



## Advice from our pupils

Working with the St. Vincent's Hospice Children and Young Person's Service, this information was written and developed by pupils at Gryffe High School who have first-hand experience of loss and bereavement. The aim of this is to provide teachers and support staff practical advice on what they can do to best support pupils who are going through a difficult time following the loss of a loved one.

- 1) Keep me up to date with course work. Please put it together in a folder for me so it's easy to follow.
- 2) Please let me know my rights and what help I am able to get from school.
- 3) Reach out to me. Don't come to me in a formal way as this can be stressful.
- 4) Keep me up to date with what's going on in school.
- 5) Offer extra study sessions if possible.
- 6) Be aware that I might not be thinking straight and I will find it difficult to focus.
- 7) Don't make assumptions on how I feel or how I should feel.
- 8) Don't dilute how I feel by telling me things will be OK.
- 9) Don't assume I want people to know.
- 10) Don't assume that I am coping because I have a smile on my face.
- 11) I might miss classes - don't think bad of me.

Information created by Frazer Scott, Heather Turner and Scott Paton.

- 12)** If I act out, think about why this might be.
- 13)** I don't want to explain my situation to every teacher- can you do this for me.
- 14)** Don't put too much pressure on me. "If you don't do this you won't pass".
- 15)** People make fun of me because my parent is dying or has died. Please deal with this more severely.
- 16)** Think about what you are teaching, will this impact on me?
- 17)** If I get out of bed and come to school, this is a massive achievement for me.
- 18)** Being a teenager is stressful but having a parent who is ill or who has died makes everything so much worse. Sitting beside people in classes who go out of their way to hurt me makes a significant impact on me. I'm already fighting every day internally. Please be aware of this.
- 19)** People talking about cancer and making assumptions based on things they have read which may not be accurate can be very hard to deal with.
- 20)** Don't act weird around me.
- 21)** Don't project your sadness onto me.
- 22)** Take me to the side and acknowledge me and what has happened.
- 23)** Check in with my friends, see how they are doing.
- 24)** Be aware of individual pupil profiles and who has access to these and what information is on it.

For more information or support, please visit: [www.SVH.co.uk](http://www.SVH.co.uk) or call **01505 705 635**