



GRIEVING TEENS "BILL OF RIGHTS"

As grieving teens, we have the right to:

- Know the truth about the death, the person who died, and the circumstances surrounding the death
- Ask questions and have them answered honestly
- Be heard and listened to without receiving unsolicited advice
- Be silent and not share our thoughts and emotions out loud
- Disagree with your perceptions and conclusions
- See the person who died and the place where they died, if we choose to
- Grieve in our own ways - without hurting ourselves or others
- Feel all the feelings and to think all the thoughts of our own unique grief
- Not have to follow the "Stages of Grief" as outlined in a high school health book
- Be angry at death, the person who died, God, ourselves, and others
- Disagree with people who are insensitive especially those who spout clichés
- Have our own beliefs about life and death
- Be involved in the decisions about the rituals related to the death
- Have irrational guilt about what we could have done to prevent the death

This Bill of Rights was developed by participating teens at The Dougy Center and does not represent "official" policies of the Center.

If at any time there are suicide or suicidal thoughts If you or someone you know may act on suicidal feelings call 911 or local emergency number immediately
National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)
to reach a trained counselor.