

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 |
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| 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. | |

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| <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> | |