

# 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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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.

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**[employeereleiefund.org/brave-of-heart-fund](https://employeereleiefund.org/brave-of-heart-fund)**