



LOST VOICES

BEREAVED BY SUICIDE

USER GUIDE



Lost Voices is a FME Programme

FME FRESH MINDS
EDUCATION
HEALING HEARTS & HELPING HANDS



Welcome

LEADERS KEY POINTS

- Welcome the group of young people into the set environment.
- Introduce yourself if you are unfamiliar to the group.
- Group agreement.
- Introduce the topic, - Bereaved by Suicide.
- Create a signal young people can use to let you know they are okay when leaving the room, or if not okay and a leader will accompany them outside the room.

"Hello guys, welcome to today's presentation where we will be exploring the topic of Bereaved by Suicide, the effects it can have on young people and their family dynamic, and ways of coping and supporting each other."



If you feel it would be beneficial for the young people to have copies of the presentation, printouts or copies can be handed out at this time as well as pens for writing down additional information.

"My name is (*your name*) and I will be leading today's presentation which we will start exploring together in just a minute.

First, let's create a group agreement for this topic together. Let's think of all the things we would like to have in place for us to feel more comfortable discussing this topic together".

- » Compassion
- » Confidentiality
- » Empathy
- » Respect
- » Time management
- » Use of language





Bereavement by Suicide

“Suicide touches many lives, this includes young people, this includes our parents and caregivers, and leaders who we work with through tricky conversations. What do you think might be unique about a bereavement by suicide?”



Leader should allow the group to offer up their thoughts and these can be noted on a flipchart/ whiteboard etc.

- Stigma and preconceptions may leave bereaved feeling isolated, or alone.
- Circumstances of the loss normally sudden, unexpected and may be violent.
- Shock and trauma, can make it hard to make sense of what has happened.
- May challenge our beliefs and sense of self, family and relationships.
- Possible tensions within families, friends, or other communities.
- Sometimes family and friends are not a support but rather a source of conflict and tension.
- There might be a lot of shame, worry, or even blame. There can be an array of complex emotions and viewpoints which might be hard to navigate.
- There may be a lack of privacy around the death. This could be in the way it was responded to by emergency services, press, media, or within local communities. There may be an element of legal publicity if there is a public inquest into the death.

LEADER NOTES





Hopes and Objectives

LEADERS KEY POINTS

- Outline key learning objectives.
- Outline hopes for the presentation.
- Encourage interaction and engagement from the young people.

Reviewing Key Learning Objectives and Hopes for the Presentations

The young people are now introduced to both you and the presentation. Now you must introduce them to their learning objectives and what you hope they will take away from these slides and discussions.

We want them to leave this lesson with:

- A clear understanding of what a bereavement by suicide means for someone, and why it is relevant for us to discuss.
- Knowledge around stigmas or preconceptions around the topic.
- A small amount of statistical knowledge.
- Understanding of ways to keep safe and feel better and hopefully support other people around us.
- Confidence to talk about tricky topics with our peers and adults.



"We hope for all of you after this session is that you will all have a clearer understanding of how bereavement by suicide can come with its own unique difficulties.

We also want to open conversation around the topic with young people to encourage a reduction in the stigma around talking about suicide, and to encourage support amongst peers to talk to each other around a tricky topic, this will be beneficial for young people wanting to be better helpers.

We will look at ways to create a safe environment in which young people like yourselves can feel better and more supported, so that you can go on to support others around you".

Young people should be encouraged to engage in all activities to the best of their ability, (some young people may be naturally more introverted, and this can be seen as a negative). As a leader, you should encourage the young people to engage the best they can, with care and acknowledgement for their fellow peers. The most effective learning takes place in a comforting and kind environment.

“This topic will be more relevant to some of you more than others which can be a great way for us to learn from each other, I would ask that you consider that maybe your peers are struggling with something along these lines and would benefit massively from this session. It is highly encouraged that you all listen and engage respectfully with the content so we can create a comfortable, kind, and open environment to learn effectively.”



LEADER NOTES





Statistics and Preconceptions

LEADERS KEY POINTS

- Using statistics can give deeper understanding and a more informative foundation when discussing topics such as breakdowns in family life.
- Helps to see how relatable a certain situation may be.
- It is important to remember statistics in any case are collected from real people, understanding and an upheld level of respect when discussing these statistics and/or anything related to this topic of conversation should always be paramount.

Using this slide, it will be the optimal time to create a supportive environment by allowing the young people to share experiences and stories. Introduce this slide by talking through the statistics around divorce and its prevalence.

Allowing the young people to visualise and converse about these figures can help them to understand how common these types of events are and show them that they are not alone if they are currently experiencing something similar.

“When we think about some of the preconceptions around suicide and bereavement by suicide the first thing is transparency, there can be a lot of worry from the adults around telling young people the truth, in its entirety or at all

- Do you think young people can handle the big conversations?
- What do you think would be the issues that arise if young people aren't given the right information regarding a death by suicide?
- What do young people want the adults in their life to know in times like this?

Child bereavement charity Winston's Wish estimates that 25 children lose a parent to suicide every day in the UK – that's more than 9,000 every year.”



LEADER NOTES



How can creating Art help?

