE AND VIOLENT DEATHS





voung child. Instead, use words like "died, "dead" or "killed." Keep verbiage simple and easy to understand. responses such as, shocked, confused, indifferent, angry, sad, anxious, stoic, withdrawn, and isolative. Children may wish to return to regular activities right away (i.e., school, sports, social engagement, peer interaction) while others will want a respite; allow them to decide. It's ok to talk about the person who died. Share memories but be respectful of child's desire to share/receive memories or stories. Make sure you aren't using your child as your sounding board for your grief work. Share truthfully, as a child is ready to hear more.

EXPLAINING SUICIDE TO CHILDREN

"It is difficult to understand why someone would want to end his or her life on purpose. But what we know is that just like people can get sick in their bodies, such as pain in their stomach, people can also get sick in their brain. This can cause them to feel very sad and lonely for a long time.

When people feel like this, they sometimes think about hurting themselves or even killing themselves. That is what your mom did. This is called suicide. Do you have any questions?"



EXPLAINING HOMICIDE TO CHILDREN

"There are people in this world who might make a decision to hurt someone else on purpose. Someone killed your dad and he is no longer alive. It can be difficult to understand why someone would want to cause others harm like this. This is called homicide. Do you have any questions?"





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