



## YOUR RIGHTS - OUR PLEDGE

Voices of Now Forum – 2013

**Youth:** I have the right to be heard with dignity and respect.

**Supportive Adults:** We pledge to treat grieving young people with respect and dignity - trying not to make pity eyes, or make you feel uncomfortable – recognizing you as a full person who should be heard!

**Youth:** I have the right to show my grief in my own time and in any way I want without hurting myself or others.

**Supportive Adults:** We pledge to support your timeline and your way of grieving - but our priority will always be to keep you physically and emotionally safe.

**Youth:** I have the right to not want you to fix or take away my grief.

**Supportive Adults:** We pledge to try not to fix or take away your grief, even when we desperately want you to not feel pain - we recognize your grief is yours.

**Youth:** I have the right to be silent and not tell you my grief emotions and thoughts.

**Supportive Adults:** We pledge to try and sit quietly with you and not force you to share when you don't want to or are not ready to share. We will make a quiet space – supportive and safe!

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

**Supportive Adults:** We pledge to try and give you the space to get upset about normal, everyday problems - without thinking it has to do with your grief.

**Youth:** I have the right to need other people to help me with my grief.

**Supportive Adults:** We pledge to be the people you seek or find the right people for you. You deserve not to grieve alone!

**Youth:** I have the right to move toward and feel my grief, and over time, to heal.

**Supportive Adults:** We pledge to be present and support you in your grieving and your healing.

*Youth Rights originated from the Dougy Center's Grieving Children/Teens Rights. Supportive Adult Responses have been created by Stephanie Handel of the Wendt Center.*