



LEARNING
THROUGH LOSS
hope | healing | community

Scripts for Difficult Conversations

**FREE
DOWNLOAD!**

What to say to a classroom when a peer experiences a loss.

How can this resource help?

What do you say to a young person when someone they knew died? How about when a youth experiences a break-up? How do you respond when a youth has or is experiencing divorce in the family?

Finding the right words when a young person experiences a loss, break-up, or family divorce can be challenging. There's no magic fix to make things easier, take away the pain, or make it better—unfortunately, that just doesn't exist. Everyone goes through grief and loss in their own way, so what helps one person might not work for someone else.



The kind of support you offer will look different depending on what each person needs. Your relationship with the youth—whether close or not—plays a crucial role in creating a sense of trust and safety. This foundation allows for open communication, enabling you to provide meaningful support. By knowing a little about who they are, you can better understand what type of support might resonate and offer comfort in difficult times.

Your role is to truly listen and be present with the youth, believing in their experiences and feelings. Meet them where they are.

Here are some ways you can offer acknowledgment and support:

Mirror what they've shared:

- "I hear you're angry, and your anger is valid. It sounds like you feel alone and scared."

Mirror their language:

- "Yes, you're devastated, pissed, confused. That makes so much sense."
- "I believe you."
- "That sounds really hard. Do you want to me more? I can continue to listen."
- "Thank you for sharing about _____. I imagine it has been a challenging transition with many different feelings and thoughts to work through."
- "I know there is nothing I can say to make it better. I listen and hold space as you move through this."

Beyond these words, there are specific offerings of support you could make in different situations. See the scenarios on the next page.

Acknowledgement is key in any situation. It's about being there without trying to "fix" anything.



What to say to a classroom when a peer experienced a loss



Watch this video with the class: [#Grief: How to Help a Grieving Friend](#).



Brainstorm together ways to support that person to feel acknowledged.



Let everyone know that **they may not want to talk about it**, and that's ok.



Set up a small **gift giving train** (one student each day can leave something small on the person's desk to let them know they are cared for, could be delicious snacks to nail polish).

Script option 1

"As some of you might know, [Name] has experienced a loss recently. It's important that we give them space to grieve and offer support in ways that feel kind and respectful. Let's all be mindful of what they're going through."

Script option 2

Grief looks different for everyone, and right now, [Name] is going through something really difficult. Let's make sure we're offering support and kindness without pushing them to share more than they're ready for. It's important that we create a safe space for everyone."

Support your ability to show up for youth grief.

Get instant access to a library of ready-to-use scripts, including what to say:

- ✓ When someone has died
- ✓ When someone has received a diagnosis
- ✓ When the loss includes suicide, overdose, or drug poisoning
- ✓ When a student's parents are getting divorced



**Sign up for the
subscription here!**



Please, remember to care for
yourself as you are caring for
your students.

You are not alone. There is light
in the darkness.

We're here to help:

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INCLUSIVITY MATTERS

Learning Through Loss is built on a foundation of accessibility. We respect and serve all peoples, regardless of nationality, ethnicity, ability, socio-economic status and LGBTQ2s+ identity

THE LAND WE'RE ON

Learning Through Loss would like to begin by acknowledging that land on which we gather is within the traditional territories of the Lkwungen (Esquimalt, and Songhees), Malahat, Pacheedaht, Scia'new, T'Sou-ke and WSÁNEĆ (Pauquachin, Tsartlip, Tsawout, Tseycum) peoples.

