

## **Harassment/Intimidation/Bullying Resources**

### **Lynden Schools Safe School Alert – To Report Bullying**

<https://lynden-wa.safeschoolsalert.com/>

### **Pacer’s National Bullying Prevention Center**

<http://www.pacer.org/bullying/>

### **Parents’ Guide to Cyberbullying**

<http://www.connectsafely.org/facebook-for-parents>

### **stopbullying.gov**

<https://www.stopbullying.gov/>

StopBullying.gov provides information from various government agencies on [what bullying is](#), [what cyberbullying is](#), [who is at risk](#), and how you can [prevent](#) and [respond to bullying](#).

## **Resource for Crisis Prevention and Support**

### **CPIT: Compass Health Crisis Prevention/Intervention Team 1-360-752-4545**

<http://www.compasshealth.org/services/cpit-crisis-prevention-and-intervention-teams/>

The Compass Health Crisis Prevention and Intervention Team (CPIT) is a 24 hour, community based outreach team with the ability to respond to and provide services in the community (e.g., homes, schools, or hospitals). CPIT serves adults, adolescents, and children who are located in Whatcom and Snohomish Counties, and who are experiencing a behavioral health crisis.

### **NAMI: (National Alliance for Mental Health)**

Crisis Text Line – Text NAMI to 741-741 Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

Nami Helpline - 1-800-950-NAMI (6264) The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET. Helpline staff and volunteers are prepared to answer your questions about mental health issues

### **National Suicide Prevention Hotline 1-800-273-8255**

- Español 1-888-628-9454

- Hearing/Speech Impaired (TTY) 1-800-799-4889

### **Teen Link 1-866-833-6546**

[www.teenlink.org](http://www.teenlink.org)

Teen Link offers a confidential, anonymous, and non-judgmental help line for youth ages 13-20, every evening between 6-10 p.m. Teen volunteers are trained to listen to your concerns and talk with you about whatever’s on your mind. No issue is too big or too small! Volunteer phone workers also have access to an extensive database and can give you information on agencies serving youth in King County, Washington.

### **Your Life Your Voice Teen and Young Adult Hotline 1-800-448-3000**

<http://www.yourlifeyourvoice.org/Pages/home.aspx>

The Boys Town National Hotline is a free hotline available to kids, teens and young adults at any time. We provide help when you need it most. Call, chat, text or email. We are here to talk if you’re depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge.

## **Internet Safety**

### **A Parents' Guide to Cybersecurity**

<http://www.connectsafely.org/wp-content/uploads/securityguide.pdf>

### **A Parents' Guide to Facebook**

<http://www.connectsafely.org/facebook-for-parents>

### **A Parents' Guide to Instagram**

<http://www.connectsafely.org/a-parents-guide-to-instagram>

### **A Parents' Guide to Snapchat**

[http://www.connectsafely.org/wp-content/uploads/snapchat\\_guide.pdf](http://www.connectsafely.org/wp-content/uploads/snapchat_guide.pdf)

## **Mental Health Services in Whatcom County**

**WAHA:** Access line for behavioral health: 1-360-788-6594 (will refer out to counseling services)

### **Unity Care Northwest:**

\*1616 Cornwall Ave., Bellingham: 360-676-6177

7:45am-6:00pm Monday-Friday and 7:45am-5:00pm Saturday

\*5616 3<sup>rd</sup> Ave., Ferndale: 360-752-7410

7:45am-6:00pm Monday-Friday

Accepts state and private insurance

**Catholic Community Services:** 360-676-2187

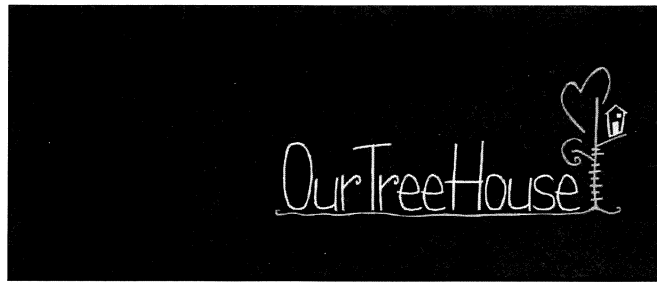
1133 Railroad Ave., Suite 100, Bellingham, WA

## **Other Prevention and Intervention Services**

### **Whatcoms Dispute and Resolution Center: 360-676-0122**

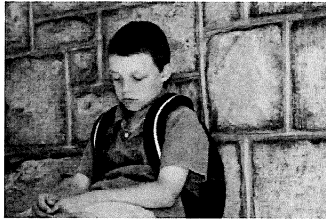
Services offered: Individual, small group, and large group programs. Boys-facing conflict without violence, Girls- Healthy choices, and co-ed group-dealing with conflict.

