

Internet Resources for Teens

When you have had a loss, it's helpful to **get support** when you're experiencing grief.

Options for getting support include

- **face-to-face contact** with friends, family and counselling professionals, and
- the **internet** (including information about grief and loss, and websites that provide space for creating a memorial).

At times, you may feel that none of your friends know or understand, and you **feel different** from them. You may be thinking about looking for support on the internet.

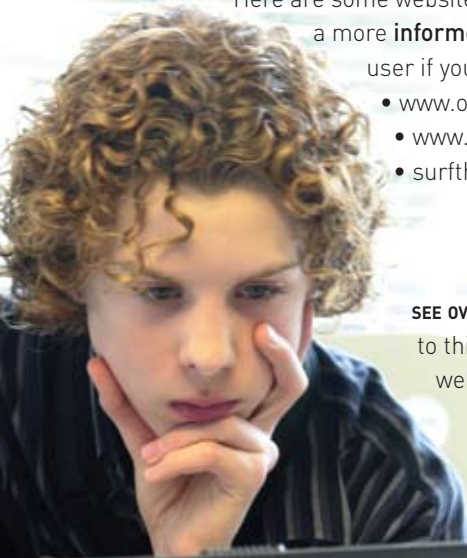
Connecting through the internet with other teens who share your experience can create an **instant community** of peers. You can have a peer support group without face-to-face meetings or attendance at a set location and time. **Online peer support is available** through message boards, chat rooms or email.

The internet can be a helpful place to get grief support, but it's important to know about the risks of internet use and how to **protect yourself** while online.

Here are some websites that can help you be a more **informed and safer** internet user if you are not one already:

- www.onguardonline.gov
- www.internetsafety101.org
- surfthenetsafely.com

SEE OVER for some things to think about, and some websites to check out.



Internet Resources for Teens...

Before using the internet as a part of your grief support, here are some things to think about:

- (Does the internet feel like an emotional support?)
- (Writings and postings are often public and therefore not necessarily confidential. Are you OK with that?)
- (Are you confident that the words you are posting are

the ones that you want to say? It can be more harmful than helpful to post words that you later regret.

- (Would online support be as effective as face-to-face support, or do you need a combination of both?)

Your answers to these questions may act as a guide to your use of the internet as part of your grief support.

Here are some websites for you to check out.

CREATING VIRTUAL MEMORIALS:

- (www.virtual-memorials.com)
- (www.last-memories.com)
- (www.suicidememorialwall.com)

INFORMATION AND EDUCATION:

- (www.teengrowth.com)
- (www.dougy.org/grief-resources/help-for-teens)
- (kidsaid.com) (k2k-teens support group for ages 13-17)
- (www.hellogrief.org/topics/teens/)
- (youthspace.ca) (local to Victoria)
- (www.teensanddeath.com) (local to Nanaimo)

If you find another site that you like, let us know.

Bereavement Services at Victoria Hospice can be reached at

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Victoria Hospice

www.VictoriaHospice.org

