



COVID-19: Resources for Parents and Teens

We know that teens and their families are anxious about the coronavirus (COVID-19) outbreak, especially given the media attention to this issue. During this time, it is important for teens and families to get information from reliable resources.

CLOSE recommends that teens and their families review the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) websites for the most up to date information about COVID-19.

The [CDC's COVID-19 website](#) provides detailed information about how to protect yourself and others, what to do if you think you are sick, and more.

The [WHO's COVID-19 website](#) provides information about protecting yourself and others from getting sick, protection measures for those who have visited areas where COVID-19 is spreading, coping with stress, and more.

We also recommend the American Academy of Pediatrics' [healthychildren.org](https://www.healthychildren.org) website for information about COVID-19.

-To view the Massachusetts COVID-19 Weekly Public Health Report including updates on the Governor's statewide Steps and Phases visit the Mass.gov website [HERE](#).

The COVID-19 pandemic has created many new stressors for teens and their families. CLOSE has assembled resources addressing several topics including: teen mental health and coping; parenting and caring for one's family; resources for online education; guide to discussing social distancing; and sexual health considerations. We hope these resources are helpful to you, and encourage you to share them through your networks.

Teen Mental Health and Coping

[Addiction Medicine: COVID Guidance](#)

From Yale University, this guidance addresses youth who are managing addiction, including vaping, during the COVID pandemic.

[Blogging to Cope: An Opportunity for Teens to Blog](#)

From the University of Pittsburgh, an opportunity for youth to contribute to a youth blog which may help teens cope with stress and anxiety during this time.

[PsyberGuide: Tools for Mental Health Support](#)

A compendium of online tools for mental health support, including apps and websites, which are ranked based on credibility, evidence, usability, and safety.

[How Teenagers Can Protect Their Mental Health During COVID-19](#)

A resource from UNICEF for understanding youth anxiety and strategies for teens facing a "new" normal.

[Helping Children Cope with COVID](#)

From the National Association of School Psychologists, strategies for parents in English and Spanish on ways to help children cope with COVID)

[National Suicide Prevention Hotline](#)

The hotline provides help and support to anyone contemplating suicide

[Substance Abuse and Mental Health Services Administration](#)

SAMHSA resources for individuals and family members facing mental and/or substance use disorders

[Coping with grief and loss during COVID-19](#)

Resources from the MGH Clay Center for Young Healthy Minds for helping children and adolescents cope with grief due to COVID-19

[Back to School - Helping Kids Overcome School Anxiety and Build Resiliency](#)

Living in a world that's increasingly unpredictable, today's kids, especially alternative learners, are more anxious than ever before. Dr. Sharon Saline (from Northampton, MA!), veteran psychologist and author of *What your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life*, and *The ADHD Solution Card Deck* discusses how anxiety works and what professionals and parents can do to help kids reduce their worries. Dr. Saline also discusses how to help kids change their relationship to worry and avoid the pitfalls of negative thinking. Learn techniques for separating the person from the anxiety, talking to the worry itself, and creating effective responses to 'what ifs'. Dr. Saline offers tools for teaching all types of learners how to realistically evaluate situations, tolerate uncertainty, and calm down.

[Navigating Schools: A Challenge Success Parent Webinar:](#) An engaging webinar, sponsored by *Challenge Success*, an agency that LPS has partnered with in the past to promote student well-being and engagement with learning.

Parenting and Caring for Your Family

[Quaranteenagers: Strategies for Parenting in Close Quarters](#)

Guidance for parents of teens using compassion during this crisis, from the New York Times.

[Helping Families Cope With COVID-19](#)

A guide for parents and caregivers to help support family coping, from the National Child Traumatic Stress Network.

[Now that your College Student is home](#)

Advice for parents of college students working from home

[Tools and resources for families and caregivers during COVID-19](#)

An encompassing list of resources for families compiled by Seattle Children's Hospital and Devereux Advanced Behavioral Health. Includes strategies for parents of children with autism.

[What to do if you and your teen don't agree on social distancing](#)

Advice from child and adolescent psychologist Dr. Barbara Greenberg to help get parents and teens on the same page when it comes to social distancing

[Risks of summer activities](#)

Experts rate the risk of 14 summer activities

[What's worrying teenagers right now](#)

Information about what is worrying teenagers during the pandemic

[Managing Anxiety over reopening](#)

Strategies for parents and families to manage anxiety during reopening

[Teenagers and re-opening](#)

Tips for helping teens stay safe during reopening

[Navigating Behavioral Challenges with Remote Schooling for Parents](#)

As the school year begins, there are many new challenges being faced by parents and children trying to navigate remote learning. Without the same support systems that are typically in place there are additional layers of complexity in addressing behavioral challenges in students.

- how to differentiate the impact of stress and trauma versus other learning issues and diagnoses.
- the impact of trauma/stress on the brain.
- practical strategies to instill resilience in ourselves and our children in order to build healthy, happy children even in the face of adversity.

Meet the Presenters: Tracy Clements is the Director of Counseling Services for Neosho School District in Southwest Missouri. She has worked in the counseling field for 28 years, the last 14 in educational settings. Tracy is a Licensed Professional Counselor and holds K-12 certification as a Professional School Counselor. She began her professional career working in child protective services, then moved on to working in psychiatric hospitals, a child advocacy center, and private practice before working in educational settings. She is also an adjunct professor for Lindenwood University.