OSPI School Safety Center



## ***How to Support a Grieving Child***

*from The Dougy Center: The National Center for Grieving Children and Families.*



**If you know a child who has experienced a death, you might be wondering, “How can I help?”**



Here are a few basic principles to keep in mind.

### **Speak openly and honestly about the death.**

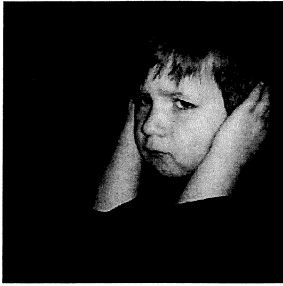
After a death, one of the first questions a parent will ask is this: “How and when do I tell my children?” There is no magical ‘right time’ to share the news of someone’s death; the right time is the one you create. In general, we recommend telling them as soon as possible, so that they hear it from someone they trust rather than from other kids or social media. Find a safe, comfortable place and start with a short, simple explanation about the death, in language children can understand. Let their questions guide what else to share. Avoid euphemisms such as *passed away*, *went to sleep*, *crossed over*, or *lost*, as they can confuse children. You might say something like this: “Honey, I have very sad news. Daddy died. His heart stopped working. He had a heart attack and the doctors weren’t able to fix his heart.” Even though it can be hard to think about saying these words, being honest and open is a great first step in helping grieving children. It minimizes the confusion that comes from misinformation and keeps children from having to use their limited energy and inner resources trying to figure out what happened. If the person died from an illness like cancer or leukemia, it’s helpful to name it rather than saying, “He got really sick and died.” Being general in this situation can create anxiety for children the next time someone gets sick with a cold or flu.

### **Listen.**

When a child is grieving, people can be quick to offer advice, give opinions, and make judgments. What’s most helpful is to listen without judging, interpreting, or evaluating. It can be tempting to try to minimize in order to “protect” children. Sometimes the best response is to repeat what you hear them say -- called “reflecting” -- so that they know they have been heard. For example, “You really miss your mom, especially when you wake up in the morning.” Listening to children, without jumping in to try to fix anything or make it better, is one of the best ways to help them feel heard and supported. Once children trust that you will listen and understand, they’ll be more likely to come to you when they’re hurting or needing advice.



### **Be open to different ways of grieving.**



What grief looks like varies greatly. Some children may cry quietly and want to be left alone. Others might have difficulty sitting still or being by themselves. Some children will not outwardly show reactions, which can be challenging for adults who are supporting them. There are many ways to process and express grief. Grievers of all ages tend to be hard on themselves, whether for crying, not crying, being strong, being a mess, thinking about the person, or not thinking about the person. There is no right or wrong way to grieve. Each grief experience is unique. You can help children (and yourself) by letting them

know that all of their thoughts and feelings are okay. Allowing them to grieve in their own way reinforces that there are many ways to respond, and that it's okay to find what works best for them, as long as their behavior does not hurt others or themselves.

### **Offer choices.**

Children appreciate being able to make choices as much as adults do. A death can leave them feeling powerless. Allowing them to make choices can help re-establish a sense of power, control, and trust. These choices can be simple and everyday such as, "Do you want to wear your red or purple t-shirt?" They can also be more complex, such as participating in the memorial service or sorting through the person's belongings. Whenever possible, invite children into the decision-making process. Providing informed choices helps them know they're valued and that they're an important part of the family.

### **Provide outlets for self-expression.**

While some children will talk about their experiences, many will express themselves through art, writing, music, or creative play. Get out the crayons, paper, markers, paint, clay, and other art materials. You can offer ideas such as making a card for the person who died, creating a collage of pictures, or writing a letter, but be open to their ideas and suggestions for projects. There are a growing number of grief activity and remembrance books available as well. It's helpful to ask children if they want to share what they created with you, and



to respect a "no" answer. Some children will be more drawn to physical activity than creative expression, so be sure to create time and space for them to engage in big energy play like running outside, sports, or messy creative projects.



### **Provide consistency and routine.**

Life is often in upheaval after a death, so finding ways to create safety and predictability is helpful for children. For example, you might create routines around bedtime, after school activities, or meals. Children may also need some flexibility: This way they know what to expect (homework is done by 7pm), but can also trust that if they need something else (tonight you can take a break and come back to it later), their world will be responsive.

### **Talk about and remember the person who died.**

Talking about and remembering the person who died can be an important part of processing grief. It's okay to use their name and share what you remember about them. You might say, "Your mom really liked this song," or, "Your dad made the best pizza I've ever had." By bringing up the person's name, you give children permission to share their feelings and memories. Children often like to keep objects that belonged to the person or that have some significance related to them. With photos, consider making copies to give to young children so that they can carry them around without the fear of damaging the originals. Rather than guess what keepsakes, clothing, or pictures a child might like, ask which ones are important to them. You may want to remember or mark significant days such as the birthday of the person who died, the anniversary of their death, and traditional holidays like Mother's Day, Father's Day, Thanksgiving and year-end. Involving children and teens in activities, without forcing them, may include visiting a grave site, going to a special place, sharing a favorite meal, lighting a candle and sharing memories, among other possibilities.



