



Books and resources - KS3 & 4 / S1- 4 / 11-18yrs

The suggestions below are suitable to use with young people, looking at the life cycle including the end of life, or to use when someone they know has died. Young people can find reading about others in similar situations reassuring and sometimes easier to do than talking about their loss. The books, films and resources below will help with this.

General books (some have been made into films)

Sad Book

Michael Rosen

Michael Rosen talks about his sadness after the death of his son. A simple, personal story that speaks to everyone, adult or young person.

Sometimes Life Sucks: When someone you love dies

Molly Carlile

Teenagers can experience death in all kinds of ways. Full of tips and stories, this will help them to make some sense of their shock and grief.

Still Here With Me: Teenagers and Children on Losing a Parent

Suzanne Sjoqvist

In their own words, children and young people of a variety of ages talk openly and honestly about the death of their mother or father. They describe feelings of pain, loss and anger, the struggle to cope with the embarrassed reactions of others and the difficulties involved in rebuilding their lives.

The Grieving Teen

Helen Fitzgerald

Written about, but also for teenagers, this book covers the entire range of situations in which grieving teens and their friends may find themselves. It offers explanations and guidance in a very accessible format.

What On Earth Do You Do When Someone Dies?

Trevor Romain

Written by Trevor Romain after his father died, this book suggests ways of coping with grief and offers answers to questions such as 'Why do people have to die?' and 'How can I say goodbye?' Friendly, accessible text and illustrations aimed at ages 8-14.

The Year Of The Rat

Clare Furniss

Grappling with grief is hard enough without repeat visits from the deceased. Pearl deals with death, life, and family in this haunting, humorous, and poignant debut. The world can tip at any moment, a fact that fifteen-year-old Pearl is all too aware of when her mum dies after giving birth to her baby sister.

The Thing About Jellyfish

Ali Benjamin

After her best friend dies in a drowning accident, Suzy is convinced that the true cause of the tragedy was a rare jellyfish sting.

The Lie Tree

Frances Hardinge

Faith's father has been found dead under mysterious circumstances, and as she is searching through his belongings for clues, she discovers a strange tree. The tree only grows healthily and bears fruit if you whisper a lie to it. The fruit of the tree, when eaten, will deliver a hidden truth to the person who consumes it.

My Sister Lives On The Mantelpiece

Annabel Pitcher

To ten-year-old Jamie, his family has fallen apart because of the loss of someone he barely remembers: his sister Rose, who died five years ago in a terrorist bombing.

The Savage

David Almond

Blue's father has died suddenly, and finding that the school's counselling increases his anguish, he turns to writing a story instead. Recommended 8+.

Out Of The Blue

www.winstonswish.org.uk

This book has been written and designed specifically for adolescents and teenagers with the aim of supporting them through their bereavement using a range of activities.

Leaflets

A Teenage Guide To Coping With Bereavement by Sarah Darwen. Available from Child Bereavement UK's online shop

This pocket-sized leaflet contains practical advice and guidance for a young person managing confusing emotions when someone important in their life dies. Devised by teenager Sarah Darwen following her father's death.

When Your Mum Or Dad Has Cancer

Ann Couldrick

Available from Child Bereavement UK's online shop

This is a useful booklet for younger children (7+) to teenage children. It has an introduction for parents but then explains cancer in a simple way children can relate to. It also covers many questions children ask such as whether the person will die and what exactly happens, but tackles the answers with insight and honesty.

General books (some have been made into films)

Us Minus Mum

Heather Butler

The boys think Mum is invincible. But they're wrong. Because Mum is ill. Really ill. It's up to George and Theo to keep Mum (and everyone else) smiling – which will almost probably definitely involve willies, shepherd's pie and Goffo's victory at the pet talent show. This book is both funny and sad.

The Fault In Our Stars

John Green

(Book and film)

The story follows the main character, Hazel Grace Lancaster, as she battles cancer. Not only is Hazel trying to live the normal life of a 16-year-old girl, but she is also struggling with what it will be like for her parents after she dies.

Ways To Live Forever

Sally Nicholls

(Book and film)

A boy's last months with leukemia. 1. My name is Sam. 2. I am eleven years old. 3. I collect stories and fantastic facts. 4. I have leukemia.

A Monster Calls

Patrick Ness and Siobhan Dowd

Connor's mum has cancer and life is irrevocably, disturbingly changing. First there is the nightmare, filled with screaming and falling; then there is school, where people avoid him (not knowing what to say), or persecute him.

If Only

Carole Geithner

Corinna's world is crushed after her mother dies of cancer. How does she get through the funeral, trays of ziti, a father who can't communicate, the first day of school, Mother's Day, people who don't know what to say, and the entire eighth-grade year?

Websites

Cruse www.hopeagain.org.uk

A safe and moderated website run by CRUSE Bereavement Care. Has a message board, fun zone, ask a question, lads only, and an interactive section.

Winston's Wish www.winstonswish.org.uk

A safe and well moderated section on the Winston's Wish website. It includes a graffiti wall, ask a question, leave a message, and fun activities.

Grief Encounter www.griefencounter.org.uk

A dedicated section for young people with good videos.

Short films

Several films created and made by Child Bereavement UK's Young People's Advisory Group (YPAG) including *A Message for bereaved young people* and *A Message For Friends*. Other topics include: What is grief? Stories from other young people. How to find help. Contributed to and created by bereaved adolescents and teenagers. On Child Bereavement UK's website www.childbereavementuk.org

LAD – A Yorkshire Story

A film by Dan Hartley

When 13 year-old Tom Proctor's dad dies his world falls apart; his brother joins the army, his mum is threatened with eviction and Tom gets into trouble with the police. Tom comes to terms with the loss of his dad through the friendship he forms with national park warden, Al Thorpe. This enchanting coming-of-age story is set in the stunning Yorkshire Dales.

Free app for Apple and Android

'Grief: Support for Young People'

An app designed *by* bereaved young people *for* bereaved young people. Can also be used by friends, parents and professionals supporting bereaved young people.

Includes:

- Information about bereavement, grief, feelings
- Stories from bereaved young people and short films that they have written and made
- Links to search for local support organisations



The app enables you to get the support that you want in your own space and your own time.

Charlie, aged 17

