

TALKING TO YOUR TEENS ABOUT CORONAVIRUS

#PGCCOVID19



FIND OUT WHAT YOUR TEEN KNOWS, LISTEN AND BE AVAILABLE

- Create an open environment where teens can talk to you about the virus and their feelings, but follow their lead. Some teens may not want to talk about it and that is okay.
- Start by asking what they have heard about coronavirus. This gives you a chance to understand how much they know and whether their information is accurate. Offer to answer any questions.
- Be sure to listen. Acknowledge their feelings and concerns with “I know this feels scary” or “I understand that it’s frustrating that you have to stay home.”



Learn more: health.mypgc.us/COVIDresources