

HOPE

HOW DO I HELP???

- Everyone goes through difficult times.
- It is okay to feel unpleasant emotions: sad, disappointed, frustrated, angry.
- How do I help someone who is having a hard time?
- Today we will learn the acknowledgment definition and watch a movie clip.

ACKNOWLEDGEMENT DEFINITION

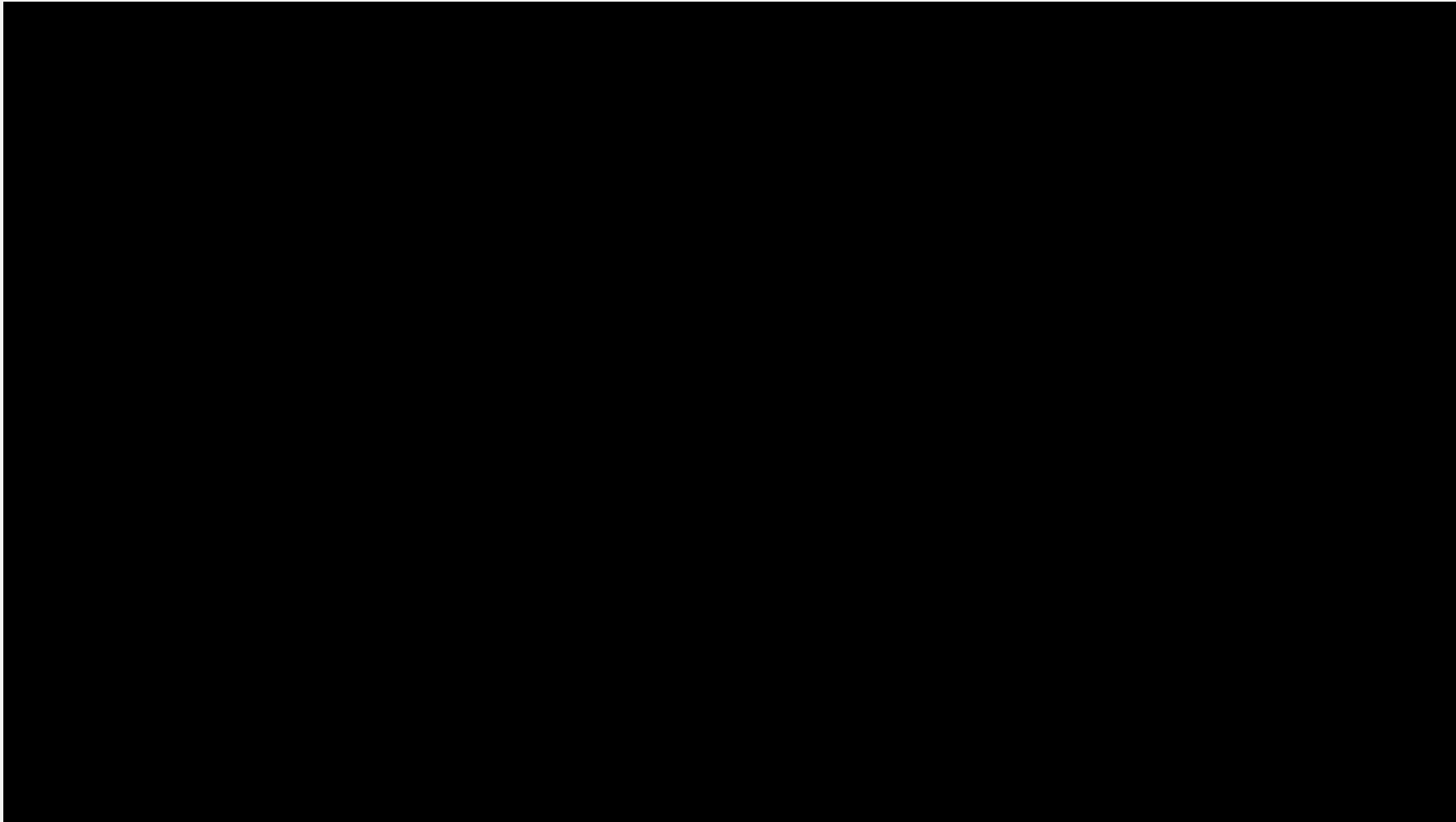
Acceptance of the truth of something

**Synonyms: allowing, recognition, realization,
be aware of**

**Example: “There was acknowledgment of
the pain she was in.”**

HOW DO YOU HELP A GRIEVING FRIEND?

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=L2ZLCGRT-NE](https://www.youtube.com/watch?v=L2ZLCGRT-NE)



HOW TO HELP SOMEONE

- Let them be in pain. Listen to them.
Validate feelings.
- “The human soul doesn’t want to be advised or fixed or saved. It simply wants to be witnessed, exactly as it is.”
-Parker Palmer

HOW TO HELP SOMEONE

- Acknowledgement—Recognize things are hard. Listen to them.
- You can't heal someone's pain by trying to take it away from them.

ACKNOWLEDGMENT

- Say, “I’m sorry that’s happening. Do you want to tell me about it?”
- Being heard helps.
- Acknowledgment can be the best medicine we have. It makes things better even when they can’t be made right.

TALK TO AN ADULT

- What if I don't know what to do, or how to help someone??
- Always talk to a trusted adult if you don't know how to solve a problem.
 - Parents, teachers, counselors, administration, relatives, church leaders
- They may have some advise to help with the situation.