Let's have a look at how artwork can be used to express ourselves and to connect with one another.

LEADERS KEY POINTS

- What do the colours say to you?
- What do the images say to you, and how the artist has used them?
- How does the text used make you feel?
- What does the poster, say to you? What is it about?
- Is there a particular poster that stands out to you?



In the Depths of Darkness There is Light



Look for the Light



Not Alone Under Clouds



Rainbows in a Grey Sky

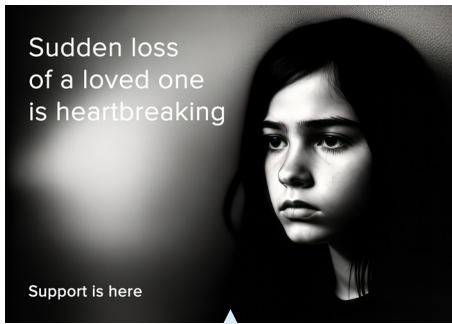


Shatters

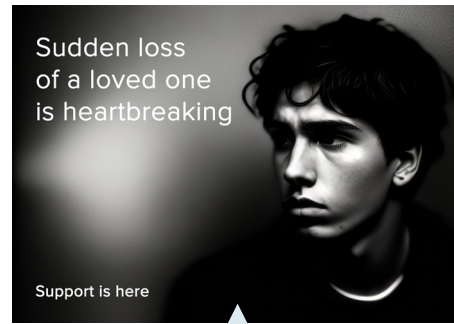


Sudden Loss





Sudden Loss and Heartbreak



Sudden Heartbreak



Activity:

“Let’s get into different pairs, half the group is going to choose images they feel would be good in a poster, the poster should aim to connect with other Young People, to let them know that are not alone in whatever they are experiencing, and that there is support for them available.”

Leader can organise the group into A’s or B’s, each pair will have an A and B.



Group A:

You will be gathering and choosing images that speak to you, this might be 1 or many images collated to make one poster with a cohesive message.

You will be thinking about:

- » Colours
- » Shapes
- » Shadows
- » Styles
- » Tone
- » Location
- » Theme
- » If a person(s) in images:
 - Age
 - Gender
 - Ethnicity etc.

Group B:

You will be choosing slogans, or text that you would like to see on a poster. These should have a clear and concise message, with the hopes to resonate with young people. They should reflect the theme, and offer direction to support (Resources) like the Lost Voices Support Page

You will be thinking about:

- » Colours
- » Shapes
- » Shadows
- » Tone
- » Font
- » Size
- » Rhyme
- » Sentence structure
- » Storytelling
- » Impact
- » Flow

“Now we are going to work with our partner to put our ideas together, we are going to create at least 1 final design joining our two ideas together.

Think about what text your partner has created, does it work with the images you have chosen? Once you have agreed on which aspects can be merged, draft your final poster design”



Leader allows time for this activity to be completed. Before the group shares with each other.

“So, we are going to share our ideas with one another, let's work from (PAIR 1 onwards). We would love to hear why you have chosen the ...” (Refer to bullet points).

“What part of the **AMBER Approach** have we just explored together?”

We have gone through all the things in AMBER's name today.

We can see how **EXPRESS** can help us to work through feelings, emotions, and our thoughts around things. Using art to create these posters, we engaged with each other and came up with ways to help connect with other young people. This has been a demonstration of how **ANCHOR** shows up for us in group settings, connecting with our pair in the safe space we have created.

For a lot of people, art can be a way to **RELAX**, when we are focused and creating something this can be very therapeutic, encouraging space to **BREATHE**.

Through the creation of art, we have all explored the **MOVE** in **AMBER**. As we have moved our creative energy onto our pages.”

LEADER NOTES





Lost Voices Podcast



LEADERS KEY POINTS

Watching the Lost Voices podcast can allow young people to feel related to, as it is young people discussing issues in relation to how they affect young people.

These podcasts may also highlight topics that may not have been previously discussed, giving young people an opportunity to delve deeper into the topic ie. Bereaved by Suicide.

“Let’s watch a Lost Voices animated podcast together. The Lost Voices Group opened conversation for young people around this topic, and created safe space for sharing thoughts, emotions, and experiences.
Let’s go back to our group agreement and the points we agreed on around empathy and respect, lets ensure we are being kind to each other while we watch this together and when we share with each other on reflection.”



Watch Podcast

LEADER NOTES



Discussion

LEADERS KEY POINTS

This is the time to allow for a discussion following the podcast. Leader should allow for group to offer their initial thoughts before prompting. See below for prompt questions:

- » Why do you think the Lost Voices group wanted to make this podcast?
- » Why is it relevant to us?
- » What did you like about what they had to say?
- » What did you not like about what they shared?
- » What do you think they want adults to know from this podcast?
- » What do you think young people want the adults in their life to do for them for example, create spaces like this in their schools or clubs?
- » Do you think the podcast was informative/ relatable?
- » What have you taken away from the podcast?
- » Do you have anything to add?
- » What emotions would you associate around a bereavement by suicide?
- » What coping methods/ measures have you picked up from the podcast?
- » Do you feel you have learnt new ways to navigate through a bereavement or help someone else to?
- » Do you feel more encouraged and equipped to connect with other people around this topic?
- » Have you found new ways to regulate your emotions?
- » What did to the poem make you think/ feel?





