

## GRIEF REACTION BY AGE SCENARIO SCHOOL SHOOTING

1. Reaction to a traumatic event varies by age level of the child - For a school shooting it will vary by grade level
2. Kindergarten to First Grade Level
  - a. General characteristics - often engage in imaginative and fantasy play and experience feelings of shame and guilt
  - b. Specific characteristic - magical thinking
    - (1) Deceased may return
    - (2) They caused the death
    - (3) Excessive guilt
3. Elementary School
  - a. General characteristics - begin to understand the permanence of death
  - b. Specific characteristics
    - (1) Anxiety that can take the form of nightmares
    - (2) Obsession about death and dying
4. Middle School
  - a. General characteristics - often centered around classmates as opposed to family
  - b. Specific characteristics
    - (1) Survivor Guilt - shy not me
    - (2) Eating habit changes
5. High School
  - a. General characteristics - tend to have an underlying social anxiety as they navigate through high school years
  - b. Specific characteristics
    - (1) School issues - attendance and performance
    - (2) Emotional outbursts - sadness or anger
6. Many characteristics cut across all age groups but each child is an individual and must be approached as such. There is no one size fits all treatment plan