

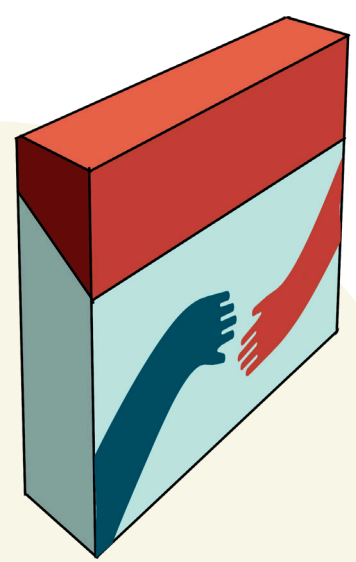
Improving social support for teenagers with parental loss in secondary school environment

Handreiking Rouw

Handreiking Rouw is a **card set** designed for teenagers with parental loss. The card set offers possibilities for receiving the desired support within the secondary school environment. *Handreiking Rouw* is a comprehensive set of cards that allows teenagers to **identify and express their feeling, needs, and experiences** related to the loss of their loved one. In addition, it offers **suggestions** for social support and information both within and outside the school environment.

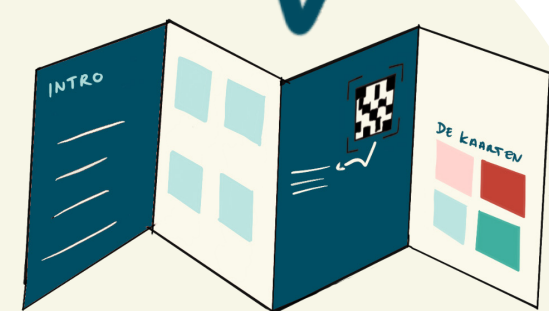
The card set also equips the school staff with **guidance in supporting** a teenager with parental loss. The cards provide school staff with knowledge and aims to increase empathy concerning the loss of a parent.

Introducing this tool provides all teenagers with parental loss with the **same possibilities for receiving desired social support** in school. It eliminates the chance of relying on just the teacher you face. Due to the card set these teenagers can easily **connect** with school staff who are open to and comfortable with offering support.



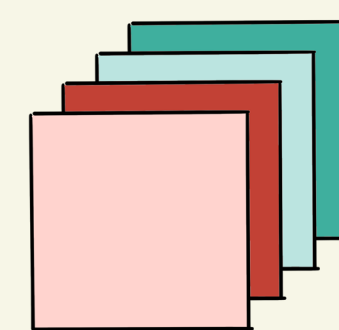
The handreiking box

The Handreiking box, which contains the cards, has a refined appearance. An appealing product is required to foster a sense of acknowledgment from the teachers' team. It has a simple layout, with only the name and an abstract illustration on the outside. The box's discreet design on the outside is favoured by bereaved teenagers who want to avoid bringing attention to their differences and prevent questions from peers about the content of the box. The opening mechanism of the box allows the user to have an overview of the contents within.



The manual

The manual offers a clear explanation of the card set, including usage instructions and a list of school staff associated with the initiative. Its purpose is to provide both the bereaved teenagers and school staff with information to make use of the cards.



The themes

The cards in the box are arranged in the following themes: Feelings, needs, experiences, and suggestions. All of the cards in the box were created through collaborative sessions with the target group and experts that includes participant interviews and brainstorming sessions. 'The feelings and needs' cards are designed to engage in reflection and support expression for the bereaved teenager. 'The experience' cards show quotes of others who experienced parental loss in order to show relatable experiences. The suggestion' cards include information about resources for help both inside and outside the school environment.



The cards

I. Front

A statement is presented on the card's front, and it is supported by illustrations. The statements are written in the first person form, such as "I feel ...", to trigger reflection. The message on the card is further supported by a graphic. The card's abstract graphic leaves room for the individuals' perception.

II. Back

The user is able to delve deeper into the content by exploring the back of the card. This includes a question to initiate the reflection, and includes more details concerning the topic of the card.