Resources for Online Education

[Life Skills Education](#)

Educational activities to build life skills in day to day activities, from GCF/GCF Global.

[Supporting Students Away from School](#)

Curriculum Associates' resources and guidance for educators and families to support home learning for students through grade 8, including printable "At-Home Activity Packs". Also in Spanish.

[How to Homeschool for Free During a School Closure](#)

Ideas, resources, materials and more for homeschooling preparation for families.

[Khan Academy for Remote Learning](#)

Free resources for students, teachers and parents of youth Kindergarten through College. Includes lessons in multiple subjects as well as exercises to practice. Also have guides to plan learning.

[Virtual Museum Tours](#)

Online virtual museum tours from 12 international museums.

Talking about Social Distancing

The following articles are great resources for starting the conversation around social distancing.

Written for Parents / Trusted Adults:

- [NYTimes: 5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
- [Momtastic: The Challenges of Social Distancing for Teens](#)
- [Psychology Today: How to Talk to Teens & Young Adults About Social Distancing](#)
- [American Academy of Child & Adolescent Psychiatry: Talking to Children About Coronavirus \(COVID19\)](#)

Written for Teens:

- [Seventeen Magazine: Everything You Need to Know About Social Distancing and Why It's So Important](#)
- [Buzzfeed: 12 Teens On Being Stuck At Home Because Of The Coronavirus](#)
- [How three teens are social distancing while staying in touch](#)

Sexual Health Considerations

Sex and Coronavirus Disease

Practical guidance on staying safe and making decisions about sex during the COVID-19 pandemic, from the NYC Department of Health and Hygiene.

SIECUS - Sex ED for Social Change: Homeschool Sex ED Resources

Resources for homeschool sex education

Intimate partner violence/domestic violence during COVID-19

Intimate partner violence and domestic violence have increased during the pandemic, and the following are resources that may be helpful.

- [National Domestic Violence Hotline](#)
- [National Teen Dating Helpline](#)
- [National Human Trafficking hotline:](#)
- [Ways to seek help when an abuser is living at your home](#)

Eating Disorders and COVID-19

The COVID-19 pandemic may be affecting individuals with eating disorders in different ways, and the following are resources that may be helpful.

- [Advice for those struggling with eating disorders during COVID-19](#)
- [Tips for coping with and supporting others with eating disorders during COVID-19](#)
- [Eating Disorders and COVID-19: What Individuals and Families/Caregivers Need to Know](#)

Substance Use Prevention Resources

National Institute on Drug Abuse (NIDA) invites you to visit the enhanced [drugabuse.gov](https://www.drugabuse.gov). Find up-to-date, science-based information on addiction science research on NIDA's redesigned website. The site offers resources for researchers, clinicians, educators, and the public—all grounded in the latest scientific research findings.

Some of the most popular content includes:

- [Trends and Statistics](#) – Identify sources of data on how many people use drugs, and trends in drug use in the United States.

- [Opioid Overdose Crisis](#) – Review general information and related resources on the opioid overdose crisis.
- [COVID-19: Potential Implications for Individuals with Substance Use Disorders](#) – Read the blog post from NIDA Director Dr. Nora Volkow on challenges faced by those in recovery or struggling with addiction during the COVID-19 pandemic.
- [Vaping Devices \(Electronic Cigarettes\) Drug Facts](#) – Read a research summary that describes how e-cigarettes work; how safe they are compared to traditional, combustible cigarettes; and the health effects of tobacco/nicotine.
- [Opioids: Facts Parents Need to Know](#) – In this publication targeted to parents, review questions and answers about opioids and their potential harmful effects.
- [Opioid Facts for Teens](#) – Share this publication designed to explain the opioid overdose crisis to teens, and answer common questions teens may ask.
- [Words Matter – Terms to Use and Avoid When Talking About Addiction](#) – Review tips to keep in mind to reduce stigma and negative bias when discussing addiction.
- [Drugs, Brains, and Behavior: The Science of Addiction](#) – Find scientific information about the disease of addiction, including the many harmful consequences of drug misuse and the basic approaches that have been developed to prevent and treat the disease.
- [How is Vaping Affecting Teens, Especially during COVID](#) – Our teens are caught in the crossfire of a war between a massive vaping industry and the public health entities trying to reign them in. We will highlight current teen vaping statistics and the latest policy changes on flavor bans, disposable vapes, and more. Parents, Youth organizers, and Drug-Free Coalition leaders join Dr. Aaron Weiner, a board-certified licensed clinical psychologist and Founder of Bridge Forward Group, who will provide a broad-spectrum analysis of the current state of vaping and implications for our youth's future.

Dr. Weiner is a strong advocate for evidence-based care in treating chemical dependency and behavioral addictions, as well as a proponent of integrating behavioral health services into medical settings. He has spoken nationally on the topics of opioid addiction, marijuana commercialization, and the vaping epidemic, as well as serving as a context expert for both policy-makers and media outlets.

- [Worried About COVID-19, School and Substance Use?](#) One of Our Drugfree.org Specialists Offers Advice. We chatted with one of our helpline specialists, Deb Drache, to learn more about the concerns she's hearing as families transition back into a most unusual school year. We asked, too, if she has advice for parents facing the added worry of substance use or addiction.

Interested in learning more about a specific drug topic? Find a brief description, the latest statistics, related publications, infographics, and other multimedia resources and partner agency content—all with a simple scroll on our [Drug Topics](#) pages.