

TALKING TO YOUR TEENS ABOUT CORONAVIRUS

#PGCCOVID19



BE HONEST AND ACCURATE

- Older children will have more access to information through the internet, social media, and their friends. Some of this information may create more anxiety. Some of this information may not be correct.
- Be honest if your child asks if you are worried. They will know if you are not telling them the truth. You can say things like: "Yes, I'm worried about the virus, but I know that there are ways to prevent its spread and take care of the family if one of us gets sick."
- Some teens may not feel worried about getting sick. They may be more worried about having to stay home, and what they may be missing out on. Acknowledge these feelings. Gently explain that they have a responsibility to keep other people in their community healthy, and the best way to do that is by staying home.



Learn more: health.mypgc.us/COVIDresources