

How to support teenagers through coronavirus



Let them talk



Acknowledge their frustration



Don't judge



Be honest



Get the facts right



Advise them where to get info



Encourage a routine



Encourage exercise



Take screen breaks

For more information visit:
<https://westmidlands-vru.org/projects/education-resources-covid-19/>



WEST MIDLANDS
VIOLENCE
REDUCTION UNIT

IN
PARTNERSHIP
WITH

Believe in children
 **Barnardo's**