

# 20 Things Grieving Students Would Like Teachers to Know

Don't draw attention when we return to school/class or arrive late.

I'm still a 'regular teen', so I want to laugh and have fun too.

It (grief) is hard. It sucks.

I need time to grieve. It doesn't go away it just fades little by little.

It's something I'm dealing with please be patient.

Have a silent hand signal that a student can flash to the teacher to show that they need to leave the room and take a break. (suggestion- sign language word for 'break')

We all grieve in our own way.

Don't hug me.

We don't care about marks, and presentations are hell when you're grieving. It's hard to function and focus.

Don't push me to talk about it, let me know you're there to listen when I'm ready.

Set up a safe private place for us to cry, like the gender-neutral or handicap accessible washrooms.

We're not just students we're people.

My 'bad' behaviour is related to my emotional issues.

Don't ignore the situation.

Be sensitive to triggers. They are big, small and everywhere.

"Zoning out" isn't a sign of disrespect, we're thinking of the person who died.

It's not easy, please be understanding.

Be aware that we're riding an emotional rollercoaster.

Grief is physical, it feels like a punch to the stomach and sometimes I feel like puking. It's tiring and weighs me down.

Take our issues and grief seriously.