

Grief goes to class, too.

Sitting in class, seeing friends, and keeping up with homework can all feel harder after someone dies. A plan can help you get through the day.

What you might notice at school:

Can't focus

Reading the same page over and over.

Out of nowhere

A song or a question can hit hard.

Feeling watched

Like everyone knows, or like no one does.

Wiped out

Grief can tire you out, even after sleep.

Make a plan:

- **Pick a safe adult.** A counselor or teacher you can go to on a hard day.
- **Ask for a pass.** A quiet place to go when you need a few minutes.
- **Decide who knows.** You get to choose what's shared, and with who.
- **Talk to teachers.** It's okay to ask for more time on work.

When it hits hard:

- **Breathe slow.** In for four, out for six. Repeat a few times.
- **Step out.** A drink of water or a walk to the bathroom is okay.
- **Text someone.** Reach out to a friend or family member who gets it.
- **Carry something.** A photo, bracelet, or something that reminds you of them.

If people ask:

IF THEY ASK

"What happened?"

YOU CAN SAY

"I don't want to talk about it right now."

IF THEY ASK

"Are you okay?"

YOU CAN SAY

"Not really, but thanks for asking."

IF THEY ASK

"Where were you?"

YOU CAN SAY

"Family stuff. I'm glad to be back."

You don't have to grieve alone.

Cason's Place is free peer grief support for teens and kids in Eastern Oregon. Meet other people your age who know what this feels like, through activities, talking, or just hanging out.