

School Curriculum



LightsOut provides a grief education program to empower people's knowledge and awareness about death, dying and grief, reducing the negative flow on effects of grief, and increasing skills for those supporting grieving. The platform's main focus is to increase the awareness of death and grief bereavement and equip people with the tools to not only support themselves through grief, but to show up for others.

The Program is a death and grief personal development program, consisting of 10 interactive self-led modules, online. The program brings a suite of key evidence-based tools to the one platform for accessibility. It comes from a place of lived experience as a young person, which gives the ability to relate to a young person's experience and create a program that appeals to them.

Module 1: Strengths

In the first module, we 'll gain an understanding of our personal strengths, and how they play a role in our ability to move through grief. By the end of the unit, you will know what your top 4 strengths are, how they can help or hinder our grief, as well as practical ways to use them to our advantage.

Module 2: Personal Views on Death

In module 2, we 'll learn about the 4 main belief systems, as well as our personal views on death, then touching on fears, before reflecting on how grief has touched our lives already. By the end of the unit, you will be confident in your beliefs about death, and you will have gained an insight on what grief may feel like from your previous experiences.

Module 3: Emotions of Grief

In module 3, we 'll learn about the emotions you may feel during grief, the importance of naming your emotions, and understand that everything you're feeling is normal and okay. By the end of the unit, you will have the ability to name the emotion you're feeling, as well as the confidence to feel however you're feeling.

Module 4: Actions of Grief

In module 4, we learn how actively participating in grief leads to a healthy outcome. By the end of the unit, you will have learned practical ways to grieve in a healthy way, as well as an understanding of what unhealthy grief looks like.

Module 5: Life and Living

In module 5, we learn about how everyone grieves differently, and how that may affect your grief, both positively and negatively. By the end of the unit, you will have the tools to support yourself and ensure those around you are safe.

Module 6: Empathy

In module 6, we explore the reflections from people who are dying of terminal illness or have been touched by the death of someone they love, as they look back on their life. By the end of the unit, you will have a greater understanding about how to live your life with meaning.

Module 7: Everyone Grieves Differently

In module 7, we explore the difference between sympathy and empathy, and how it affects grief. We learn how empathy plays a positive role in understanding ourselves and others, as well as practical ways to implement it.

Module 8: Supporting the Grieving

In module 8, we learn practical ways to support grieving, and how you can also ask for support when you need it. By the end of the unit, you will have developed a list of ways you can help others during any hard time, but more-so, grief.

Module 9: Funerals

In module 9, we learn about funerals. Their importance, how they happen, and all the weird and wonderful ways to celebrate life. By the end of the unit, you will understand what is involved in a funeral, as well as the knowledge to prepare for your own funeral.

Module 10: Personal Death Awareness

In module 10, we reflect on our grief skill journey and everything we've learnt. You see it come together to create your own toolkit, before exploring what personal death awareness means to you.

For more information regarding LightsOut School Curriculum please contact:

E: hello@lightsout.app

W: lightsout.app