

## How to talk through worries about COVID-19 with young people

Some teens may feel worried, anxious, or sad about what they've heard about COVID-19 through media or overhearing other people talk about it. Having an open and supportive conversation with your child can help reduce any worries they may have.

Some key tips for talking with your child about COVID-19 are:

- 1. Answer questions honestly, and keep your answers age-appropriate.** Consider using language or examples that are age-appropriate, monitoring how your child is reacting throughout the conversation, and being mindful of the types of information that might cause distress (e.g. talking about deaths).
- 2. Provide reassurance.** Remind your child that they are less likely to be sick with the virus, and if they do have the virus they will probably experience symptoms similar to a cold or having the flu. Let your child know there are many working to keep them safe: doctors, researchers, government, teachers and cleaners.
- 3. Provide them with opportunity to take action.** Talk to your child about the things they can do to look after their family and friends, like washing their hands, sneezing/coughing into their elbow, or calling friends or family who are staying at home during this time (e.g. grandparents).