Grief does not have a timeline, and it changes over the course of someone's life. Know that it's okay for children to continue to grieve the loss as they grow and develop.

### **Know that grief doesn't follow a schedule.**

You may have heard that grief follows a linear course of stages: denial, anger, bargaining, depression, and acceptance. The families at The Dougy Center have taught us that grieving may include one, all, or none of these experiences and they do not occur in any particular order. Grief does not have a timeline, and it changes over the course of someone's life. Know that it's okay for children to continue to grieve the loss as they grow and develop.

### **Get extra help if needed.**

While most children and teens will ultimately return to their prior level of functioning following a death, some are potentially at risk for developing challenges such as depression, difficulties at school, or anxiety. While friends, family, or a support group may be enough for most children, others may require additional assistance. Some children are helped by working with a therapist. If you notice ongoing behaviors that interfere with a child's daily life, seek the advice of a qualified mental health professional. Don't be afraid to ask about their experience and training in grief and loss, working with children, and their treatment philosophy and methods.

### **Find sources of support for yourself.**

If you are parenting or supporting a grieving child, one of the best ways to help is to ensure that you are taking care of yourself. Find good sources of support. Research shows us that how well a child does after a death is linked to how well the adults in their lives are doing. This doesn't mean hiding your grief from your child. Rather, it means ensuring that you have people and activities in your life that are sources of comfort and inspiration. By accessing support, you model for your children ways to take care of themselves, and you reassure them that you will have the energy and presence to be there for them.

[www.our-treehouse.org](http://www.our-treehouse.org)

These are just a few tips for how to care for a grieving child (and yourself).

Grief is unique to each person and every family, so adapt these suggestions as needed.

From "Tips for Supporting Grieving Children" from The Dougy Center: The National Center for Grieving Children and Families.

# Feelings after someone dies

## Immediate emotions after someone has died

When someone close to you dies, you might experience a variety of emotions, including shock, disbelief, numbness, sadness, anger or loneliness. Everyone reacts to loss differently, and it's normal to experience many emotions. During this time, it is important to take care of yourself.

## Shock and disbelief

It's normal to feel a sense of shock when someone close to you dies. You might experience shock through physical and emotional reactions. You may feel dizzy, nauseous, dazed, numb or empty. As part of feeling shocked, you may not believe that the news is real.

Shock may cause some people to react in an unusual way when they first hear the news of a death. For example, some people laugh hysterically. This is often a result of the shock, and not necessarily because the person finds the situation funny. Shock is different for everyone and may last for a couple of days or weeks.

At this point, you may want to see talk to a counselor or another mental health professional to help you process what's happened.

## Numbness

Shock may also mean that you feel nothing when you hear of the loss. As a way of coping with the news of a loss your feelings may become numb. This may mean you feel like you are dreaming, or the event seems unreal. Sometimes this can make it hard to cry or feel any sort of sadness. Over time you are likely to start feeling other emotions.

# Grief

As the shock and numbness lessens, you'll probably start grieving. Everybody grieves differently and unique factors may affect the way you cope. Remember, if someone's reaction is different to yours, it doesn't necessarily mean that this person cares less than you do. Some reasons why people grieve differently may be:

- **The person's relationship** with the person who has died.
- **Other losses** they have experienced that might be resurfacing with the new loss.
- **Cultural background.** Cultural groups express grief in different ways. The rituals, ceremonies and rules around what is considered respectful mourning may vary depending on your cultural background. Crying and showing lots of emotion in public does not necessarily mean that someone isn't coping well with grief; instead it may be a way of managing grief.
- **Age.** Children of different ages understand death differently. Younger children may not understand that a person who has died isn't coming back. Older children, on the other hand, understand that the person isn't coming back, but may not understand why.

Here are some of other changes you might experience when grieving:

- **Physical**, like headaches, fatigue, achy muscles and nausea;
- **Emotional**, including sadness, anger, disbelief, despair, guilt and loneliness;
- **Mental**, for example, forgetfulness, lack of concentration, confusion and poor memory;
- **Behavioral**, like changes in your sleeping patterns or appetite, having dreams or nightmares or unusual emotional reactions, lacking interest in hanging out with friends, and crying;
- **Social**, you may avoid friends, or they might avoid you because they don't know what to say or how to help;
- **Spiritual**, your beliefs might be challenged.

