

Speaking Grief: YouTube playlists on how to be a better supporter

With the support of the [New York Life Foundation](#), [WPSU Penn State](#) developed [The Speaking Grief Initiative](#) to normalize the universal, yet stigmatized, human experience of grieving.

The below four YouTube playlists and accompanying resources are designed to validate the experience of grievers and guide those wishing to support them in an easily accessible format.

1. **[Child Loss](#)**: This collection of Speaking Grief videos shares stories of grief through candid interviews with grieving individuals and families who have experienced the death of a child. It validates grief as a normal, healthy part of the human experience, addresses the importance of support from friends and family, and offers guidance on how to show up for people in their darkest moments.

Additional resources:

- [Speaking Grief: Message for Grievers from Grievers](#)
- [Speaking Grief: Grieving Secondary Losses](#)
- [Speaking Grief: Parenting Through Grief](#)

2. **[Sibling Loss](#)**: This collection of Speaking Grief videos shares stories of grief through candid interviews with grieving individuals who have experienced the death of a sibling. It validates grief as a normal, healthy part of the human experience, addresses the importance of support from friends and family, and offers guidance on how to show up for people in their darkest moments.

Additional resources:

- [Speaking Grief: You Are Not Alone](#)
- [Speaking Grief: Kids Grieve Differently](#)

3. **[Things to Say to a Grieving Person](#)**: Responding to grief can be hard. We can't tell you what to say. We don't know your person or the situation. But we can share what people who have lost a loved one wish people would say. This collection of Speaking Grief videos shares some of the phrases might be helpful when trying to offer support to a grieving person.

Additional resources:

- [Speaking Grief: What to Say](#)
- [Speaking Grief: What NOT to Say](#)
- [Speaking Grief: Approach with Curiosity Instead of Judgment](#)
- [Speaking Grief: Say the Person's Name](#)

- [Speaking Grief: Beware of Grief Hijacking](#)
4. **Supporting a Grieving Person:** When someone you care about is grieving, it can be difficult to know what to say or do. Don't let discomfort prevent you from reaching out. This collection explores offers insight onto what the grieving person in your life might need and guidance on how you can offer meaningful support.

Additional resources:

- [Speaking Grief: How to offer Support a Grieving Person](#)
- [Speaking Grief: Grief Support Ideas](#)
- [Speaking Grief: Supporting Grieving People of All Abilities](#)
- [Speaking Grief: Understand that Grief Has No Timeline](#)

About WPSU Penn State

[WPSU Penn State](#) is a PBS and NPR member station and a service of [Penn State Outreach](#), supporting the community as a trusted source for news, information, and education.

As a next-generation media organization, WPSU creates, curates, and distributes content on screens both large and small. We are a national leader in the creation of public media and awareness initiatives: multimedia projects that address our nation's most pressing social issues



About The New York Life Foundation

Inspired by New York Life's tradition of service and humanity, the New York Life Foundation has, since its founding in 1979, provided over \$415 million in charitable contributions to national and local nonprofit organizations. The Foundation supports programs that benefit young people, particularly in the areas of educational enhancement and childhood bereavement and social justice. The Foundation also encourages and facilitates the community involvement of employees and agents of New York Life through its Volunteers for Good program and [Grief-Sensitive Schools Initiative](#)®. To learn more, please visit www.newyorklifefoundation.org. Contact the New York Life Foundation with questions at nylfoundation@newyorklife.com



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