

The Bill of Rights of Grieving Teens



By Teens at The Dougy Center, a Grief Center in Portland, Oregon

A grieving teen has the right....

...to know the truth about the death, the deceased, and the circumstances.

...to have questions answered honestly.

...to be heard with dignity and respect.

...to be silent and not tell you her/his grief emotions and thoughts.

...to not agree with your perceptions and conclusions.

...to see the person who died and the place of the death.

...to grieve any way she/he wants without hurting self or others.

...to feel all the feelings and to think all the thoughts of his/her own unique grief.

...to not have to follow the "Stages of Grief" as outlined in a high school health book.

...to grieve in one's own unique, individual way without censorship.

...to be angry at death, at the person who died, at God, at self, and at others.

...to have his/her own theological and philosophical beliefs about life and death.

...to be involved in the decisions about the rituals related to the death.

...to not be taken advantage of in this vulnerable mourning condition and circumstances.

...to have guilt about how he/she could have intervened to stop the death.

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

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