

Bill of Rights for Teens Experiencing Grief

Although many people will give you advice, always keep in mind
that you have basic rights as you experience your grief.

1. You have the right to your own feelings. Your feelings are neither right nor wrong. But they are your feelings.
2. You have the right to express your grief and be comforted. If you do not get comfort, you have the right to request additional support.
3. You have the right to continued loving care, but you must understand that it may sometimes be difficult for those who love you to provide that care.
4. You have the right to help plan and participate in the funeral ceremony, as much or as little as you wish.
5. You have the right to ask any questions and expect thoughtful, honest answers.
6. You have the right to be treated as an interested and important individual, not as someone's "kid."
7. If you are a surviving sibling, you have the right to maintain your own identity. You are yourself, and you cannot take the place of your dead sister or brother.
8. You have the right to grieve for days or years, however long it takes you to feel good again. There is no set time to feel better.
9. You have the right to be free from guilt or continued grief, and you have the right to counseling if you need or want it.
10. You have the right to be a comforter to others who are grieving, and to share your grief with them.