**Coping With Grief and Loss**

*Classroom Presentation*

Weber High School Warriors

**Script for Introduction:**

It has been a tough couple of weeks and few years in our school and community. Over the last 4 years we have lost 5 great Warriors to suicide. And, today, as a school, we’re going to talk about coping with grief and loss. We have a team of school counselors from all over the district here today, and, at any time, if you feel the need to talk with a counselor, please know they are here for us.

You’ve probably heard a lot of talk and rumors circulating. Rumors and gossip won’t bring our fallen friend(s) back. Right now, our job as Warriors is to take compassionate action – to buoy each other up and look out for one another – at all times. Warriors are courageous. Asking for help is courageous. Helping another through a difficult time is courageous. ***Warriors are COURAGEOUS!!***

Suicide is a difficult topic to talk about, but talking about it is an important step in dealing with it. I’m going to present some information to you in the hope that you’ll walk out of this classroom with some “coping skills” you can put into action for yourself and share with others. I may ask some of you to read some information aloud so my voice is not the only one heard today. And, if you’d rather not, that’s okay.

**Facts about Suicide:**

\*Suicide is most often caused by serious mental disorders like depression, combined with other complications affecting someone’s feelings, thoughts, and ability to think clearly and solve problems in a better way.

\*Suicide is not caused by a single event such as bad grades, an argument with parents, or the breakup of a relationship.

\*In most cases, suicide is caused by an underlying mental disorder like depression or substance abuse. Mental disorders affect the way people feel and prevent them from thinking clearly and rationally.

\*Having a mental disorder is nothing to be ashamed of, and help is available.

\*It is common to try to answer the question “why?” after a suicide death. Sometimes this turns into blaming others for the death. The reasons that someone dies by suicide are not simple, and are related to mental disorders that make it difficult to think clearly. Blaming others—or blaming the person who died—does not acknowledge the reality that the person was battling a mental disorder.

**(Move to Handout: “Coping With Grief and Loss”)**

**Script for Introduction to Handout:**

\*Grief is a natural reaction to loss and everyone grieves differently.

*\*Read the intro piece at top of handout.*

*\*Read the section “Common Grief Reactions”*

*\*Review the “Tips for Coping with Grief” section.*

*\*Review the pieces on the back of the handout – “Understanding Grief,” “Growing Through Grief,” and “Helping Others With Grief”*

**(Move to “Resources” Handout – SafeUT Crisis Line/Tip Line, etc.) – Make sure students have downloaded the SafeUT app!**

**Concluding Statement:**

We want each and every one of you to know that you are loved. Your teachers, counselors, support staff and administrators are here for you – no matter what you may be struggling with. We all go through difficult times and need help and support in our lives. Ask for help when you need it! Provide a helping hand to those around you needing help. Show up for each other. *We are WEBER UNITED and there is always HOPE!*

**\*Remind students about your “Weber United – Hope Night” (tonight) and the particulars related to that – “the plan,” start time, available resources/agencies, location, etc. – *Bring your parents!***

**\*Refer students who may be struggling to available counselors – walk them to a designated “safe area.”**