



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.

- You have the right to your own feelings. Your feelings are neither right nor wrong. They simply are. And they belong to you.
- You have the right to express your grief in *any* way that is not destructive, and to be comforted. If you do not get comfort, you have the right to request additional support.
- You have the right to continued loving care, but you must understand that it may sometimes be difficult for those who are also grieving to provide that care.
- You have the right to ask any questions and expect thoughtful, honest answers.
- You have the right to be treated as an interested and important individual, not just as someone's "kid."
- You have the right to maintain your own identity. You are yourself; you cannot take the place of another lost loved one.
- You have the right to retreat for days or weeks, however long it takes you to feel good again. There is no set time to "feel better."
- 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.
- You have the right to be a comforter to others who are grieving, if you choose, and to share your grief with them.