Hello

We are finding out about support for children and young people when someone close to them has died. We are really sorry this has happened to you. We hope that you have trusted friends and adults around you to support you.

Bereavement is a tricky subject to talk about. We don’t talk about it often, and many people feel awkward discussing death, dying and bereavement. Many people feel uncomfortable and often don’t know what to say. Many people may have had their own experiences, and talking about a death may mean remembering something they find painful or sad.

We think it’s really important that we do talk about it. The new United Kingdom Commission on Bereavement is asking lots of people what happened when someone close to them died. We want to find out how we can improve help and support for children and young people when someone close to them dies.

So, if someone close to you has died in the last three years, we would like to ask you some questions about how it has been for you, and get your ideas about how support can be better for children and young people in the future – because you are one of the experts. The questions will take you about 10 minutes to answer.

We know that this might be a challenging task. Here are some questions you might have about taking part.

**Do I have to take part?**No – it’s up to you. Please don’t take part if you don’t feel up to it – we won’t mind! It might be easier to take part if some time has passed after your bereavement – six months or so.

**What if I get upset?**

Taking part might make you feel different things like sadness or anger, because we are asking about the person who died. It’s ok to feel those feelings. Check with your parent or carer before you take the survey, and make sure you have a trusted adult around as you do it, so if you need to take a break, ask questions or stop completely, you can do so with someone to support you. They can read more about the [survey here](https://bereavementcommission.org.uk/taking-part/children-and-young-peoples-voices/). And remember, you don’t need to answer all the questions if you don’t want to.

**What if I need more support?**

If you need more support after taking part, there is information at the end of this survey about places you can speak to. You may already be receiving some help and support from them or places like them. Please do use them if you need to – they are there for you, your family and your friends. We will remind you of this information at the end of the survey.

**What will you do with the things I say?**

We will put all the responses together from everyone who takes part. We’ll use them to write a report about how help and support could be improved for children and young people if someone close to them has died. We won’t use anyone’s name. We hope that government and other people will read the report and help improve support for children and young people in the future.

We will keep your contact information and answers until the report has been published. We keep these personal data so that we can

* find your answers if you change your mind about taking part
* respond to any safeguarding concerns. All responses to the survey will be reviewed on a regular basis. If a child, young person, or adult shares any information that they themselves or anyone else maybe at risk of harm we will follow this up in line with our Safeguarding Policy and Procedures. If we need to take action to protect a child, young person, or adult at risk we may need to contact you directly or we may need to share your contact information in a referral to the Local Authority/Health and Social Care Board (NI) (safeguarding team).

After the report has been published, we will remove any information from your answers that could identify you, and we will keep this anonymised data until the end of 2023.

**Will my answers be private?**

Yes, we will keep the things you say private unless we are worried about you or someone else.

**What if I change my mind?**

You can stop doing the survey at any time. And if you decide afterwards that you don’t want to take part, you can email us at [ukcb@mariecurie.org.uk](mailto:ukcb@mariecurie.org.uk) by 31 January and we will delete your answers.

**Can I save my progress and return to the survey?**

No**.** There isn’t a way to save the survey and return to it, so if you need more time, perhaps minimise the survey, or put your device down and see how you feel later on.

If you or your trusted adult has any other questions, you can contact us at:

[ukcb@mariecurie.org.uk](mailto:ukcb@mariecurie.org.uk)

phone: 0800 090 2309

Thank you so much for your time and your thoughts. We really appreciate it.

And remember, this isn’t a test and there are no right or wrong answers!

If you’re ready to get started, please tick the boxes below to give your permission

* I have read and understood the information about taking part and I want to do so
* I have checked with my parent or carer and they are happy for me to complete the survey
* I have an adult I trust to support me as I complete it
* I understand that my data will be held and processed securely by Marie Curie on behalf of the UK Commission on Bereavement in line with data protection and GDPR
* I understand that my information may need to be shared with the Local Authority/Health and Social Care Board (NI) in the event of any safeguarding concerns (as above)
* I give permission for my anonymised answers to be included in reports and publications. I understand I will not be named in these.