Activity (Suggested- Time Permitting)

LEADERS KEY POINTS

Additional activities can be found in the Mental Health Booster Booklet.



Activity: Mindful Diary/Scrapbook

Learning Objectives:

- Think about our thoughts and feelings for a week and creating an expressive space to have self-reflection.
- Being open and honest with ourselves, understanding how different events during the week affect our thoughts and emotions.
- Expressing ourselves in a creative manner.
- Becoming more self-aware and being more conscious of how things affect us and how we can cope with these differences and events to make ourselves feel better.

What you will need:

- Diary /scrapbook
- Coloured pens /markers
- Glue
- Stickers
- Pictures /images

"Writing down our thoughts and feelings is a great way to express ourselves and highlight when we might need some extra support. We can even use scrapbooking to do the same thing, using images and artwork to help express ourselves.

We are going to create our own mindful diaries or scrapbooks, depending on what you would prefer. For the next week, we are going to write down our daily thoughts, feelings and experiences. These books are private so what you write within them is totally up to you.

After you have completed a week of the diary, look back at the week, what was your best day? What was your least favourite day? Did anything surprise you? Did you enjoy writing down all the experiences you had? Was it helpful?

Once you have answered these questions, write down your answers and we can come together to discuss if this activity was helpful and debrief the week regarding your thoughts and feelings."





Amber Approach

LEADERS KEY POINTS

Leader should open this up to the group and ask what they can tell us about each part of **AMBER**'s Name.

"So, we looked at the **AMBER Approach** before we started looking at these topics.

Let us recap on what **AMBER** is and how we use it"



Leader should open this up to the group and ask what they can tell us about each part of **AMBER**'s Name.



A - ANCHOR

Anchoring, we can anchor through co-regulation, this is from friendships, family members, teachers, youth workers etc.



M - MOVE

Moving your body releases built up energy through exercise, making art or music. Taking care of yourself both inside and outside, making your bed, having a shower.



B - BREATHE

Breathing is the crucial link between mind and body. Taking space and time to breathe can help calm the mind.



E- EXPRESS

Express yourself safely. Expressing through crying, talking, creativity can release difficult emotions.



R- RELAX

Finding activities that help you relax and feel restored are important to aid your body regulate and process what is going on within your life.



LEADER NOTES



Ways we can feel better & stay safe

LEADERS KEY POINTS

Sometimes it's hard to express how we feel or to share things we may be going through. We may find it easier to approach tricky topics through an activity or use an activity to alleviate those emotions.

Engaging in a hobby or a practice whether that be inside or outside of the home, can help us to feel better and allows time to process and heal from the experiences we might have had or are currently going through.

"Let's talk about some of the things we can do to make ourselves feel better or supercharged in our wellness. Grief is something unique to each person. We all need to take things at our own pace, and different things will work for each of us when we need help navigating big emotions."

What things make you feel happy? Or safe? What things help you to chill out and feel calm? Who do you have in your life that you like to connect with? Is there a way you think you can connect with more people?."



"Speaking to a trusted adult or friend, joining a youth club or taking up a new hobby can help. It is important to keep in mind that whatever you decide to use in terms of making yourself feel better should be safe and healthy. Creating healthy habits and cycles will benefit us enormously in the long run.

For example, when I feel stressed after... I will talk to... Or go play... Or go to... *(Leader shares what helps them)*.

Now that I've shared what I do to make myself feel less anxious and more settled and supported I want you guys to give me some examples of what you think works best."



Gather everyone's ideas and write them on a board where everyone can see them so that the young people can make their own lists to promote healthy habits for when they need them.





Questions

LEADERS KEY POINTS

Allow some time for the young people to ask you any questions from all the topics within the PowerPoint.

It is important to be open and honest with the young people and if there are any questions that are of a serious nature, or you believe show there is something more harmful going on within the home then it is best to refer these onto the appropriate organisations or leaders.

LEADER NOTES





Group Discussion

LEADERS KEY POINTS

It is beneficial to give the young people time to talk to each other and to yourself as a type of debrief.

Topics such as these can create discomfort when talking about them for the first time and allowing time for self-thought and self-reflection can ease these feelings before continuing with day-to-day activities.

LEADER NOTES



Thank You

LEADERS KEY POINTS

Finish off this presentation with thanking the young people for their time and attention. Give them time to have conversation amongst themselves as a debrief as well as time for them to come to you to ask questions or to talk about anything they need to express. If needed refer the young person to a higher team leader or organisation if you feel you cannot provide the assistance they require.

“I just want to thank you all for taking the time to listen and respect the talks we’ve had today. I hope you can all take something away with you and feel more supported and motivated to make a positive change.

I’m going to give you guys some time to talk amongst yourselves about everything mentioned today and feel free to come talk to me and ask loads of questions if you would like to”.



LEADER NOTES





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