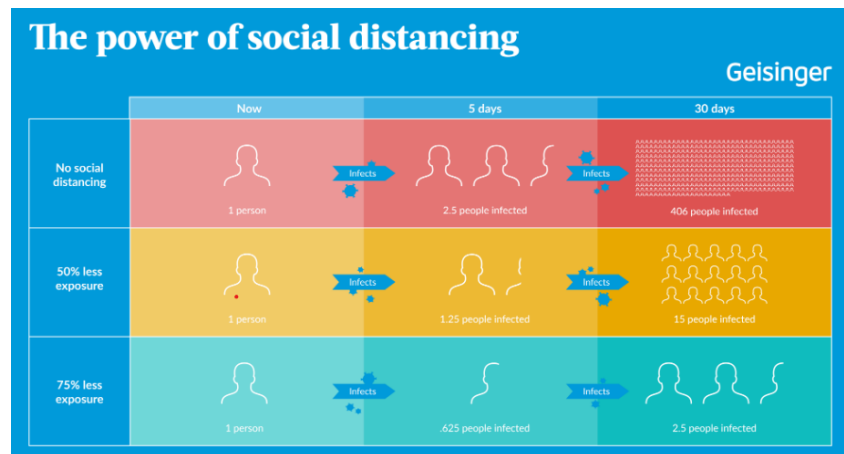


Talking to Teens about Social Distancing

- Discuss with a caregiver in advance that you will be discussing Social Distancing with their teen.
- Try to set up an individual session, ideally using video conferencing.
- Start by asking what they know about COVID-19.
 - This gives you an opportunity to learn what they already know so you know where to fill information gaps and can correct inaccuracies.
- Based on their response, briefly explain or correct information regarding COVID-19.
- Explain that while there is no cure or treatment for the virus, we are working to prevent the spread of the virus to new people by reducing the number of people with whom we come in contact. Because people can spread the virus for 2 weeks before they show symptoms of being sick, it's important to keep physical distance from others now, before they become ill. Even without showing symptoms, it is possible to carry the virus and be contagious to others.
- Explain the CDC's 3 keys to social distancing:
Stay **6 feet apart** from others, **avoid gathering in groups** and **stay out of crowded places**¹.
- If you're able, you can use this infographic from Geisinger² which describes how limiting contact with others can prevent the spread of the virus.
- Be clear that **Physical** Distancing is the key.
 - Specify that it's important to maintain relationships and be social.
 - Brainstorm ways to remain connected while maintaining physical distance from friends.
- If your community has a mandated stay-at-home order, there may be more intensive regulations on social distancing that need to be followed.
- Explain that it is normal to feel grief, loss, or confusion with the change of schedule and routine³.
 - Processing any feelings they have regarding COVID-19 changes (school out, not socializing).
 - Refer to their Solution Cards what tools/resources they have to address their feelings.
- Discuss any safety concerns they have in the home (Physical abuse, Domestic violence, Substance use, etc.) and safety plan any scenarios as they apply.
- For a visual description of the effectiveness of physical distancing utilize this video from the Ohio Department of Health <https://youtu.be/o4PnSYAqQHU>



¹ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

² <https://www.geisinger.org/health-and-wellness/wellness-articles/2020/03/27/19/32/teens-and-social-distancing>

³ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>