

Grief Bill of Rights for Teens

- 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. But they are yours.
- You have the right to express your grief and be comforted. If you do not get comfort, you have the right to ask for more support.
- 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.
- You have the right to help plan and participate in the funeral ceremony, as much or as little as you wish.
- 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 as someone's "kid".
- If you are a surviving sibling, you have the right to maintain your own identity. You are also yourself, and you cannot take the place of your dead sister or brother.
- 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.
- 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, and to share your grief with them.