**TIPS FOR SUPPORTING YOUR TEEN**

**You Know Your Teen Best**

* Listen to your teen to find out what they know about COVID-19 and its impact
* Answer your teens’ questions about the virus with age appropriate information
* Give them the facts! If you aren’t sure choose your sources of information carefully.  The Public Health Agency of Canada has accurate information about the virus.  <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
* Limit their access to the media coverage. If they are watching, sit with them so you can talk about what is happening and check their understanding
* Recognize and normalize their feelings.  Some of this information is unsettling and scary.  It’s ok to have feelings about what is happening.  Help them to manage these feelings through the things they can do such as talking with you or others, journaling, writing poetry, or art.
* Emphasize their strengths and abilities to cope. Share your coping strategies and help them develop ones they can use.
* Share with your teen what they can do to help.
* Wash their hands
* Sneeze and cough into a tissue or elbow
* Take care of themselves – sleep, eat well, exercise
* Keep to their usual routine
* Social Distancing – Limit contacts, no going out with friends, etc
* Cut them some slack. Your teens need to do stay connected so calling, texting and face timing their friends can be very good for their wellbeing.
* Do things together.  Make a meal together, watch a movie, play a board game, do a craft, mindfulness and meditation activities, cleaning their room, starting a new hobby
* Be mindful that your teen is missing things: outings with friends, sports, work, and may be worrying about graduation, getting their marks and assignments done
* Help focus on what they can control, their thoughts and behaviour and what they cannot control