

TEEN GRIEF RIGHTS

I have the right to have my own unique feelings about the death.

I have the right to talk about my grief whenever I feel like talking.

I have the right to show my feelings of grief in my own way.

I have the right to need other people to help me with my grief,
especially grown-ups who care about me.

I have the right to get upset about normal, everyday problems.

I have the right to have “grief-bursts.”

I have the right to use my beliefs about my God to help me deal
with my feelings about grief.

I have the right to try to figure out why the person I loved died.

I have the right to think and talk about my memories of the person who died.

I have the right to move toward and feel my grief and, over time, to heal.

