

TALKING TO YOUNG PEOPLE ABOUT

CORONAVIRUS

TIPS FOR MENTORS, TEACHERS, PARENTS

SOURCE: SAMHSA

As we deal with the outbreak of COVID-19 Coronavirus, some young people may be struggling to cope with the disruption to their lives that this virus has caused. The Substance Abuse and Mental Health Services Administration (SAMHSA) has released guidelines on talking to young people about infectious disease outbreaks. These tips can help mentors, teachers, and parents have meaningful and positive conversations about the virus with young people.

BE A GOOD LISTENER

Most children want to talk about things that make them anxious. Tell them it's ok to feel sad, upset, or stressed. Let them express themselves comfortably.

LET THEM ASK QUESTIONS

Ask young people what they know about the outbreak. Watch news coverage with them. Make sure that they are only getting information from reliable sources.

MODEL SELF-CARE

Teach the health and safety recommendations put out by the CDC. Maintaining your own health sets a good example for yourself and the young people you support.

BE NURTURING

Let young people know that you care deeply about them. Maintain consistent routines, like doing daily chores and playing games together.

Get the full guide at PreventionWorksCT.org/resources