GRIEF PERMISSION SLIP

As teens who have had someone die of COVID, we give ourselves permission 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 about COVID and how our people died

- Grieve in our own ways – without hurting ourselves or others

- Feel all the feelings and think all the thoughts of our own unique grief

- Not have to follow the "Stages of Grief"

- Be angry at the circumstances that led to our people being exposed to COVID

- Wonder if we could have done something to prevent the person from getting COVID

- Disagree with people who are insensitive, especially those who spout clichés or inaccurate information

- Have our own beliefs about COVID, vaccines, policy decisions, other factors related to how our people died

- Be involved in the decisions about the rituals related to the death

- (Write in your own) _____

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DOUGY CENTER

The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

dougy.org • help@dougy.org • 503.775.5683