



Lost Voices



Bereaved by Suicide



Welcome

- Housekeeping
- Create a Group agreement
- Introduce the topic
- Create a signal



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FME FRESH MINDS
EDUCATION
HEALING HEARTS & HELPING HANDS



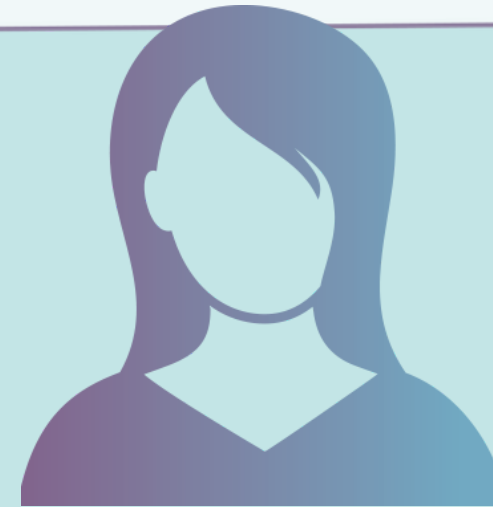
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- Thank you!





Bereavement by Suicide

What do you think might be unique about a bereavement by suicide?



Suicide touches many lives, this include young people, parents, grandparents and caregivers that all work together to overcome tricky situations.

Our Hopes for This Presentation



- A clear understanding of what a bereavement by suicide means for someone, and why it is relevant for us to discuss
- Knowledge around stigmas and preconceptions around this 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



Preconceptions and Statistics



Child Bereavement Charity
Winston's Wish estimates that
25 children lose a parent to
suicide every day in the UK –
that's more than 9000 a year

Transparency is key – there
can be a lot of worry for
adults around telling young
people the truth entirely.

What do you think young
people want adults to know
in times like this?



Do you think young
people can handle
these conversations?

What issues might arise if
young people aren't given
the right information
around death by suicide?



How Can Creating Art Help?



Art Activity



- Group A
- You will be gathering and choosing images that speaks to you, this might be 1 or many images collated together 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

Let's Listen To What The Lost Voices Team Have To Say On The Topic



*Click
Here*



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What do you think they want adults to know from this podcast?

Why do you think the Lost Voices group wanted to make this podcast?



Discussion

Do you think the podcast was informative/ relatable?

Do you feel more encouraged and equipped to connect with other people around this topic?




Activity

Mindful Diary/Scrapbook

Once a week is completed,
look back at your:

 Think about your thoughts
and feelings for the week

 Write everything down in
the journal/scrapbook

 Design it whatever way
you like

 Be as open and honest with
yourself as possible

- BEST DAY?
- LEAST FAVOURITE DAY?
- DID ANYTHING SURPRISE YOU?
- WAS THIS HELPFUL?
- DID YOU ENJOY THIS ACTIVITY?

AMBER Approach



How does it relate to this topic?

How would you use it?

How would you use it to help your peers?



Ways We Can Feel Better and Safe



Speaking to a
trusted adult
or friend



Joining a
youth club

Taking up a
hobby

Creating healthy
safe habits is
essential during
grief

QUESTIONS



Group Discussion

Did you learn anything new from the presentation?

Was there anything that surprised you during the presentation?

Any area that interest you the most?

Do you think these presentations are beneficial?



BBC
CHILDREN
IN NEED



Thank You!

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