

# A Grieving Teen Has The Right To...

Know the truth about the death, the deceased and the circumstances

Be angry at death, at the person who died, at God, at self and at others

Be heard with dignity and respect

**Have questions answered  
honestly**

Not to have to follow the “stages of grief” as outlined in a high school health book

**Not agree with your perceptions  
and conclusions**

See the person who died and  
place of the death

**Be silent and not tell you his or her  
grief emotions or thoughts**

Grieve in one’s own unique,  
individual way without censorship

Feel all the feelings and to think all  
the thoughts of his or her own unique  
grief

**Grieve in any way she or he wants  
to without hurting self or others**

Ignore people who are insensitive  
and spout cliches

Have her or his own theological and philosophical beliefs  
about life and death

**Not be taken advantage of in this vulnerable mourning  
condition and circumstances**

**Have irrational guilt about how he  
or she could have intervened to  
stop the death**

Be involved in the decisions about  
the rituals related to the death