

Say Something. *Use Their Name.*

If you have to choose between saying something and saying nothing, say something. Nothing is usually worse.

Using a person's name does not reopen grief — it acknowledges what never closed. The name is already in the room. A grieving family is not waiting for you to avoid it. They are waiting to find out if you remember it too.

WHAT TO DO

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| ☐ Say the officer's name out loud — today, not someday. | ☐ Use the name in ordinary conversation, not just in ceremony. |
| ☐ Say: "I've been thinking about [Name] a lot lately." | ☐ Ask the family if they'd share a memory with you. |
| ☐ Write a note that uses the name at least once. | ☐ If unsure what to say, lead with the name and listen. |

DO THIS WEEK

Say the officer's name to one person today. Or write a short note to the family that uses the name. Just that.

ASK YOURSELF

When did you last say the name out loud — and what stopped you before that?

“The name is already in the room. You are just deciding whether to say it.”