



A Community Approach to Supporting Bereavement, Loss and Grief

**Books, films and resources to help you talk to
young people about death, change and loss
(secondary)**

Lesson Plans, Ideas and Activities	
<u>Death of a parent</u>	<u>Short clip of young adults discussing their experience of losing a parent.</u>
DVDS	
<p><i>Grief in the Family</i> Leeds Animation Workshop <u>https://www.leedsanimation.org.uk/films/</u></p>	<p>Looks at the ways children and young people respond to grief, and what the adults around them can do to help. Offers practical advice to parents who need to learn how to find support for themselves, while helping their children to express their feelings and handle confusing emotions. Designed as a resource for those working with families and bereaved children. It raises awareness and facilitates discussion in parenting education classes, training courses or schools. It is also suitable for viewing at home by parents, carers, and children.</p>

<p><i>Teenage Grief</i></p> <p>Leeds Animation Workshop</p> <p>https://www.leedsanimation.org.uk/films/</p>	<p>This animated DVD/video contains six separate episodes about young people from a wide range of backgrounds, facing different kinds of bereavement. The pack aims to help professionals and carers understand the ways young people grieve and how best to support them. It can be used with parents and with groups to raise awareness or start a discussion. There is a free downloadable training package based on this film.</p>
<p><i>A death in the lives of...</i></p> <p>Childhood Bereavement Network</p> <p>https://www.ncb.org.uk/product/194</p>	<p>A group of teenagers discuss the support they needed to help them cope with bereavement. Includes a section about what was, and what was not, helpful at school. Can be used to facilitate training and discussion and is accompanied by a leaflet.</p>
<p><i>It Will Be Ok</i></p> <p>Childhood Bereavement Network</p> <p>https://www.ncb.org.uk/product/220</p>	<p>Young people have made this 15 minute film to help others in identifying emotions and behaviour which they may experience after a bereavement. The film aims to provide support to other bereaved children and young people by emphasising that they are not alone and that their feelings are normal. Suitable for bereaved children and young people to use in a supported environment. It is also a useful resource for the practitioners, parents and carers supporting them.</p>
<p>Books for use with Bereaved Children and Young People</p>	
<p><i>Finding a Way Through When Someone Close has Died</i></p> <p>Mood & Whittaker</p> <p>Amazon</p> <p>ISBN 978-1853029202.</p>	<p>A workbook by young people who have experienced the death of someone close. They offer advice based on their own experiences. The activities encourage young people to express their feelings and responses.</p>
<p><i>Grief Encounter</i></p>	<p>A workbook to encourage conversations between adults and bereaved children. Hands</p>

Shelley Gilbert Amazon ISBN 978-0954843403	on, user friendly, with many ideas to encourage communication and provide support.
Fiction Books	
<i>A Monster Calls</i> Jim Ness Amazon ISBN 978-1406336511	Book and major film about love, loss and hope. Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Tale of mischief, healing and above all, the courage it takes to survive.
<i>Flamingo Dream</i> Donna Jo Napoli Amazon ISBN 13: 978-0688167967	In this bright and colourful book, a young boy tells the story of his Dad who is seriously ill and dies soon after a trip to Florida to see the place where he grew up. A sensitive but honest book which emphasises the importance of memories.
<i>The Lost Boys Appreciation Society</i> Alan Gibbons Amazon ISBN 13:978-3425048512	Teenage life is difficult enough for Gary and John, but when their Mum dies in a car accident, things get steadily worse. John struggles to keep the peace as Gary goes off the rails. With exams looming and his Dad going out on dates, things become unbearable for John. A gripping book exploring relationships and how different people react to life events.
<i>Before I Die</i> Jenny Downham Amazon ISBN 13:978-1849920452	With only months left to live, 16-year-old Tessa makes a list of things she must experience: sex, petty crime, fame, drugs and true love. Downham's wrenching work features a girl desperate for a few thrilling moments before leukaemia takes her away.
<i>Two Weeks with the Queen</i> Morris Gleitzman Amazon ISBN 13:978-0141303000.	Twelve-year-old Colin, an Australian boy, is sent to stay with relatives in England when his brother becomes ill with cancer. He is determined to find a way of curing his brother, which leads him into all sorts of adventures including trying to visit the Queen! Colin finds a friend in an older man named Ted who helps

	him express his feelings and understand what he has to do.
<p><i>Vicky Angel</i></p> <p>Jacqueline Wilson</p> <p>Amazon ISBN 13:978-0440865896.</p>	<p>When Jade's best friend Vicky is run over by a car and dies in hospital everyone at home and school starts treating her differently. 'Vicky Angel' then starts following Jade around, distracting her and getting her into trouble. This moving but amusing story illustrates how hard it is to carry on with everyday life after a tragic accident.</p>
<p><i>Ostrich Boys</i></p> <p>Keith Gray</p> <p>Amazon ISBN 13: 9780099456575.</p>	<p>3 friends are about to embark on a remarkable journey. Stealing the urn containing the ashes of their best friend Ross, they set out from Cleethorpes on the east coast to travel the 261 miles to the tiny hamlet of Ross in Dumfries and Galloway. After a depressing and dispiriting funeral they feel taking Ross to Ross will be a fitting memorial for a 15 year-old boy who changed all their lives through his friendship.</p>
<p><i>Ways to Live Forever</i></p> <p>Sally Nichols</p> <p>Amazon ISBN 13: 978-1407105154.</p>	<p>If I grow up," 11-year-old Sam informs readers, "I'm going to be a scientist." He says "if" because he has acute lymphoblastic leukaemia and knows he probably won't. With the encouragement of his tutor, he starts to write a bit about himself, then more, until he is using his writing to sort out his death.</p>