

TALK ABOUT GRIEF

Together, we can create a more grief-aware culture.

Why should we talk about grief?

The pandemic has brought the topic of grief to the forefront for many of us, and there's no question that it deeply changes our lives. The only question is how. Talking about grief helps us become more connected and resilient. One hundred percent of us will experience grief and none of us should have to grieve alone.

Talking about grief is particularly important for kids.

Childhood lays the foundation for the rest of our lives, wiring our brains, shaping our dreams, and leaving an indelible impression on our hearts.

When a child experiences the death of someone important in their lives, it can shake their confidence in the world – and replace the joys of childhood with guilt, anxiety, regret, and a sense of isolation. The risk is that grieving children are especially vulnerable to negative outcomes such as increased [mental health issues](#), poorer academic performance, and even an increased [risk of mortality](#).

However, when kids do talk about grief, it can foster a positive sense of self, a healthy concept of life and loss, and inspire greater empathy for others. Currently, 5.3 million kids are grieving the death of a parent or sibling.

As a society, we don't always learn how to talk about grief. Experience Camps is trying to change that, for all of us. For more on kids and grief, visit www.experiencecamps.org.

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So what can you/we do?

We can decide to become a grief-aware community – for kids and for all of us. The “Talk about Grief” campaign from Experience Camps aims to foster stronger connections and community for people who are grieving and everyone who cares about them.

1. Watch our [#GoBeyondImSorry YouTube series](#) to hear grieving kids and adults share a particularly meaningful action or gift that made them feel truly supported. Pick an idea from the series that inspires you, and put it into action to support someone you know who is grieving.
2. [Upload your own 45 - 60 second video](#) that we can add to the #GoBeyondImSorry YouTube series about a meaningful way someone supported you through grief or a way you supported someone else. By sharing ideas, you become part of the solution!
3. Give to programs that support grieving children at www.experiencecamps.org/donate.

Visit TalkAboutGrief.org to learn more.

About Experience Camps

Experience Camps is a nonprofit that champions the nation’s 5.3 million bereaved children and runs a network of no-cost camps that help grieving children thrive. Our programming for young people builds their coping resources, confidence, and resilience so they can experience a life rich with possibility. Our content addresses childhood grief as an urgent health issue while helping to establish a more grief-smart culture for all of us. Since 2009, Experience Camps has transformed the lives of thousands of children by reframing the experience of their grief and empowering them with the confidence, skills, and support to move forward with their lives.



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