

Talking with Preteens (Ages 11–14) About Grief

A Biblical Guide for Parents & Caregivers

Preteens are beginning to think more deeply. They may have big questions about God, fairness, and death. They need both honesty and hope.

Key Biblical Truths

- It's okay to question God** (see Job, the Psalms, and Habakkuk).
- God can handle our anger and confusion** (Psalm 13).
- Jesus understands suffering** and promises to be with us (Hebrews 4:15-16).

How to Talk with Preteens

- Be honest.** Don't sugarcoat, but don't overwhelm them with details.
- Welcome their questions** — even hard ones about God.
- Help them express feelings** through writing, music, or talking.
- Connect them with safe adults** and a faith community.
- Watch for changes in behavior, sleep, or school performance.**

What to Avoid

Avoid dismissing their feelings (“You’ll get over it”) or forcing them to talk before they’re ready.

God is big enough for their questions. Your steady presence and honest faith can help them hold onto hope.