



Tides™



A Support Program for
Grieving Children, Teens, and
The People Who Love Them.

my grief rights as a teen

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 adults who care about me.

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

I have the right to have “griefbursts.”

I have the right to use my beliefs about my god to help me deal with my feelings of 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.

Tides, Inc.

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