

TALKING TO YOUR TEENS ABOUT CORONAVIRUS

#PGCCOVID19



STAY CALM AND INFORMED

- Your children will follow your lead about how to react and how anxious they should be.
- Get credible information about the virus so that you can have open and honest conversations with your teens and correct any information they've heard that may not be true ("It's no worse than the flu").
- Take care of yourself as a parent. Get plenty of sleep and do things that help you feel calmer—talk with friends and family, exercise, listen to music, etc.



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