

# Children's Grief Awareness Day



## ANNOUNCEMENTS

These announcements can be used in newsletters, on bulletin boards, e-mails, school news, etc. to promote your Children's Grief Awareness Day activities, or simply to increase awareness of the needs of grieving children.

### THREE WEEKS BEFORE CHILDREN'S GRIEF AWARENESS DAY

Children's Grief Awareness Day was begun to help others understand the impact of death on children and their need for support. Join us by wearing blue and **(add any other event you're planning)** on Children's Grief Awareness Day **(date)** to show your support to the grieving children around us.

### TWO WEEKS BEFORE CHILDREN'S GRIEF AWARENESS DAY

This is a reminder that we are encouraging everyone to WEAR BLUE for Children's Grief Awareness Day and **(add other event, if any)** on **(date)** to show our support for grieving children.

### WEEK OF CHILDREN'S GRIEF AWARENESS DAY

Remember that Children's Grief Awareness Day and **(add other event, if any)** is this coming Thursday. We're hoping to have as many people as possible show support for grieving children by wearing blue on **(date)**.

### CHILDREN'S GRIEF AWARENESS DAY OR THE DAY AFTER

Thanks to all who wore blue and came together to support and encourage the grieving children, not only in our midst here, but in our community, and throughout our city, our state, and our nation. Thank you for making a big difference in young lives carrying such a large loss.

### ADDITIONAL INFORMATION TO HELP OTHERS UNDERSTAND WHY WE OBSERVE CHILDREN'S GRIEF AWARENESS DAY

- People we know can go through a very difficult time when someone special to them dies, it's important to learn how we can help them.
- Many of us know someone who is grieving, and we want them, and all grieving kids, to know that we support them.
- It takes a lot of courage to go to school or work, or to do the many other things life requires when someone you love dies. We want our friends or family to know we are proud of them for being so brave.
- Holidays can be pretty difficult after someone dies. And because there are a lot of holidays coming up soon, we want to acknowledge that those who are grieving might be going through a rough time at this time of year.
- Creating activities to help us observe Children's Grief Awareness Day is a good way to help us learn how to talk about grief and loss since we all have had loss of some type in our lives.
- The main reason that we observe Children's Grief Awareness Day is to let those who have had a loved one die—in our family, among our friends, and in our community—know that they are not alone and that we care about them.



Children's Grief  
AWARENESS DAY  
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## FACTS & STATS

### CHILDREN & GRIEF INFORMATION AND STATISTICS

*"Childhood grief profoundly impacts bereaved youth, families, and communities. The death of an important person in a child's life is one of the most frequently reported adverse childhood experiences. Unaddressed childhood grief and trauma can lead to short- and long-term difficulties including poor academic performance, mental health issues, and early mortality." (Judith's House/JAG)*

#### THE BREADTH OF THE ISSUE

According to the Childhood Bereavement Estimation Model:

- 1 in 12 children in the US (that's more than 8 percent) will experience the death of a parent or sibling by age 18— which is 6 million bereaved US children and teens.
- This number more than doubles to 14.7 million when the age is increased to 25.
- Nearly 80 percent of those who lost a parent said it was the hardest thing they have ever had to face.
- Looking at bereavement figures for a single year shows that nearly 1,200 children under the age of 18 were newly bereaved every day in 2021.
- Those who lost a parent growing up said it took 6+ years before they could move forward, yet 57 percent reported that support from family and friends waned within the first 3 months following the loss.
- 59 percent of adults who lost a parent growing up say they have experienced more feelings of sadness or depression in their life compared to most adults.

#### THE CRITICAL IMPORTANCE OF SUPPORT

- Bereaved children feel understood and validated when caregivers openly discuss the person and/ or the death.
- Bereaved young children are more likely to be expelled from school, repeat a grade, less likely to be in gifted education programs and to have a disability.
- The earlier in life a child loses a parent, the more profound the impact.

According to the New York Life Foundation's 2017 Bereavement Survey:

- More than two-thirds of educators "always" or "usually" see withdrawal, difficulty concentrating, absenteeism, and a decrease in academic performance after a death in a student's life.
- 7 in 10 teachers currently have at least one student in their class(es) who had lost a parent, guardian, sibling or close friend in the past year.

**Join children, teens and adults across the nation and the world in helping grieving kids know they're not alone!**



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