Name:

Email address:

Address:

Telephone number:

## About the person who died

Who was it that died? If you have had more than one person who died in the last three years, please select all answers that apply:

This could include step or adopted relatives

* My mum
* My dad
* My brother
* My sister
* My grandparent
* My aunt or uncle
* My cousin
* Another member of my family
* My friend
* Someone else – please state:

The next answers are about one person who has died. If more than one person has died, please tell us about the person who you were closest to, or choose one person.

Please tell us when they died:

If the person who died was unwell before they died, were you one of the main people who looked after them?

* Yes
* No
* I don’t know
* I don’t want to say

# Your experiences and ideas

Who helped you after your close person died? Please tick any that apply:

* a family member like your parent, uncle, aunt or grandparent
* a close friend of your family, like a neighbour or a friend of your parents
* your friends
* people from your faith community
* your teacher
* someone else at your school like a teaching assistant or school counsellor
* someone from the hospital
* someone from the hospice
* the doctor you usually see (your GP)
* the funeral director (who helped to organise the funeral)
* someone from a bereavement support service
* someone else helped you – please tell us who:……………..

What helped you after they died? This could things that family, friends, school, a bereavement service or someone else did to help [free text]

What didn’t help you after they died? [free text]

Thinking about being at school after they died, how well supported have you felt?

* Very well supported
* Fairly well supported
* A little bit supported
* Not at all supported
* I don’t know

We would like to know about any ideas you have to make things better for other children and young people in the future when someone close to them dies.

Are there things that families and friends could do? Please tell us any ideas:

Are there things that adults at school could do? Please tell us any ideas:

Are there things that services for bereaved children and young people could do? Please tell us any ideas:

Are there things that other people could do? Please tell us any ideas:

Is there anything else you’d like to tell us about what it is like to be bereaved?

## Section D: About you

These questions will help us understand who answered our survey (eg different age groups). You won’t be identified as we will combine the answers from everyone.

How old are you?

* 12
* 13
* 14
* 15
* I don’t want to say

Are you a…?

* Girl
* Boy
* I identify as…..
* I don’t want to say

Which part of the UK do you live in?

* Channel Islands
* East Midlands
* East of England
* Greater London
* Isle of Man
* North East England
* North West England
* Northern Ireland
* Scotland
* South East England
* South West England
* Wales
* West Midlands
* Yorkshire & the Humber
* Currently living overseas
* I don’t know
* I don’t want to say

Which languages do you speak at home?

Which of these best describes your ethnic group?

Do you consider yourself to have a disability?

* Yes - please describe if you feel comfortable sharing this information:
* No
* I don’t want to say

## Signposting to support

Thank you again for your time in completing this survey.

We are so grateful to you for sharing your experiences and ideas. These will help the Commission to understand how we can continue to improve the support offered to bereaved children, young people and adults across the UK.

We know that some of these questions may have been hard to answer. You might like to try one of these ideas on the next page to help you relax.

If you would like further support around your bereavement, the following services can help. The Childhood Bereavement Network has a searchable map for local services:

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/finding-support-local-you>

These national charities are also available for help and support.

**Child Bereavement UK** Tel: 0800 02 888 40  [www.childbereavementuk.org](http://www.childbereavementuk.org/)

**Childline:** Tel: 0800 1111 Website: [www.childline.org.uk](http://www.childline.org.uk/)

**Cruse Bereavement Care (England, NI and Wales)** Freephone National Helpline: 0808 808 1677 Website: [www.cruse.org.uk](http://www.cruse.org.uk/)    [www.hopeagain.org.uk](http://www.hopeagain.org.uk/)

**Cruse Bereavement Care (Scotland)** Telephone: 0808 802 6161 Website: [www.crusescotland.org.uk](http://www.crusescotland.org.uk/)

**Grief Encounter** Telephone: 0808 802 0111 Website: [www.griefencounter.org.uk](http://www.griefencounter.org.uk/)

**Winston's Wish** Telephone: Family Line 08088 020 021 Website: [www.winstonswish.org.uk](http://www.winstonswish.org.uk/)

