

It's okay to ask

If something very bad happens to someone in your family or someone else you love, it's okay to have lots of questions. You might wonder what exactly happened, if life will carry on as normal or if they will get better.

Use this sheet to write down any questions you have, and talk them through with the people who look after you.

Together, you might be able to figure out the answers.

YOUR-QUESTIONS

A large white rectangular area with an orange border, containing 15 horizontal dotted lines for writing questions.