

Children, young people
and grief

Language: Chinese

Cruse
Bereavement
Support

儿童、青年和悲痛

悲伤没有“正确的方式”，每个孩子都会有不同的反应。他们的反应会受到很多不同因素的影响——他们的年龄，他们对死亡的理解，以及他们与死者的亲密程度。

和成年人一样，当他们爱的人去世时，孩子们可能会感到绝望。他们可能会因为那个人离开了他们而感到愤怒。他们可能会质疑为什么会发生这种情况，并责怪自己。他们也可能用不同的、让人感到意外的方式来表达他们的失落和痛苦的感觉。有时他们似乎不在乎。

儿童不能像成年人那样承受情感上的痛苦。他们往往在悲伤的感觉之中进进出出。他们的应对能力似乎比我们预期的要好得多。

重要的是要记住，孩子们可能没有语言来表达他们的感受，而可能通过他们的行为来表达他们的感受。

当有人去世了，孩子们会有什么反应

情绪波动。前一分钟很高兴，下一分钟又很生气或心疼。

无法集中精神。他们可能会发现很难在课业或其他活动中集中精神。

安静、孤僻。有些孩子发现很难分享和表达自己的想法和感受，可能更喜欢独处。

睡眠模式紊乱。有些孩子可能很难睡得安稳。他们可能会在夜里醒来，做恶梦。

表现得像个小孩子。许多孩子开始做他们小时候做过的事情，比如吮吸拇指、弄湿衣服或紧紧抓住您。

和朋友相处的困难。死亡可能会使孩子感到与他们的朋友不同，对其他人缺乏信心。他们可能会被欺负，甚至欺负别人。

违反规则、偷窃、逃学。一个孩子可能会觉得表现得很好没有意义。

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帮助失去亲人的孩子

- 努力保持白天和夜晚的惯常事物。有规律的吃饭时间、学习时间、休息时间、游戏时间和就寝时间可以帮助年幼的孩子保持快乐和健康。
- 如果合适，而且他们愿意的话，我们通常建议孩子们参加葬礼或追悼会。确保他们明白将要发生什么，以及为什么会发生。如果他们不能参加，或不想参加，帮助他们找到其他方式来纪念这个场合。
- 允许失去亲人的孩子或年轻人说出他们的感受。如果他们生您的气或不想说话，不要感到被冒犯。
- 要不断提醒他们，和您谈谈是可以的——记住，他们可能要等到几个月之后才会觉得准备好与您谈心。随着年龄的增长，他们可能需要回到悲伤中来。
- 请让他们放心，他们仍然有人疼爱。
- 向他们表明您也很伤心是可以的。
- 聆听他们的想法。不要忽视他们的感受，也不要忽视他们反馈的任何疾病或疼痛。
- 如果他们表现不好，您可以像往常一样处理。因为如果规则和界限没有改变，他们可能会感到更安全。
- 如果您担心孩子的状况，请寻求帮助。您可以和他们的学校、您的全科医生或像 Cruse 这样的组织谈谈。如果发生这种情况，不要觉得这是您的失败。您做的是正确的事情。

青少年和青年

年轻人和青少年能够感受到失去一个亲密的人对情感的影响，以及对他们的长期影响。但由于它们正在经历的发育变化，它们对死亡的反应往往非常强烈。

重要的是要记住，青少年还不是成年人。他们可能看起来像成年人一样悲伤，但他们需要被视为年轻人。

青少年可能会经历以下情况。

- 难以控制强烈的情绪，变得愤怒。最终可能升级为肢体冲突。
- 感到不安，觉得死亡是不公正的。他们可能会问为什么已故的人要离开他们，并谈论关于命运和死亡的更广泛的想法。
- 回到孩子气的行为，以感到更安全。
- 做出危险的行为，来分散悲伤的注意力。
- 关心谁来提供经济支持，或照顾他们，尤其是如果已故的人是他们的主要照顾者。
- 试着承担一个成年人的角色。
- 安抚他们的情绪。
- 寻求直系亲属以外的支持。

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如何帮助青少年应对死亡

- 确保他们的任务不会太多，尤其一些任务可以由负责任的成年人承担。
- 让他们知道，和朋友或直系亲属以外的人谈论死亡是可以的。
- 温柔地鼓励他们敞开心扉，表达他们的情绪，分享他们的感受。
- 让他们放心，他们是有人爱、有人支持的。
- 如果他们在自我药物治疗，或自我伤害，请与医学专业人士联系。

