

I can decide how I grieve



**People who
support me**



**Things that
support me**

I can decide how I grieve

I decide based on who I am and what I want

What I want might change

My life might change



I need people who support me

Respect my decisions

Listen to me

Care for my feelings



Help me understand

**Respect what I want
and do not want to
talk about**

Explore what I want

I need things that support me



I need time

**I need information
I understand**

I need a safe place



**I need tools to say
what I want**