



CORONAVIRUS

CONVERSATION GUIDE

FOR TEACHERS, PARENTS &
CARING ADULTS TO HAVE
WITH TEENS



Designed by @iameddiecortes



Invite students to a conversation

Students worry more when they are left in the dark.

- Take cues from your students. Don't prompt questions, instead invite them to share what they've heard about the coronavirus and how they feel.
- Validate their fears but focus on the facts.
- Give them the opportunity to ask questions.
- Your goal is to clarify the facts, set the emotional tone, and reassure their safety. Share honestly and clearly.



2

Focus on what you are doing to stay safe

Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, ***“Kids feel empowered when they know what to do to keep themselves safe.”***

- Reassure students by emphasizing the safety precautions that you are taking.
- Empower students to take care of themselves by washing their hands with soap and water for 20 seconds when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.



3

Share your own coping skills

- Share relevant and age appropriate examples of your personal coping skills.
- Remind them to limit their media consumption.
- Media hype, inaccurate information, fake news, and rumors can cause anxiety and fear.



4

Continue an ongoing conversation

- Encourage your students to ask questions even after the initial discussion.
- Tell students that you will update them as you learn more.





Created by: Eddie Cortes

Eddie is a youth speaker, his presentation titled "**I'm Possible**" helps empower students to build resilience, develop positive self-worth, and transform obstacles into opportunities.

To learn more about Mr. Cortes visit:

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