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

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

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

See the person who died and place of the death

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

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

Ignore people who are insensitive and spout cliches

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

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

Adapted from The Dougy Center at https://www.dougy.org/grief-resources/bill-of-rights/