



The Lived Experience & Literature Informing



Grief Education

As a Personal Development Program

 Resilience	 Grief Skills	 Confidence	 Life with Meaning	 Self Determination	 Death Literacy
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Grief is a personal and unique journey.

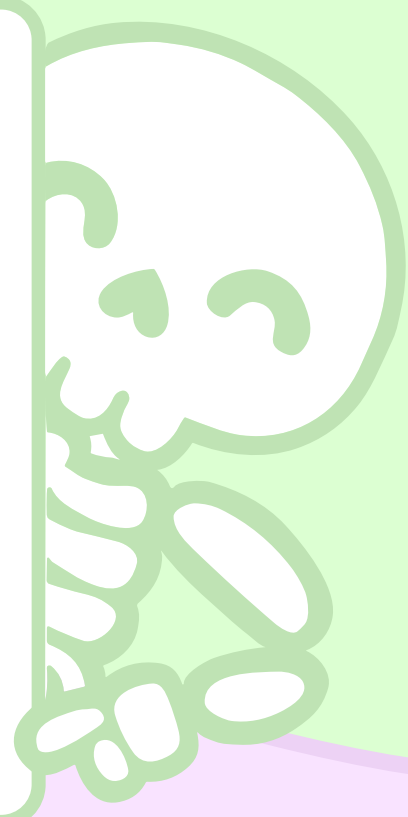


Exposure to adversity at a young age is an established preventable risk factor for mental disorders (WHO).

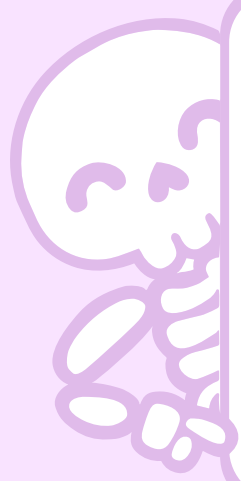


16-30

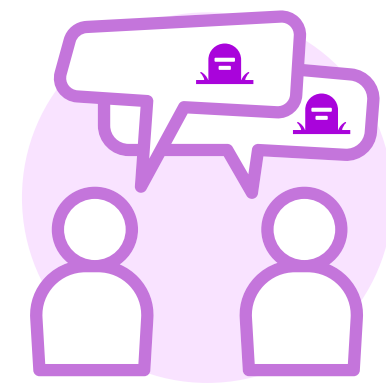
LightsOut targets young individuals aged between 16 and 30 years.



Grief and Death as Taboo



Historically, over time, we have grown to fear death in modern society.

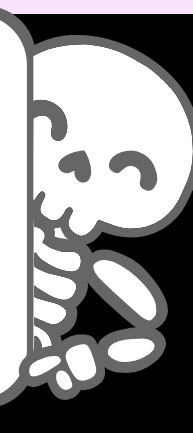


Open conversations about death and grief have gradually become invisible.

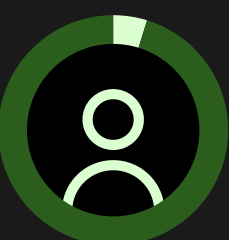
Impacts of Grief



Understanding how grief impacts people helps us create better prevention and early intervention programs that support them.



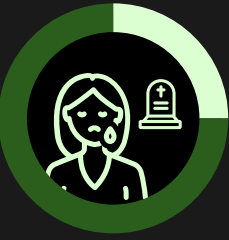
FACT Age



1 in 20 young people worldwide on average, experience the death of a parent; affecting self-esteem, confidence, independence and feelings of security.



About **20-25%** of bereaved adolescents develop mental health problems, including internalizing disorders such as depression.



25% widows /widowers experience clinical depression and anxiety in the first years of grief.



At least 1 child in every classroom is grieving the death of a parent.



1 in 3 adults reported suffering detrimental effects on their physical and mental health especially after the death of a spouse or their child.



Suicide ideation and death from suicide is still recorded in the elderly (but rarely reported).

FACT Gender



Gender is potentially an important predictor of bereavement outcomes.

FACT Indigenous & Culture



Grief is more complex for Indigenous people; its impacts need to be acknowledged and recognized.



Many ethnic groups continue to experience structural barriers that stigmatize them when they grieve, **this further hinders their healthy recovery.**

FACT Suicide



For every suicide between 6 and 60 individuals are affected negatively; up to **135** people when the suicide is violent or witnessed (UK).



Suicide adds to the complexity of grief for Indigenous peoples especially.

FACT Grief can affect mental health

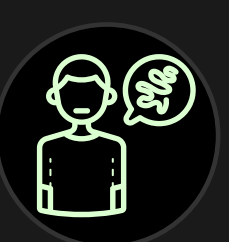


The risk of developing depression is over **5 times** greater for adults with languishing mental health.

FACT Covid19 Pandemic



An '**epidemic of grief**' is now expected because of the COVID 19 Pandemic, with complex and prolonged grief at the centre of emerging research.



Marginalized groups based on race, region and religion are likely to bear the greater burden.

Grief as a Skill



The impacts of grief are profound.



Learning tools and knowledge about death & grief, strengthens our capacity to grieve in healthy ways.



Professionals, workplaces, and community organisations can support the grieving by learning about death and grief more formally.

Grief skillfulness can:

- Transform our interactions with grief when we are currently experiencing it.
- Is a vital life skill, as we will inevitably encounter the grief of others.



LightsOut provides an accessible evidence-based Grief Education Program informed by Lived Experience.

The positive long-term Outcomes of the Program are:



Individual self-reliance



Resilience



Positive mental health & well-being



Practical coping strategies for handling grief

The Alliances



Connection with Community
Lived Experience & those like-minded



Collaboration with Alliances
Academics and Organizations that align with our goals