Everybody should be able to grieve in their own way and time. Sometimes you might feel pressure to be strong for family or friends. It's important to be supportive of others, but you shouldn't feel like you have to bottle up what you feel.

## Making it through the grieving process

Managing grief is hard but here are some suggestions that may help you to get through the process:

**Accept your feelings:** There's no right or wrong way to feel after losing someone you care about. Accepting the feelings you have and acknowledging that you're going through a stressful experience can help you manage your reactions. Sometimes you might feel overwhelmed with your thoughts and feelings, which might make you think you're going crazy. It's another stage you go through when grieving.

**Allow yourself to cry:** It's OK to cry. If you feel uncomfortable crying in front of other people, you might want to make a plan to leave and cry in a private place. This could be in a quiet room, at the park, at school, or in a campus counselor's office.

Also, if you're in school, it might be a good idea to let your teacher or professor know of your loss, so he or she can be aware of what you're going through, help you along the way, and offer support.

**Smile:** Many times we focus on the sadness of losing a love one, but it may be helpful to talk about the memories and good times you've had with the person. It's OK to enjoy those memories and laugh about the fun times you shared. This isn't a sign that you miss the person any less.

**Saying goodbye:** Part of the grieving process is letting go of the person who died. It's important to say goodbye in your own way in your own time. There's no right or wrong way. Some ways that can help you say goodbye to the person is by:

- Writing a letter
- Going to the funeral
- Having memorial service by yourself in your own way
- Honoring your memory of the person who passed

It's important to say goodbye in your own way and in your own time. There's no right or wrong way to doing this.

**Avoid bottling up emotions:** Keeping things to yourself might build up tension inside you. Finding a way to express how you are feeling might help you to feel better. You might want to talk to someone, write your thoughts down, draw, or punch some pillows.

**There's no timeline or deadline:** Don't worry about how long grieving should last, or any judgments that you should be "over it" by now. Everyone experiences grief in their own way and on their own timeline.



And you may feel better for a while and then experience a fresh wave of grief – especially if something happens that reminds you of the person, or as a significant holiday or anniversary approaches.

**Talk to someone:** It might be helpful to talk to someone you trust about how you're feeling. This could be a family member, friend, mental health professional, minister or other spiritual leader.

## Unexpected feelings and reactions

It isn't unusual for events in your everyday routine to trigger a strong emotional reaction, because different events can be reminders that your friend or loved one is no longer with you. You might be reminded by setting the table for a family meal, or listening to the words of a song. Over time, these reactions may not be as regular or as painful.

### More information

While you're grieving, it's important to take care of yourself physically and emotionally. If you're feeling overwhelmed by your grief, it might be helpful to talk with a friend or relative about it. You might also want to see a counselor or therapist. If you need immediate help, and feel your grief is overwhelming, you can also call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or youth helpline Your Life Your Voice at 1-800-448-3000.

### Acknowledgments

The National Institute on Aging, "Things to Do After Someone Dies"

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Last edited July 2014.

# Experiencing grief

## Losing someone

If you've lost a loved one, you're probably experiencing a lot of different emotions. Each feeling you experience is another step in your grieving process. The grieving process is like a journey—it takes you from the starting point of your bereavement to another stage in your life.

## Stages of grief

Everyone grieves differently; some people become very quiet and thoughtful, others cry a lot. No one way is better than the other. Some experts believe that most people go through similar stages of grief depending on how far the grieving process they are. These stages include:

- **Denial:** You might not believe that your loved one has really died.
- **Anger:** You might be angry at yourself, your family members, a higher power, or even the person who died.
- **Bargaining:** You might try to negotiate with yourself or if you are religious, the figure you pray to in order to get your loved one - or even some piece of mind- back.
- **Depression:** This might be an emotional low point for you, when you don't care about anything or anyone. You might go through feelings of emptiness, loneliness, or might even stop caring about anything or anyone.
- **Acceptance:** At this point, you may begin to make peace with the fact that your loved one has died.

Everyone grieves at this or her own pace because there isn't a fixed amount of time that you have to go through these stages.

## Making it through the grieving process

Managing grief is hard but here are some suggestions that may help you to get through the process:

**Accept your feelings:** There's no right or wrong way to feel after losing someone you care about. Accepting the feelings you have and acknowledging that you're going through a stressful experience can help

you manage your reactions. Sometimes you might feel overwhelmed with your thoughts and feelings, which might make you think you're going crazy. Don't fret because this isn't the case at all. It's just another stage you go through when grieving.

**Allow yourself to cry:** It's OK to cry. If you feel uncomfortable crying in front of other people, you might want to make a plan to leave and cry in a private place. This could be in a quiet room, at the park, at school, or in a campus counselor's office.

Also, if you're in school, it might be a good idea to let your teacher or professor know of your loss, so he or she can be aware of what you're going through, help you along the way, and offer support.

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