

PARENT RESOURCES

JR. HIGH AND HIGH SCHOOL

COMMON REACTIONS

Common Behaviors

- Guilt, shame
- Anger, aggressiveness
- Withdrawal
- Depression
- Anxiety, fears, and worry
- Revenge fantasies
- Suicidal ideation
- Substance abuse
- Feelings of helplessness

Thoughts and Feelings

- Difficulty concentrating
- Difficulty paying attention
- Difficulty recalling information
- Difficulty with organization
- School avoidance
- Confusion
- Intrusive thoughts
- Seeking reassurance that they are OK, and that friends and family members are OK

How to respond:

Remain calm and be reassuring. Children will look to the adults in their lives to help them understand a crisis situation.

Be available and a good listener. Recognize the times children and adolescents are ready to discuss the situation, but don't force the conversation.

Encourage healthy habits. Emphasizing a healthy diet, regular exercise, sleep, and disease prevention such as washing hands and covering nose and mouth when coughing or sneezing.

Be positive and teach gratitude. Despite the uncertain and difficult times, encourage gratitude and show thanks for little acts of kindness.

For a complete list of COVID-19 Resources, visit: www.nasponline.org.