联系 Cruse 的帮助热线

如需更多帮助，但又不会说英语，我们可以通过一个名为 **Languageline**（语言热线）的服务，为您提供帮助。

帮助流程

1. 拨打 **0808 808 1677**。
2. 您将会听到一段用英语录制的信息。请耐心等待接听。有很多人都希望获得我们的服务，如果无人应答，请您稍后再尝试拨打。
3. 当志愿者接听您的来电时，请用英语清楚地告诉他们您的语言。
4. 随后我们的志愿者会打电话给我们的翻译服务，您将会听到他们在和其他人沟通连线，请您不要挂机。您可能需要等待几分钟。
5. 接着口译员会加入通话，协助您和帮助热线的志愿者沟通。
6. 因为这是一个三方对话，它会比通常的帮助热线电话需要更长的时间，所以请您耐心等待。

我们的求助热线服务时间如下：

- 星期一：上午 9:30-下午 5:00
- 星期二：上午 9:30-晚上 8:00
- 星期三：上午 9:30-晚上 8:00
- 星期四：上午 9:30-晚上 8:00
- 星期五：上午 9:30-下午 5:00
- 周末：上午 10:00-下午 2:00

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English version

Children, young people and grief

There is no 'right way' to grieve and every child will respond differently. How they react will be affected by a lot of different things – their age, their understanding of death, and how close they were to the person who has died.

Like adults, children may feel hopeless and despairing when someone they love dies. They may feel angry that the person has left them. They may question why it has happened and blame themselves. They may also express their feelings of loss and pain in different and surprising ways. It may sometimes seem as if they do not care.

Children cannot sustain emotional pain in the way that adults can. They tend to move in and out of grief. They may appear to be coping much better than we expect.

It is important to remember that children may not have the words to express their feelings, and may show how they feel through their behaviour.

How children might react when someone dies

Mood swings. Happy one minute, and very angry or distressed the next.

Unable to concentrate. They may find it difficult to work on schoolwork or other activities.

Quiet and withdrawn. Some children find it difficult to share and express their thoughts and feelings, and may prefer to be alone.

Disturbed sleep patterns. Some children may find it difficult to settle to sleep for a while. They may wake in the night and have bad dreams.

Behaving like a younger child. Many children start doing things they did when they were younger, like sucking their thumb, wetting, or clinging to you.

Difficulties with friends. The death may make a child feel different from their friends and less confident with other people. They may be bullied, or even bully others.

Breaking rules, stealing, skipping school. A child may feel there is no point in behaving well.

Helping a bereaved child

- Try to stick to your usual day and night-time routines. Regular mealtimes, school work, breaks, playtime and bedtime can help keep younger children happy and healthy.
- We usually advise that children should attend a funeral or memorial if it is appropriate and they wish to. Make sure they understand what is going to happen

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and why. If they cannot attend or don't want to, help them find other ways to mark the occasion.

- Allow the bereaved child or young person to say how they feel. Don't be offended if they are angry with you or do not want to talk.
- Keep reminding them it's OK to talk to you – remember they may not feel ready until many months have passed. They may need to come back to their grief as they grow older.
- Reassure them they are still loved.
- It's fine to show them that you are sad too.
- Listen to them. Don't dismiss how they feel or ignore any illness or pain they report.
- If behaviour is a problem it's OK to treat this as you usually would – they may feel safer if rules and boundaries have not changed.
- If you are worried about a child ask for help. You could talk to their school, your GP or organisations such as Cruse. Don't feel that you've failed if this happens. You are doing the right thing.

Teenagers and young people

Young people and teenagers are aware of the emotional impact, and long term implications, of losing someone close. But due to the developmental changes they are going through, their reactions to death are often very intense.

It's important to remember that teenagers are not grown-ups. They might look like they're grieving like adults but they need to be treated as a young person.

Teenagers might experience the following.

- Have difficulty managing strong emotions, becoming angry. They might end up in physical fights.
- Get upset and feeling the death was unjust. They might ask why the person who has died had to die, and talk about wider ideas about fate and mortality.
- Revert back to childish behaviour to feel more safe.
- Get involved with risky behaviours to distract from grief.
- Become concerned about who will pay the bills or care for them, especially if the person who died was their primary caregiver.
- Try to assume the role of an adult.
- Bottle up their emotions.
- Seek support outside their immediate family.

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How to help teenagers cope with death

- Make sure they're not given too much to do, especially things a responsible adult could do instead.
- Let them know it's OK if they prefer to speak with friends, or people outside of the immediate family about the death.
- Gently encourage them to open up, express their emotions and share how they're feeling.
- Reassure them that they are loved and supported.
- If they're self-medicating or self-harming, get in touch with a medical professional.

Contacting the Cruse Helpline

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm

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