



Grief & Loss at School

Death Sensitivity Guide

A prerequisite for an adult to help a bereaved child throughout the grief process is learning how he or she feels about loss/death personally. As adults we often feel uncomfortable dealing with loss/death. Taking the Death Sensitivity Guide may help one realize that before assisting a young person, perhaps one needs more education/training concerning the grief process.

Death Sensitivity Guide		
DO I	YES	NO
Discuss death comfortably?		
Remember significant losses as a young person/adult?		
Talk about these significant losses?		
Remember a relative/close friend dying?		
Attend the funerals of people I know who have died?		
Deal with emotions/feelings of grief. Then? Now?		
Remember my first feelings about death when I learned death was final?		
Recognize my feelings about death now?		

If you responded “no” to most of the questions, you may want to learn more about death, dying, and grief before beginning to work with a young person.