

INFORMATION: ADOLESCENT DEVELOPMENT

1. School age children
 - a. more independent and understand death, the finality and realize it could happen to them
 - b. common reactions
 - i.) increase in aggression
 - ii.) belief that they caused the death
 - iii.) may have nightmares or difficulty sleeping
 - iv.) ideas of what is fair is important to them
 - c. how to help
 - i.) provide accurate simple information
 - ii.) give opportunities for expression and discussion
 - iii.) routines make them feel safe

2. Adolescents
 - a. understand death and grief and know it is common to have conflicts with parents, teachers and other authority figures
 - b. common reactions
 - i.) may become preoccupied with loss or trauma
 - ii.) may engage in more risk taking behavior to defy death
 - iii.) may become hopeless and give up search for identity

 - c. how to help
 - i.) engage more advanced thinking skills to help process and resolve trauma/loss
 - ii.) provide peer related groups and opportunities for expression but never pressure and adolescent to talk about feelings

Basic Facts and Concepts

1. Phases of grief
 - a. shock and disbelief
 - b. searching and yearning
 - c. disorganization and despair
 - d. rebuilding and healing

2. Red flags
 - a. denial
 - b. bodily distress
 - c. hostile reactions to the deceased
 - d. hostile reactions to others
 - e. replacements
 - f. assumption
 - g. idealization
 - h. anxiety and panic