

A Teen's Grief Rights



Grief is a deeply personal and often overwhelming experience, and it's especially complex for teenagers who are navigating a period of significant change and development. While there's no *right* way to grieve, acknowledging certain "grief rights" can help teens feel understood, supported and empowered to process their loss in a healthy way.

MY GRIEF RIGHTS

1. I have the right to have my own unique feelings about the death.
2. I have the right to talk about my grief whenever I feel like talking.
3. I have the right to show my feelings of grief in my own way.
4. I have the right to need other people to help me with my grief, especially adults who care about me.
5. I have the right to get upset about normal, everyday problems.
6. I have the right to have "griefbursts."
7. I have the right to use my beliefs about my god to help me deal with my feelings of grief.
8. I have the right to try to figure out why the person I loved died.
9. I have the right to think and talk about my memories of the person who died.
10. I have the right to move toward and feel my grief and, over time, to heal.

YOU DO NOT NEED TO GRIEVE ALONE!

There are people and resources ready to listen and support you. They care about you and want to help you through this difficult time.

- Tides Programs-for grief support in your school or community, and advice for grieving teens and their families.
- The Dougy Center - The National Grief Center for Children & Families: [dougy.org/grief-support-resources/teens](https://www.dougy.org/grief-support-resources/teens). Known for their "Grief Out Loud" podcast, where teens share their stories and experiences.
- Empower Teen Grief Resources: [weareempower.org/resources/teen-grief-resources](https://www.weareempower.org/resources/teen-grief-resources). Lists various camps and online resources specifically for grieving children and teens.
- 988 Suicide & Crisis Lifeline: Call or Text 988
- Crisis Text Line: Text HOME to 741741

Tides
PROGRAMS
Support For Every Wave of Grief