



HOW TO SHARE YOUR STORY ONLINE

POST A VIDEO

1) Choose a prompt

- It is important to support grieving kids' because_____.
- My _____ died and (explain what, who or how you have felt supported during your grief journey).

2) Create a video

- Try to keep the video around 1 minute so we can repost it!

3) Post the video on your social media

- You can use the caption: 1 in 7 children will experience the death of a parent or sibling before the age of 25. By raising awareness and showing support, I am breaking the cycle of isolation and reducing risks for grieving children and families everywhere. Join me in showing grieving kids that they are not alone!
- Be sure to tag Good Grief using: #CGADGg @GoodGriefNJ
- Email your video to Malena@good-grief.org so we can share it!

POST A PICTURE

1) Print out a Children's Grief Awareness Day Support Sign from our website

2) Take a picture in a "Grief is Good" shirt, or a blue shirt holding your support sign! Get your friends, family, or colleagues to join you!

3) Post the photo on your social media

- You can use the caption: 1 in 7 children will experience the death of a parent or sibling before the age of 25. By raising awareness and showing support, I am breaking the cycle of isolation and reducing risks for grieving children and families everywhere. Join me in showing grieving kids that they are not alone!
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WWW.GOOD-GRIEF.ORG/CGAD