Talking to Kids About COVID-19

Q: What's the best way to talk to students about the coronavirus?
A: Teachers play an important role in helping children make sense of what they hear about COVID-19 in a way that is honest, accurate and minimizes anxiety or fear, according to Sarah Lee from School Health Branch of the CDC. When talking to students about the virus, the CDC urges teachers to:
• Remain calm and reassuring. Students will pick up cues from both your message and your tone.
• Avoid language that leads to stigma and/or encourages bullying. Point out that viruses can make anyone sick, regardless of race or nationality.
• Provide info that is age-appropriate, accurate and honest. Remind students that some articles posted online are based on rumors and inaccurate info.

For more on talking to kids about COVID-19, go to bit.ly/Talk520.