



Communication Flyer

What is the Program about?

LightsOut provides a grief education Program designed to empower people by increasing their knowledge and awareness about death, dying and grief. Increased death literacy reduces the negative flow-on effects of grief, and further develops the skills needed for supporting others who are grieving.

What are the main Program features?

LightsOut is a death and grief personal development Program, consisting of 10 self-led modules, with additional resources designed specifically for school's focus. The online platform modules are aimed at building awareness of death and grief bereavement and equipping people with tools to not only support themselves through grief, but to show up appropriately for others. The Program delivers a suite of key evidence-based resources on one platform for easy access. Once completed, this contributes to building overall resilience. The content of the Program is research-based or comes from a place of Lived Experience as a young person. This ensures it resonates with, appeals to, and is both engaging and appropriate for young people.

For more information about the online modules go to www.lightsout.app

Who is the Program for?

LightsOut is designed for adults, ideally suited to younger people 16 - 30 years old. This age bracket is likely to have experienced the death of someone close to them before they reach adulthood (1 in 18 across averages in our western world). The Program is designed to build on young people's existing grief skills and empowers them to expand their knowledge, enabling them to be better informed when facing hard times.

Module Themes

- Strengths
- Personal Views on Death
- Emotions of Grief
- Actions of Grief
- Life and Living
- Empathy
- Everyone Grieves Differently
- Supporting the Grieving
- Funerals
- Personal Death Awareness

How can Schools be involved?

Schools can further enhance Program outcomes by engaging in LightsOut dedicated Lesson Plans. Teachers can guide safe and respectful conversations by drawing on the extra resources. The curricula focus promotes independent thinking, explores healthy grief responses, and encourages peer support while building on individual death awareness.

Death education is a variety of educational activities and experiences related to death, embracing such core topics as meanings and attitudes toward death, processes of dying and bereavement, and including care for people affected by death. Death education is formally known as thanatology.