

The Wounded Spirit

Bill of Rights - Youth from Foster Care Experiencing Grief

Choose only **1 Right** that is highly important to you.

If you wish to share, describe:

- **WHY** you think the right is so important
- **HOW** the right might apply to a youth in foster care
- **WHAT** a youth could do to express this right

You may want to make notes in the right column – and consider your own experience in foster care. Peers in this activity might have good ideas that you’ll want to write down, too.

Your Rights	Notes
Although many people will give you advice, always keep in mind that you have basic rights as you experience your grief.	
You have the right to your own feelings. Your feelings are neither right nor wrong. But they are your feelings.	
You have the right to love your parent, no matter what they did or their inability to physically or emotionally take care of you.	
You have the right to express your grief and be comforted. If you do not get comfort, you have the right to request additional support.	
You have the right to participate in your case plan, as much or as little as you wish.	

<p>You have the right to ask any questions and expect thoughtful, honest answers.</p>	
<p>You have the right to be treated as an interested and important individual, not as someone's "kid."</p>	
<p>You have the right to maintain your own identity. You are yourself, and you are not responsible for the actions of a person who neglected or abused you.</p>	
<p>You have the right to grieve for days or years, however long it takes you to feel good again. There is no set time to feel better.</p>	
<p>You have the right to counseling if you need or want it.</p>	
<p>You have the right to be a comforter to others who are grieving, and to share your grief with them.</p>	