**Elementary School**
- Provide brief, simple, factual information
- Reassure them: “Adults are working hard to keep you safe.”
- Explain social distancing, aka “Why can’t I play with my friends?”
- Explain ways to stop germs and stay healthy: Eat nutritious foods, get plenty of sleep, wash your hands!

**Middle School**
- Listen—they are likely more vocal about their safety.
- Separate rumors from facts.
- Discuss local, state, and national strategies to keep the virus from spreading.
- Explain the importance of social distancing, aka “What is flattening the curve?”

**High School**
- Take time for more in depth conversations.
- Engage them in family decision making: A family calendar helps establish a routine and increases their sense of control (when to study, exercise, face time family members at work, do chores).
- Emphasize their responsibility to socially distance, aka “NOT just older people get the virus.”
- Help them find a safe way to help others in their community.

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**Emotional Red Flags**

**Preschoolers:** Regressive behavior, (thumb sucking, bedwetting, fear of dark) clinging to parents, sleep and appetite disturbances

**Elementary Schoolers:** Irritability, aggressiveness, clingingness, nightmares, school avoidance, social withdrawal

**Adolescents:** Sleeping/eating disturbances, agitation, physical complaints, increase in conflicts with parents

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